

Wilmette Public Schools District 39
Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values
 Romona Elementary School

	Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 10/01/2009														
Romona Elementary School	Total													
Pizza - Round	1 Pizza	390	20	2.00	0.00	0.0	0	0	0.00	15.00	47.00	16.00	8.00	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		553	45	4.17	*1.08	*320.7	*4780	*939	*13.36	24.08	66.79	21.24	11.51	*0.00
% of Calories										17.4%	48.3%	34.6%	18.7%	0.0%

Fri - 10/02/2009														
Romona Elementary School	Total													
Italian Beef on a Wheat Roll	Roll	229	35	1.99	2.42	49.7	0	0	0.00	16.97	24.34	7.49	2.50	*0.00
Veggies	6 oz. Boat	20	0	1.50	*0.00	*0.0	*0	*0	*0.00	1.00	4.00	0.20	0.00	0.00
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.80	3.00	26.00	7.00	0.50	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		574	60	7.99	*3.14	*349.7	*500	*100	*6.00	29.47	70.84	19.89	6.50	*0.00
% of Calories										20.5%	49.4%	31.2%	10.2%	0.0%

Mon - 10/05/2009														
Romona Elementary School	Total													
Mini Turkey Corn Dogs	5 Corn Dog	240	35	0.00	1.80	100.0	0	0	0.00	8.00	21.00	14.00	3.00	0.00
Veggies	6 oz. Boat	20	0	1.50	*0.00	*0.0	*0	*0	*0.00	1.00	4.00	0.20	0.00	0.00
Dip Cup	1 1/2 oz cup	162	5	0.00	0.00	0.0	0	0	0.00	0.00	2.03	16.20	2.53	0.00
Yogurt	4 oz cup	120	5	0.00	0.00	0.0	0	0	0.00	4.00	23.00	1.50	1.00	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		687	70	3.00	*1.80	*400.0	*500	*100	*1.20	21.50	66.52	37.10	10.03	*0.00
% of Calories										12.5%	38.7%	48.6%	13.1%	0.0%

Tue - 10/06/2009														
Romona Elementary School	Total													
Grilled Chicken on a Wheat Bun	1 Sandwich	140	0	2.00	1.44	60.0	0	0	0.00	5.00	26.00	2.50	0.00	*0.00
Mashed Potatoes	1 Serving	116	5	2.00	0.36	0.6	57	17	30.00	2.02	21.00	1.87	1.18	*0.00
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.60	1.02	5.00	1.87	1.18	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		449	35	7.50	*2.16	*401.1	*715	*155	*34.80	16.54	68.50	11.43	5.86	*0.00
% of Calories										14.7%	61.0%	22.9%	11.8%	0.0%

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Wilmette Public Schools District 39

Oct 1, 2009 thru Oct 30, 2009 Spreadsheet - Portion Values

Romona Elementary School

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Oct 5, 2009

	Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 10/07/2009															
Romona Elementary School	Total														
Vegetable Eggroll	Roll	140	5	2.00	1.08	20.0	0	25	12.00	4.00	22.00	4.50	0.00	0.00	
Brown Rice	3/4 cup	128	0	1.50	0.54	0.0	0	0	0.00	3.00	26.25	1.12	0.00	0.00	
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00	
Fortune Cookie	1 .4 oz Coo kie	43	0	0.00	0.14	0.0	0	0	0.00	0.40	9.60	0.40	0.00	0.00	
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00	
Weighted Daily Average		455	30	5.00	*1.76	*320.0	*500	*125	*13.20	15.90	74.35	11.23	3.50	0.00	
% of Calories										14.0%	65.3%	22.2%	6.9%	0.0%	

Thu - 10/08/2009															
Romona Elementary School	Total														
Pizza 4x6	Slice	310	15	2.00	2.70	250.0	500	100	0.00	15.00	36.00	11.00	2.00	0.00	
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00	
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00	
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00	
Weighted Daily Average		473	40	4.17	*3.78	*570.7	*5280	*1039	*13.36	24.08	55.79	16.24	5.51	*0.00	
% of Calories										20.4%	47.2%	30.9%	10.5%	0.0%	

Fri - 10/09/2009															
Romona Elementary School	Total														
Bagel - Romona	1 Bagel	210	0	1.00	2.70	0.0	0	0	0.00	6.00	39.00	3.00	0.00	0.00	
Turkey Roll-Up	2 Slices	30	13	*0.00	0.00	0.0	0	0	0.00	5.32	1.33	0.33	0.00	0.00	
Soup - Chicken Noodle	1 CUP	60	10	1.00	0.35	300.0	400	80	0.00	3.00	6.99	1.99	1.00	*0.00	
Veggies	6 oz. Boat	20	0	1.50	*0.00	*0.0	*0	*0	*0.00	1.00	4.00	0.20	0.00	0.00	
Dip Cup	11/2 oz cup	162	5	0.00	0.00	0.0	0	0	0.00	0.00	2.03	16.20	2.53	0.00	
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00	
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00	
Weighted Daily Average		627	53	*5.00	*3.05	*600.0	*900	*180	*1.20	23.82	69.85	26.92	7.03	*0.00	
% of Calories										15.2%	44.6%	38.7%	10.1%	0.0%	

