

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: Elementary Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Tuesday - 11/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000372 Vegetable Eggroll	Roll	1	140	0.00	480	*N/A*	4.50	0.00	5	22.00	2.00	4.00	125	20.0	12.00	1.08	\$0.000
000640 Pork Eggroll	1 Roll	1	180	2.00	460	*N/A*	9.00	0.00	15	18.00	2.00	7.00	500	20.0	9.00	1.80	\$0.000
000340 Brown Rice	3/4 cup	1	136	0.62	8	*0	2.10	0.04	3	26.25	1.50	3.01	30	0.3	0.00	0.54	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
Weighted Daily Average			728	5.30	1306	*18	20.16	*0.11	48	105.75	*9.00	31.20	*3862	*620.8	*41.00	*4.48	\$0.000
% of Calories				6.55%		*9.9%	24.9%	*0.1%		58.1%		17.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000753 Italian Chicken Tenders, Barbe	3 Pieces (4 oz)	1	220	1.50	650	*N/A*	9.00	0.00	40	17.00	1.00	18.00	0	20.0	1.20	1.08	\$0.000

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
000509 Mashed Potatoes - WJHS	1 Scoop	1	102	0.15	31	*N/A*	0.25	0.00	1	21.08	2.00	2.04	8	1.7	30.00	0.36	\$0.000
Weighted Daily Average			804	5.83	1164	*18	25.82	*0.08	66	100.58	*8.50	40.23	*3216	*622.2	*57.20	*3.22	\$0.000
% of Calories				6.53%		*9.0%	28.9%	*0.1%		50.0%		20.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 11/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
Weighted Daily Average			871	6.68	1173	*26	32.57	*0.08	35	110.50	*7.50	33.19	*3207	*830.6	*26.00	*7.38	\$0.000
% of Calories				6.90%		*11.9%	33.7%	*0.1%		50.7%		15.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 11/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00	\$0.000
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00	\$0.000
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
990072 String Cheese	1	1	90	5.00	180	0	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06	\$0.000
Weighted Daily Average			676	10.68	1008	*18	17.57	*0.08	60	95.50	*5.50	33.19	*3207	*778.6	*20.00	*1.12	\$0.000
% of Calories				14.22%		*10.7%	23.4%	*0.1%		56.5%		19.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Monday - 11/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000463 BBQ Chicken Wings	1 Serving	1	251	4.39	477	*N/A*	16.32	*N/A*	132	5.02	0.00	22.60	126	75.3	0.00	1.36	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000348 Green Beans	2/3 Cup	1	47	1.18	15	*0	1.87	0.08	5	5.00	2.00	1.02	157	40.6	3.60	0.36	\$0.000
000509 Mashed Potatoes - WJHS	1 Scoop	1	102	0.15	31	*N/A*	0.25	0.00	1	21.08	2.00	2.04	8	1.7	30.00	0.36	\$0.000
Weighted Daily Average			636	7.22	852	*18	21.13	*0.08	158	66.61	*5.50	42.16	*441	*697.5	*33.60	*2.18	\$0.000
% of Calories				10.22%		*11.3%	29.9%	*0.1%		41.9%		26.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000712 French Toast Sticks	4 Sticks	1	260	2.00	170	*N/A*	12.00	0.00	5	34.00	3.00	6.00	0	60.0	0.00	1.44	\$0.000
000300 Turkey Sausage	2 Sausages	1	140	3.50	430	*N/A*	11.00	0.00	60	0.00	0.00	10.00	100	0.0	1.20	0.72	\$0.000
990075 SYRUP CUP MAPLE	1	1	110	0.00	20	22	0.00	0.00	0	29.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			765	7.00	950	*40	25.90	*0.00	85	102.50	*6.00	33.50	*250	*640.0	*1.20	*2.26	\$0.000
% of Calories				8.24%		*20.9%	30.5%	*0.0%		53.6%		17.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 11/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			645	4.00	1020	*26	18.90	*0.00	30	87.50	*5.00	30.50	*150	*810.0	*0.00	*5.70	\$0.000
% of Calories				5.58%		*16.1%	26.4%	*0.0%		54.3%		18.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 11/11/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000403 Hot Dog on a Wheat Bun	1 Hot Dog	1	262	4.00	650	*N/A*	12.50	0.00	25	26.52	0.00	11.18	0	50.3	0.00	2.02	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58	\$0.000
Weighted Daily Average			777	8.54	1058	*25	30.18	*0.00	52	95.40	*5.25	32.33	*435	*682.8	*7.00	*3.32	\$0.000
% of Calories				9.89%		*12.9%	35.0%	*0.0%		49.1%		16.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 11/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000401 Meatball Sandwich 1-6	1 Sandwich	1	343	4.69	899	*N/A*	15.24	0.34	30	35.87	2.17	14.06	382	87.1	5.30	3.05	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			598	6.19	1229	*18	18.14	*0.34	50	75.37	*5.17	31.56	*532	*667.1	*5.30	*3.15	\$0.000
% of Calories				9.32%		*12.0%	27.3%	*0.5%		50.4%		21.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 11/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000728 Cheese Quesidilla	1 Serving	1	330	11.50	640	*N/A*	19.00	0.00	40	22.00	1.00	16.00	60	400.0	0.00	1.08	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000496 Salsa - 1TBS	1 TBS	1	5	0.00	105	*N/A*	0.00	0.00	0	1.00	0.00	0.00	50	0.0	0.00	0.00	\$0.000
Weighted Daily Average			618	14.00	985	*N/A*	28.90	*0.00	55	61.50	*5.00	27.50	*110	*730.0	*0.00	*1.44	\$0.000
% of Calories				20.39%		*N/A*	42.1%	*0.0%		39.8%		17.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/16/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000839 Italian Sub on Wheat Roll	1 Sandwich	1	415	8.75	2000	*N/A*	19.75	0.00	82	33.50	1.00	30.00	300	160.0	0.00	1.08	\$0.000
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
Weighted Daily Average			952	14.48	2437	*26	39.15	*0.08	115	103.48	*7.10	51.10	*4023	*796.4	*30.51	*3.42	\$0.000
% of Calories				13.69%		*10.9%	37.0%	*0.1%		43.5%		21.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 11/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000392 Garlic Toast	1 Slice	1	140	2.00	210	*N/A*	8.00	0.00	0	14.00	0.00	2.00	100	0.0	0.00	1.08	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000488 Cheese Tortellini	1 6 oz Tray	1	400	4.00	1360	*N/A*	10.50	0.00	50	61.00	8.00	13.00	520	120.0	3.60	2.52	\$0.000

