

# Wilmette Public Schools District 39

Jun 1, 2018 thru Jun 15, 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)
Fri - 06/01/2018													
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
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 - 06/04/2018													
Highcrest Middle School	Total												
Rotini	6 oz	226	5	2.00	1.80	0.6	57	17	0.0	7.02	41.0	2.87	1.18
Meat Sauce - Rom/Har	1/2 Cup	127	28	1.50	1.34	12.4	375	75	4.5	9.99	7.0	5.59	2.19
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
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		606	52	7.00	*4.58	*373.5	*1090	*140	*9.30	30.53	84.50	13.02	6.06
% of Calories										20.2%	55.8%	19.3%	9.0%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 06/05/2018													
Highcrest Middle School	Total												
Buffalo Chicken Salad - HMS	1 Serving	177	49	0.80	1.41	32.0	1900	380	17.7	20.36	1.6	9.63	1.00
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
Whole Wheat Roll	1 Roll	80	0	2.00	0.72	40.0	0	0	0.0	5.0	14.0	1.0	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		442	74	5.30	*2.48	*672.0	*2800	*470	*18.90	36.86	39.09	15.32	3.49
% of Calories										33.3%	35.4%	31.2%	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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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**

**Jun 1, 2018 thru Jun 15, 2018**

Base Menu Spreadsheet

Highcrest Middle School

Portion Values - Detailed

	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													
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

	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 - 06/07/2018													
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

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Fri - 06/08/2018													
Highcrest Middle School	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
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
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		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		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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