

Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Highcrest Middle School

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)
Mon - 10/01/2018													
Highcrest Middle School	Total												
Baked Herb Tilipia - HMS	2-3 oz	230	25	2.00	1.08	20.0	0	0	3.6	22.0	15.0	9.0	2.00
Bow Tie Pasta	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
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		629	50	7.50	*3.24	*361.1	*715	*65	*8.40	38.54	77.50	16.43	5.86
% of Calories										24.5%	49.3%	23.5%	8.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 10/02/2018													
Highcrest Middle School	Total												
Mini Turkey Corn Dogs	5 Corn Dogs	240	35	0.00	1.80	100.0	0	0	0.0	8.0	21.0	14.0	3.00
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
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		581	55	6.50	*3.48	*400.6	*3557	*627	*26.00	20.18	67.50	25.56	6.18
% of Calories										13.9%	46.4%	39.6%	9.6%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 10/03/2018													
Highcrest Middle School	Total												
Italian Beef Sandwich	1 Sandwich	250	35	1.00	1.44	60.0	0	0	0.0	18.0	31.0	7.0	2.50
Peppers & Onions	1 oz	5	0	0.24	0.07	5.2	47	9	7.33	0.24	0.94	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		630	55	7.24	*2.23	*365.2	*547	*19	*13.33	30.73	83.44	20.40	5.00
% of Calories										19.5%	53.0%	29.2%	7.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Highcrest Middle School

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)
Thu - 10/04/2018													
Highcrest Middle School	Total												
Bosco Sticks	2 Sticks	460	30	4.00	3.60	400.0	40	8	0.0	24.0	56.0	14.0	7.00
Marinara Sauce 1/4 C	1/4 C	25	0	1.00	0.54	20.0	150	3	4.5	1.0	5.0	0.5	0.00
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Soup-Selection Varies/Ch.Noodl	1 CUP	60	10	1.00	0.35	300.0	400	80	0.0	3.0	6.99	1.99	1.00
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
Italian Ice	1 Cup	60	0	0.00	0.36	0.0	0	0	0.0	0.0	18.0	0.0	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		748	55	8.16	*5.93	*1040.7	*5370	*940	*17.97	37.08	105.78	19.23	9.50
% of Calories										19.8%	56.6%	23.1%	11.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Fri - 10/05/2018													
Highcrest Middle School	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	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
Pretzels	1 bag	111	0	1.01	1.46	0.0	0	0	0.0	2.03	23.29	1.01	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		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		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 10/09/2018													
Highcrest Middle School	Total												
Meat Lasagna	1 Serving	486	104	3.56	3.36	347.1	738	153	9.25	29.66	45.86	21.01	10.41
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
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

