

Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Page 1

Wilmette Junior High School

Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Mon - 03/01/2010														
Wilmette Junior High School	Total													
Chicken Parmesan	1 Seving	315	147	2.37	2.45	299.2	551	122	10.55	38.97	17.63	11.05	4.51	*0.00
Mostaccioli Pasta	6 oz	226	5	2.00	1.80	0.6	57	17	0.00	7.02	42.00	2.87	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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		864	186	9.87	*5.33	*766.6	*1291	*281	*15.35	62.98	103.52	22.72	10.87	*0.00
% of Calories										29.2%	47.9%	23.7%	11.3%	0.0%

Tue - 03/02/2010														
Wilmette Junior High 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
Pepperoni	5-6 Slices	51	8	0.00	0.14	0.0	0	0	0.00	2.36	0.39	4.71	1.96	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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	57	4.17	*1.22	*407.0	*4804	*944	*13.36	28.91	75.57	26.70	13.97	*0.00
% of Calories										17.7%	46.3%	36.8%	19.2%	0.0%

Wed - 03/03/2010														
Wilmette Junior High School	Total													
BEEF & BROCCOLI	1 CUP	200	48	1.57	2.18	32.4	319	79	46.45	18.11	8.43	10.36	3.37	*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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		522	76	4.57	*2.72	*418.8	*844	*184	*47.65	32.08	59.57	17.42	7.36	*0.00
% of Calories										24.6%	45.7%	30.1%	12.7%	0.0%

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Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Wilmette Junior High School

Page 2

	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 - 03/04/2010														
Wilmette Junior High School	Total													
Salad Bar	2-3 Cups	138	64	5.62	2.34	112.0	7742	1082	76.70	7.01	25.01	2.06	0.49	*0.00
Diced Ham	2 oz	80	25	0.00	0.36	0.0	0	0	0.00	9.00	1.00	2.00	0.50	0.00
Chicken Strips - 2oz	2 oz	60	27	0.00	0.00	0.0	0	0	0.00	10.00	0.67	2.00	0.67	0.00
Cheese	1/4 Cup	110	30	0.00	0.00	200.0	300	60	0.00	7.00	0.00	9.00	6.00	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		662	175	9.12	*3.42	*738.4	*8567	*1247	*77.90	48.97	65.56	22.00	11.65	*0.00
% of Calories										29.6%	39.6%	29.9%	15.8%	0.0%

Fri - 03/05/2010														
Wilmette Junior High School	Total													
Stir Fry Vegetables	1 Serving	171	0	3.28	1.07	43.3	2174	405	84.37	3.67	9.81	14.35	2.04	*1.00
Chicken Strips	3 oz	90	40	0.00	0.00	0.0	0	0	0.00	15.00	1.00	3.00	1.00	0.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Tofu	1 Serving	80	0	1.00	1.08	60.0	0	0	0.00	8.00	2.00	4.00	0.50	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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		663	69	7.28	*2.69	*489.6	*2698	*510	*85.57	40.63	63.95	28.41	7.54	*1.00
% of Calories										24.5%	38.6%	38.6%	10.2%	1.4%

Mon - 03/08/2010														
Wilmette Junior High School	Total													
Meatballs	1 Serving	184	36	0.66	1.19	39.5	0	0	0.00	9.22	4.61	14.49	5.93	0.66
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.00	7.02	41.00	2.87	1.18	*0.00
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.00	1.00	4.00	0.00	0.00	0.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.00	2.00	14.00	8.00	2.00	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		775	70	6.16	*4.07	*446.4	*682	*142	*31.20	30.21	88.50	31.30	13.10	*0.66
% of Calories										15.6%	45.7%	36.3%	15.2%	0.8%

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Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Page 3

Wilmette Junior High 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 - 03/09/2010														
Wilmette Junior High 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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		602	49	4.17	*1.08	*407.0	*4804	*944	*13.36	26.55	75.18	21.98	12.00	*0.00
% of Calories										17.6%	49.9%	32.8%	17.9%	0.0%