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
Weighted Daily Average			811	8.68	1928	*18	23.07	*0.08	75	114.50	*11.50	32.19	*3827	*700.6	*23.60	*4.66	\$0.000
% of Calories				9.63%		*8.9%	25.6%	*0.1%		56.5%		15.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 11/29/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000384 Mini Turkey Corn Dogs	5 Corn Dogs	1	240	3.00	560	*N/A*	14.00	0.00	35	21.00	0.00	8.00	0	100.0	0.00	1.80	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
000387 Baked Fries	1 Serving	1	180	0.50	230	*N/A*	7.00	0.00	0	26.00	3.00	3.00	0	0.0	4.80	0.72	\$0.000
Weighted Daily Average			691	6.18	1148	*18	25.57	*0.08	60	86.50	*6.50	28.19	*3207	*680.6	*24.80	*3.58	\$0.000
% of Calories				8.05%		*10.4%	33.3%	*0.1%		50.1%		16.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/30/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
000300 Turkey Sausage	2 Sausages	1	140	3.50	430	*N/A*	11.00	0.00	60	0.00	0.00	10.00	100	0.0	1.20	0.72	\$0.000
990076 SYRUP CUP MAPLE	1	1	110	0.00	20	22	0.00	0.00	0	29.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96	\$0.000
000354 Waffles - Belchef	2 Waffles	1	180	0.00	480	*N/A*	3.00	0.00	0	36.00	0.00	4.00	0	80.0	0.00	1.44	\$0.000
Weighted Daily Average			701	6.18	1288	*40	18.57	*0.08	85	104.50	*3.50	31.19	*3307	*660.6	*21.20	*3.22	\$0.000
% of Calories				7.93%		*22.8%	23.8%	*0.1%		59.6%		17.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	734	8	1253	*22	24.69	*0.08	70	93.58	*6.50	34.14	*2127	*708.4	*20.82	*3.51	\$0.000
% of Calories		9.72%		*12.0%	30.3%	*0.1%		51.0%		18.6%					

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 - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.