Tue - 10/13/2009															
Romona Elementary School	Total														
Pancakes	3 Pancakes	220	25	2.00	18.72	40.0	0	0	0.00	6.00	39.00	4.00	0.50	0.00	
Turkey Sausage	2 Sausages	140	60	0.00	0.72	0.0	100	20	1.20	10.00	0.00	11.00	3.50	0.00	
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.20	0.00	1.00	0.00	0.00	0.00	
Yogurt	4 oz cup	120	5	0.00	0.00	0.0	0	0	0.00	4.00	23.00	1.50	1.00	*0.00	
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00	
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00	
Weighted Daily Average		630	115	3.50	*19.80	*340.0	*2600	*520	*3.60	28.50	79.50	21.70	8.50	*0.00	
% of Calories										18.1%	50.5%	31.0%	12.1%	0.0%	

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Romona Elementary School

Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Wed - 10/14/2009														
Romona Elementary School	Total													
BLT Sandwich on Wheat	Sandwich	224	18	2.30	2.23	42.9	192	14	2.68	9.52	26.93	8.22	2.21	*0.00
Smartfood Popcorn	Bag	120	4	2.00	0.36	20.0	0	0	0.00	3.00	15.00	5.00	1.00	0.00
Veggies	6 oz. Boat	20	0	1.50	*0.00	*0.0	*0	*0	*0.00	1.00	4.00	0.20	0.00	0.00
Dip Cup	11/2 oz cup	162	5	0.00	0.00	0.0	0	0	0.00	0.00	2.03	16.20	2.53	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		671	52	7.30	*2.59	*362.9	*692	*114	*3.88	22.01	64.46	34.82	9.24	*0.00
% of Calories										13.1%	38.4%	46.7%	12.4%	0.0%

Thu - 10/15/2009														
Romona Elementary School	Total													
Pizza - French Bread	Slice	320	20	1.00	0.00	0.0	0	0	0.00	14.00	33.00	13.00	3.00	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		483	45	3.17	*1.08	*320.7	*4780	*939	*13.36	23.08	52.79	18.24	6.51	*0.00
% of Calories										19.1%	43.7%	34.0%	12.1%	0.0%

Fri - 10/16/2009														
Romona Elementary School	Total													
Meatball Sandwich - Romona	1 Sandwich	285	28	4.50	2.88	110.0	150	3	4.50	16.00	28.50	13.50	4.50	0.50
Baked Chips	1 Bag	130	0	2.00	0.36	20.0	0	0	2.40	2.00	26.00	2.00	0.00	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.20	0.00	1.00	0.00	0.00	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		565	52	8.00	*3.60	*430.0	*2650	*503	*9.30	26.50	72.00	20.70	8.00	0.50
% of Calories										18.8%	51.0%	33.0%	12.7%	0.8%

Mon - 10/19/2009														
Romona Elementary School	Total													
Grilled Cheese	Sandwich	314	40	2.00	2.16	241.1	718	156	0.00	12.04	26.00	17.84	10.43	*0.00
Soup - Chicken Noodle	1 CUP	60	10	1.00	0.35	300.0	400	80	0.00	3.00	6.99	1.99	1.00	*0.00
Baked Chips	1 Bag	130	0	2.00	0.36	20.0	0	0	2.40	2.00	26.00	2.00	0.00	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.20	0.00	1.00	0.00	0.00	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		654	75	6.50	*3.23	*861.1	*3618	*736	*4.80	25.54	76.50	27.03	14.92	*0.00
% of Calories										15.6%	46.8%	37.2%	20.5%	0.0%

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 Romona Elementary School

	Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 10/20/2009														
Romona Elementary School	Total													
Chicken Nuggets - R	1 Serving	210	20	1.00	1.08	20.0	100	20	0.00	12.00	15.00	11.00	2.50	*0.00
Brown Rice	3/4 cup	128	0	1.50	0.54	0.0	0	0	0.00	3.00	26.25	1.12	0.00	0.00
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.00	0.69	4.00	1.87	1.18	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		519	50	6.00	*2.58	*320.6	*3657	*737	*21.20	24.19	61.75	19.19	7.18	*0.00
% of Calories										18.6%	47.6%	33.3%	12.5%	0.0%