Wed - 03/10/2010														
Wilmette Junior High 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
Potato Wedge-Battered WJHS	1 Serving	140	0	2.00	0.72	0.0	0	0	6.00	2.00	19.00	6.00	1.50	0.00
Corn	2/3 cup	89	3	1.00	0.00	0.3	30	9	2.40	3.01	19.00	1.97	0.62	*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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		643	71	5.00	*1.44	*406.6	*555	*114	*10.80	33.98	79.89	22.91	7.61	*0.00
% of Calories										21.1%	49.7%	32.1%	10.7%	0.0%

Thu - 03/11/2010														
Wilmette Junior High School	Total													
Southwest Chicken Salad	1 Serving	187	27	1.99	0.43	17.2	811	94	10.05	11.41	5.69	13.67	2.29	*0.00
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.80	0.80	1.60	0.00	0.00	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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	55	6.29	*2.01	*475.5	*3136	*559	*28.05	28.17	46.18	20.61	6.29	*0.00
% of Calories										23.8%	39.0%	39.2%	12.0%	0.0%

Fri - 03/12/2010														
Wilmette Junior High School	Total													
Vegetable Egg Roll	1 Roll	150	5	1.00	0.00	0.0	0	0	0.00	3.00	20.00	7.00	1.50	0.00
Vegetable Fried Brown Rice	1 Cup	153	64	3.13	1.30	19.1	2160	280	17.47	*6.42	24.54	3.47	0.65	*0.07
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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

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Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Wilmette Junior High School

Page 4

	Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average		498	98	5.63	*1.30	*405.5	*2684	*385	*18.67	*20.38	69.43	16.41	6.14	*0.07
% of Calories										16.4%	55.8%	29.7%	11.1%	0.1%

Mon - 03/15/2010														
Wilmette Junior High School	Total													
Bow Tie Pasta	6 oz	226	5	2.00	1.80	0.6	57	17	0.00	7.02	41.00	2.87	1.18	*0.00
Chicken+Asparagus w/Cream Sauc	1 Serving	231	70	1.80	1.54	230.4	1324	115	7.02	23.46	5.11	13.70	7.47	*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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		732	104	7.30	*4.06	*657.3	*1906	*237	*8.22	46.45	85.00	23.51	12.64	*0.00
% of Calories										25.4%	46.5%	28.9%	15.5%	0.0%

Tue - 03/16/2010														
Wilmette Junior High 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
Pepperoni	5-6 Slices	51	8	0.00	0.14	0.0	0	0	0.00	2.36	0.39	4.71	1.96	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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	57	4.17	*1.22	*407.0	*4804	*944	*13.36	28.91	75.57	26.70	13.97	*0.00
% of Calories										17.7%	46.3%	36.8%	19.2%	0.0%

Wed - 03/17/2010														
Wilmette Junior High School	Total													
Cornbeef and Cabbage	1 Serving	273	93	2.14	1.77	60.8	223	41	42.19	16.87	6.60	19.87	8.06	*0.00
Red Skin Potatoes	1 Serving	88	0	1.50	1.08	30.0	0	0	9.00	1.50	18.00	1.00	0.14	0.07
Rye Bread	Slice	70	0	1.00	0.72	40.0	0	0	0.00	2.00	13.00	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		625	122	6.14	*3.57	*517.1	*748	*146	*52.39	31.34	62.49	27.81	12.19	*0.07
% of Calories										20.1%	40.0%	40.0%	17.6%	0.1%

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Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Page 5

Wilmette Junior High School

	Portion Size	Cals	mg Cholst	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 03/18/2010															
Wilmette Junior High School	Total														
Primavera Vegetables + Pasta	1 Serving	139	0	2.62	1.37	11.6	613	70	19.58	4.95	25.72	1.62	0.17	*0.07	
Tuna	1 Serving	120	50	0.00	2.88	40.0	0	0	0.00	26.00	0.00	2.00	0.00	0.00	
Romaine Lettuce	2 Cup	12	0	0.80	0.86	32.0	1800	360	16.80	0.80	1.60	0.00	0.00	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	
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		545	79	6.92	*5.83	*509.9	*2937	*535	*37.58	47.71	66.21	10.56	4.16	*0.07	
% of Calories									35.0%	48.6%	17.4%	6.9%	0.1%		

