

Wilmette Public Schools District 39

Jun 1, 2018 thru Jun 15, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/01/2018													
Elementary Lunch	Total												
BLT Sandwich on Wheat Bun	Sandwich	224	15	2.30	2.59	62.9	192	14	2.88	10.22	27.93	9.55	2.01
Baked Chips-Selection Varies	1 Bag	130	0	2.00	0.36	20.0	0	0	2.4	2.0	26.0	2.0	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		484	30	5.80	*3.31	*382.9	*2692	*424	*7.68	20.72	71.43	14.25	3.51
% of Calories										17.1%	59.0%	26.5%	6.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 06/04/2018													
Elementary Lunch	Total												
Italian Beef on a Wheat Roll	Roll	229	35	1.99	2.42	49.7	0	0	0.0	16.97	24.34	7.49	2.50
BBQ Sauce- Sweet Baby Rays	2 TBS	50	0	0.00	0.00	0.0	10	2	2.4	0.0	13.0	0.0	0.00
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		654	55	7.99	*3.14	*349.7	*510	*12	*8.40	29.47	88.84	20.89	5.00
% of Calories										18.0%	54.3%	28.7%	6.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 06/05/2018													
Elementary Lunch	Total												
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
Meatballs 1/2 oz	1 Serving	158	30	0.66	1.19	26.4	7	1	0.79	7.25	3.29	12.52	4.61
Marinara Sauce 1/2 C	1/2 Cup	50	0	2.00	1.08	40.0	300	6	9.0	2.0	10.0	1.0	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		705	50	6.16	*5.51	*366.9	*2964	*455	*12.19	26.77	85.80	27.08	9.29
% of Calories										15.2%	48.7%	34.6%	11.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/06/2018													
Elementary Lunch	Total												
Grilled Chicken on a Wheat Bun	1 Sandwich	260	60	2.00	2.16	80.0	10	2	0.0	28.0	27.0	5.0	0.05
BBQ Sauce- Sweet Baby Rays	2 TBS	50	0	0.00	0.00	0.0	10	2	2.4	0.0	13.0	0.0	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Baked Chips-Selection Varies	1 Bag	130	0	2.00	0.36	20.0	0	0	2.4	2.0	26.0	2.0	0.00
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.6	1.02	5.0	1.87	1.18
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		618	80	7.86	*2.97	*443.9	*908	*68	*13.11	39.78	88.61	11.62	2.74
% of Calories										25.8%	57.4%	16.9%	4.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 06/07/2018													
Elementary Lunch	Total												
Pizza - Round	1 Pizza	380	25	2.00	3.60	250.0	30	6	0.0	13.0	46.0	16.0	8.00
Pepperoni - 3-4	3 - 4 Slices	28	4	0.00	0.08	0.0	0	0	0.0	1.29	0.21	2.57	1.07
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		603	49	5.00	*3.68	*550.0	*530	*16	*1.20	23.79	71.72	24.97	11.07
% of Calories										15.8%	47.6%	37.3%	16.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 06/08/2018													
Elementary Lunch	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Pretzels	1 bag	111	0	1.01	1.46	0.0	0	0	0.0	2.03	23.29	1.01	0.00
Tomato Soup	1 Cup	141	6	2.00	0.40	152.5	639	152	4.8	6.11	25.08	2.18	1.27
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		713	66	6.51	*4.38	*694.2	*3915	*735	*7.20	28.69	91.88	25.59	14.38
% of Calories										16.1%	51.5%	32.3%	18.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 06/11/2018													
Elementary Lunch	Total												
Wheat Bread	2 Slices	140	0	2.00	2.16	40.0	0	0	0.0	4.0	26.0	2.0	0.00
Turkey Breast	3 Slices	45	20	*N/A*	0.00	0.0	0	0	0.0	8.0	2.0	0.5	0.00
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.0	4.0	0.0	6.0	4.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Tuna Salad	1/2 CUP	236	35	0.40	1.15	23.3	243	33	1.09	11.73	3.5	19.97	2.23
LETTUCE & TOMATO:1 leaf,2 slc	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Baked Chips-Selection Varies	1 Bag	130	0	2.00	0.36	20.0	0	0	2.4	2.0	26.0	2.0	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		757	85	*6.26	*4.12	*486.6	*3273	*520	*9.40	38.49	76.10	33.23	7.74
% of Calories										20.3%	40.2%	39.5%	9.2%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 06/12/2018													
Elementary Lunch	Total												
Turkey Taco - 1 Soft Shell	1 Taco	178	40	2.00	2.52	100.0	0	0	0.48	13.0	17.6	7.3	2.20
Optional 2nd Taco Flour	1 Taco	178	40	2.00	2.52	100.0	0	0	0.48	13.0	17.6	7.3	2.20
Cheddar Cheese - Shredded	1/8 Cup	55	15	0.00	0.00	100.0	150	30	0.0	3.5	0.0	4.5	3.00
Lettuce - Shredded	1/4 Cup	3	0	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.0	0.0	1.0	0.0	0.00
Corn	2/3 cup	109	3	1.00	0.00	0.3	30	9	6.0	3.01	21.0	1.97	0.62
Brown Rice	3/4 cup	136	3	1.50	0.54	0.3	30	9	0.0	3.01	26.25	2.1	0.62
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		788	115	8.22	*5.65	*603.8	*850	*74	*8.66	44.18	100.49	25.90	10.14
% of Calories										22.4%	51.0%	29.6%	11.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Elementary Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/13/2018													
Elementary Lunch	Total												
Hot Dog on a Wheat Bun	1 Hot Dog	262	25	2.25	2.02	50.3	0	0	0.0	11.18	26.52	33.0	4.28
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.0	0.69	4.0	1.87	1.18
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		603	45	8.75	*3.70	*350.8	*3557	*627	*26.00	23.36	73.02	44.56	7.46
% of Calories										15.5%	48.4%	66.5%	11.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/14/2018													
Elementary Lunch	Total												
Pizza - Round	1 Pizza	380	25	2.00	3.60	250.0	30	6	0.0	13.0	46.0	16.0	8.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Lite Ranch Dip Cup	1 oz	50	5	0.00	0.00	0.0	0	0	0.0	0.0	5.0	3.5	0.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		575	45	5.00	*3.60	*550.0	*530	*16	*1.20	22.50	71.50	22.40	10.00
% of Calories										15.7%	49.7%	35.1%	15.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00