Wed - 10/21/2009														
Romona Elementary School	Total													
Rotini	2 oz serving	226	5	2.00	1.80	0.6	57	17	0.00	7.02	41.00	2.87	1.18	*0.00
MEAT SAUCE	3/4 CUP	165	46	1.63	2.18	46.3	604	114	16.27	14.45	8.90	8.20	3.18	*0.00
Mixed Vegetables	2/3 Cup	36	5	2.00	0.96	0.6	3057	617	20.00	0.69	4.00	1.87	1.18	*0.00
Whole Wheat Roll	1 Roll	80	0	2.00	0.72	40.0	0	0	0.00	5.00	14.00	1.00	0.00	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		653	81	9.13	*5.67	*387.4	*4219	*849	*37.47	35.65	84.41	19.13	9.04	*0.00
% of Calories										21.8%	51.7%	26.4%	12.5%	0.0%

Thu - 10/22/2009														
Romona Elementary School	Total													
Pizza 4x6	Slice	310	15	2.00	2.70	250.0	500	100	0.00	15.00	36.00	11.00	2.00	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		473	40	4.17	*3.78	*570.7	*5280	*1039	*13.36	24.08	55.79	16.24	5.51	*0.00
% of Calories										20.4%	47.2%	30.9%	10.5%	0.0%

Fri - 10/23/2009														
Romona Elementary School	Total													
Turkey or Ham/Cheese Sub	1 Bun	120	0	3.00	1.44	60.0	0	0	0.00	8.00	20.00	2.00	0.00	0.00
Ham	2 oz Portion	60	30	0.00	0.36	0.0	0	0	0.00	9.00	1.00	2.50	1.00	*0.00
Turkey Breast	3 Slices	45	20	*0.00	0.00	0.0	0	0	0.00	8.00	2.00	0.50	0.00	0.00
Soup - Chicken Noodle	1 CUP	60	10	1.00	0.35	300.0	400	80	0.00	3.00	6.99	1.99	1.00	*0.00
Veggies	6 oz. Boat	20	0	1.50	*0.00	*0.0	*0	*0	*0.00	1.00	4.00	0.20	0.00	0.00
Dip Cup	1 1/2 oz cup	162	5	0.00	0.00	0.0	0	0	0.00	0.00	2.03	16.20	2.53	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		612	90	*7.00	*2.15	*660.0	*900	*180	*1.20	37.50	52.51	28.59	8.02	*0.00
% of Calories										24.5%	34.3%	42.0%	11.8%	0.0%

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Romona Elementary School

Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 10/26/2009														
Romona Elementary School	Total													
Cheese Tortellini - Light Sauc	6 oz Portion	290	53	5.00	1.80	100.3	30	13	1.20	11.12	42.17	8.00	3.62	*0.00
Whole Wheat Roll	1 Roll	80	0	2.00	0.72	40.0	0	0	0.00	5.00	14.00	1.00	0.00	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		533	78	9.17	*3.60	*461.0	*4810	*952	*14.56	25.20	75.96	14.25	7.12	*0.00
% of Calories										18.9%	57.0%	24.0%	12.0%	0.0%

Tue - 10/27/2009														
Romona Elementary School	Total													
Italian Chicken Tenders	3 Pieces	220	40	0.50	0.72	20.0	0	0	1.20	18.00	17.00	9.00	1.50	0.00
Brown Rice	3/4 cup	128	0	1.50	0.54	0.0	0	0	0.00	3.00	26.25	1.12	0.00	0.00
Green Beans	2/3 Cup	47	5	2.00	0.36	40.6	157	37	3.60	1.02	5.00	1.87	1.18	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		540	70	5.50	*1.62	*360.6	*657	*137	*6.00	30.52	64.75	17.19	6.18	*0.00
% of Calories										22.6%	48.0%	28.7%	10.3%	0.0%

Wed - 10/28/2009														
Romona Elementary School	Total													
Hamburger on Wheat	Burger	333	61	2.00	*1.44	*60.0	*0	*0	*0.00	22.00	26.00	16.00	5.30	8.00
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.00	4.00	0.00	6.00	4.00	0.00
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.80	3.00	26.00	7.00	0.50	0.00
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.20	0.00	1.00	0.00	0.00	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		733	101	6.50	*2.52	*460.0	*2800	*560	*7.20	37.50	69.50	34.20	13.30	8.00
% of Calories										20.5%	37.9%	42.0%	16.3%	9.8%

Thu - 10/29/2009														
Romona Elementary School	Total													
Pizza - Round	1 Pizza	390	20	2.00	0.00	0.0	0	0	0.00	15.00	47.00	16.00	8.00	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.16	0.58	3.29	0.04	0.01	*0.00
Fresh Fruit	2-4 oz	25	0	1.50	*0.00	*0.0	*0	*0	*0.00	0.50	5.50	0.20	0.00	0.00
Milk 2 % White	carton	120	25	0.00	0.00	300.0	500	100	1.20	8.00	11.00	5.00	3.50	0.00
Weighted Daily Average		553	45	4.17	*1.08	*320.7	*4780	*939	*13.36	24.08	66.79	21.24	11.51	*0.00
% of Calories										17.4%	48.3%	34.6%	18.7%	0.0%

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.