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Base Menu Spreadsheet

Highcrest Middle School

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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		769	119	5.72	*5.52	*667.8	*5617	*1023	*22.72	40.74	79.65	31.74	13.92
% of Calories										21.2%	41.4%	37.2%	16.3%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 10/10/2018													
Highcrest Middle School	Total												
Chicken Fajita's - Soft Shell	1 Shell	199	45	2.80	1.22	85.0	118	24	25.4	20.42	21.02	5.01	2.00
Peppers & Onions	1 oz	5	0	0.24	0.07	5.2	47	9	7.33	0.24	0.94	0.0	0.00
Vegetable Brown Rice	Serving	214	0	2.74	0.81	5.0	641	128	1.49	4.74	37.63	5.0	0.50
Corn	2/3 cup	109	3	1.00	0.00	0.3	30	9	6.0	3.01	21.0	1.97	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		652	63	8.28	*2.10	*395.5	*1336	*180	*41.42	36.91	97.10	14.68	4.62
% of Calories										22.7%	59.6%	20.3%	6.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 10/11/2018													
Highcrest Middle School	Total												
Pizza - Garlic French Bread	Slice	330	20	3.00	3.24	300.0	500	10	0.0	18.0	30.0	15.0	6.00
Soup-Selection Varies/Ch.Noodl	1 CUP	60	10	1.00	0.35	300.0	400	80	0.0	3.0	6.99	1.99	1.00
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
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
Italian Ice	1 Cup	60	0	0.00	0.36	0.0	0	0	0.0	0.0	18.0	0.0	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		593	45	6.16	*5.03	*920.7	*5680	*939	*13.47	30.08	74.78	19.73	8.50
% of Calories										20.3%	50.4%	29.9%	12.9%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Fri - 10/12/2018													
Highcrest Middle School	Total												
BBQ Pulled Pork Sandwich	1 Sandwich	334	50	2.00	2.06	50.0	10	2	2.4	18.52	40.0	11.57	3.97
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
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		625	70	7.50	*3.38	*370.6	*3567	*629	*26.00	29.71	86.50	18.13	6.65
% of Calories										19.0%	55.3%	26.1%	9.6%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Mon - 10/15/2018													
Highcrest Middle School	Total												
Lg Turkey Taco Bowl	1 Bowl	318	60	3.40	4.03	76.0	900	180	9.12	19.4	32.2	13.2	4.80
Cheddar Cheese - Shredded	2-1/8 Cup	110	30	0.00	0.00	200.0	300	60	0.0	7.0	0.0	9.0	6.00
Tomatoes, Diced	1/4 Cup	4	0	0.27	0.06	2.3	187	14	3.08	0.2	0.88	0.05	0.01
Salsa - 2TBS	2 TBS	10	0	0.00	0.00	0.0	100	2	0.0	0.0	2.0	0.0	0.00
Vegetable Brown Rice	Serving	214	0	2.74	0.81	5.0	641	128	1.49	4.74	37.63	5.0	0.50
Corn	2/3 cup	109	3	1.00	0.00	0.3	30	9	6.0	3.01	21.0	1.97	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		890	108	8.91	*4.90	*583.5	*2658	*403	*20.89	42.85	110.21	31.92	13.42
% of Calories										19.3%	49.5%	32.3%	13.6%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 10/16/2018													
Highcrest Middle School	Total												
Stuffed Shells	2 Shells	340	70	4.00	2.88	240.0	800	106	10.2	15.0	43.0	13.0	7.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
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		623	85	6.17	*5.04	*560.7	*5680	*975	*23.67	26.08	76.79	23.74	10.51
% of Calories										16.7%	49.3%	34.3%	15.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Wed - 10/17/2018													
Highcrest Middle School	Total												
American Pannini	1 Sandwich	558	77	*2.76	1.84	536.9	687	96	6.01	38.01	68.17	*14.32	*8.96
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
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		883	97	*7.76	*2.20	*856.9	*1187	*106	*9.61	49.51	119.67	*22.72	*10.96
% of Calories										22.4%	54.2%	*23.2%	*11.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 10/18/2018													
Highcrest Middle School	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
Sausage for Pizza	1/2 oz portio	100	20	0.00	0.18	20.0	0	0	0.0	3.5	0.5	9.0	3.00
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Soup-Selection Varies/Ch.Noodl	1 CUP	60	10	1.00	0.35	300.0	400	80	0.0	3.0	6.99	1.99	1.00
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
Italian Ice	1 Cup	60	0	0.00	0.36	0.0	0	0	0.0	0.0	18.0	0.0	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		743	70	5.16	*5.57	*890.7	*5210	*935	*13.47	28.58	91.28	29.73	13.50
% of Calories										15.4%	49.1%	36.0%	16.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Fri - 10/19/2018													
Highcrest Middle School	Total												
BBQ Chicken Wings	1 Serving	251	132	0.00	1.36	75.3	126	25	0.0	22.6	5.02	16.32	4.39
Mashed Potatoes - Mck-Cen	2/3 Cup	120	5	2.00	0.36	20.0	100	20	2.4	2.0	19.0	4.0	1.50
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	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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Weighted Daily Average		526	152	5.50	*1.72	*415.3	*726	*55	*33.60	34.10	44.52	23.02	7.39
% of Calories										25.9%	33.9%	39.4%	12.6%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Mon - 10/22/2018													
Highcrest Middle School	Total												
Meatball Sandwich 1-6	1 Sandwich	343	30	4.42	3.05	87.1	382	76	5.3	14.06	35.87	35.74	4.97
Italian Vegetables	2/3 cup	68	10	2.00	0.36	20.0	2133	427	9.0	2.0	7.0	3.67	2.67
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	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		716	55	10.92	*4.13	*407.1	*3015	*513	*20.30	27.56	85.37	49.11	9.64
% of Calories										15.4%	47.7%	61.7%	12.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 10/23/2018													
Highcrest Middle School	Total												
CHICKEN NOODLE SOUP: scratch	1 CUP	88	24	0.70	0.69	14.6	77	5	1.17	6.78	10.69	1.88	0.45
Strawberry, Spin, Romain Salad	1 lb boat	80	17	2.07	1.56	148.4	3798	407	42.27	4.35	6.83	4.3	2.87
French Bread	1 Slice	80	0	0.00	1.08	20.0	0	0	0.0	4.0	15.0	0.0	0.00
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
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		473	71	4.27	*3.33	*633.0	*4396	*427	*44.64	27.63	61.01	12.37	7.31
% of Calories										23.4%	51.6%	23.5%	13.9%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Highcrest Middle School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/24/2018													
Highcrest Middle School	Total												
Vegetable Eggroll	Roll	140	5	2.00	1.08	20.0	125	25	12.0	4.0	22.0	4.5	0.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
Pork Eggroll	1 Roll	180	15	2.00	1.80	20.0	500	100	9.0	7.0	18.0	9.0	2.00
Optional 2nd Egg Roll	Roll	140	5	2.00	1.08	20.0	125	25	12.0	4.0	22.0	4.5	0.00
Vegetable Brown Rice	Serving	214	0	2.74	0.81	5.0	641	128	1.49	4.74	37.63	5.0	0.50
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
Fortune Cookie	1 .4 oz Cook	43	0	0.00	0.14	0.0	0	0	0.0	0.4	9.6	0.4	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		890	45	12.25	*5.28	*405.5	*2048	*325	*39.29	29.66	130.73	27.96	5.18
% of Calories										13.3%	58.8%	28.3%	5.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 10/25/2018													
Highcrest Middle School	Total												
Bosco Sticks	2 Sticks	460	30	4.00	3.60	400.0	40	8	0.0	24.0	56.0	14.0	7.00
Marinara Sauce 1/4 C	1/4 C	25	0	1.00	0.54	20.0	150	3	4.5	1.0	5.0	0.5	0.00
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Soup-Selection Varies/Ch.Noodl	1 CUP	60	10	1.00	0.35	300.0	400	80	0.0	3.0	6.99	1.99	1.00
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
Italian Ice	1 Cup	60	0	0.00	0.36	0.0	0	0	0.0	0.0	18.0	0.0	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		748	55	8.16	*5.93	*1040.7	*5370	*940	*17.97	37.08	105.78	19.23	9.50
% of Calories										19.8%	56.6%	23.1%	11.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Wilmette Public Schools District 39