Fri - 03/19/2010															
Wilmette Junior High School	Total														
Baked Cod	4 oz Servin	170	30	0.00	1.44	20.0	0	0	1.20	16.00	8.00	8.00	1.00	0.00	
Scalloped Potatoes	3/4 Cup	165	0	3.00	0.54	60.0	0	0	9.00	4.50	33.00	2.25	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	
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		577	64	6.50	*2.34	*506.9	*682	*142	*15.00	32.49	70.89	18.06	6.17	*0.00	
% of Calories									22.5%	49.2%	28.2%	9.6%	0.0%		

Mon - 03/22/2010															
Wilmette Junior High School	Total														
Cheese Manicotti	2 Pieces	280	80	1.00	0.72	200.0	750	150	1.20	13.00	30.00	12.00	7.00	0.00	
Marinara Sauce	1/2 Cup	50	0	2.00	1.08	40.0	300	6	9.00	2.00	10.00	1.00	0.00	0.00	
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.00	2.00	14.00	8.00	2.00	0.00	
Fiesta Vegetables	3/4 Cup	69	0	3.00	0.72	40.0	1500	300	21.00	4.00	10.00	1.50	0.14	0.07	
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	
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	
Yogurt - Vanilla	2 oz Servin	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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	109	7.50	*3.60	*666.3	*3175	*581	*32.40	31.97	88.89	28.44	13.14	0.07	
% of Calories									17.4%	48.5%	34.9%	16.1%	0.1%		

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.

Wilmette Public Schools District 39

Mar 1, 2010 thru Mar 26, 2010 Spreadsheet - Portion Values

Feb 26, 2010

Wilmette Junior High School

Page 6

	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 - 03/23/2010														
Wilmette Junior High 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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin carton	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		602	49	4.17	*1.08	*407.0	*4804	*944	*13.36	26.55	75.18	21.98	12.00	*0.00
% of Calories										17.6%	49.9%	32.8%	17.9%	0.0%

Wed - 03/24/2010														
Wilmette Junior High School	Total													
Moroccan Chicken Stew	1 Serving	201	65	4.19	2.35	70.2	1191	112	22.56	30.76	15.03	2.03	0.03	*0.00
Couscous	1 Serving	170	0	2.00	0.72	20.0	0	0	0.00	6.00	34.00	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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin carton	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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	94	7.69	*3.07	*476.5	*1715	*217	*23.76	47.72	73.92	8.97	4.02	*0.00
% of Calories										33.8%	52.3%	14.3%	6.4%	0.0%

Thu - 03/25/2010														
Wilmette Junior High School	Total													
Taco Salad Bowl	1 Bowl	382	15	1.95	3.27	37.8	1046	209	5.99	13.15	35.87	20.46	7.24	0.00
Cheddar Cheese - Shredded	1/8 Cup	55	15	0.00	0.00	100.0	150	30	0.00	3.50	0.00	4.50	3.00	0.00
Tomatoes, Diced	1/4 Cup	4	0	0.27	0.06	2.3	187	14	2.86	0.20	0.88	0.05	0.01	*0.00
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.00	0.00	1.00	0.00	0.00	0.00
Sour Cream	1 tsp	10	2	0.00	0.00	5.6	31	9	0.04	0.15	0.20	1.00	0.63	*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
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
or	1 or	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt - Vanilla	2 oz Servin carton	49	4	0.00	0.00	86.3	25	5	0.00	2.47	8.39	0.74	0.49	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		783	61	5.22	*4.23	*532.0	*3990	*778	*11.29	30.96	90.10	33.07	14.86	*0.00
% of Calories										15.8%	46.0%	38.0%	17.1%	0.0%