Oct 1, 2018 thru Oct 30, 2018

Base Menu Spreadsheet

Highcrest Middle School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/26/2018													
Highcrest Middle School	Total												
Baked Potato	1 Potato	110	0	4.00	1.44	0.0	0	0	30.0	4.0	23.0	0.0	0.00
Broccoli	1/8 Cup	4	0	0.29	0.08	5.2	69	17	9.81	0.31	0.73	0.04	0.00
Chicken Chunks	1 oz pieces	37	17	0.00	0.90	0.0	0	0	0.0	7.0	0.0	1.0	0.33
Bacon	1 piece crumble	45	10	0.00	0.00	0.0	0	0	0.0	3.0	0.0	3.5	1.25
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
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
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
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
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		494	72	6.46	*3.50	*575.9	*5018	*900	*53.28	30.89	55.52	15.28	8.59
% of Calories										25.0%	45.0%	27.9%	15.7%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Mon - 10/29/2018													
Highcrest Middle School	Total												
Cheese Tortellini	6 oz Portion	296	55	5.00	1.80	100.6	77	21	1.2	11.02	42.0	8.87	4.18
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
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	0.00
French Bread	1 Slice	80	0	0.00	1.08	20.0	0	0	0.0	4.0	15.0	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		581	70	10.50	*3.96	*480.6	*877	*37	*41.40	26.52	87.50	12.56	5.68
% of Calories										18.2%	60.2%	19.4%	8.8%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Wilmette Public Schools District 39

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 30, 2018

Highcrest Middle School

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	Portion Size	Cals (kcal)	Cholst (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/30/2018													
Highcrest Middle School	Total												
French Bread Roll	1 Roll	160	0	0.00	2.16	40.0	0	0	0.0	8.0	30.0	0.0	0.00
Turkey Breast - HMS	3 oz serving	105	38	0.00	0.54	0.0	0	0	0.9	15.0	0.75	4.5	1.12
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
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
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		665	73	5.36	*3.15	*463.4	*1030	*87	*8.01	38.76	83.36	18.96	7.13
% of Calories										23.3%	50.1%	25.6%	9.7%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00