

Wilmette Public Schools District 39

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Highcrest Middle School

Portion Values - Detailed

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Generated on: 4/23/2018 11:01:33 AM

	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)
Tue - 05/01/2018													
Highcrest Middle School	Total												
HMS Chicken Pasta Caesar Salad	1 Plate	431	76	2.51	5.89	342.8	3311	627	29.82	39.95	33.16	14.49	6.71
Caesar Dressing	2 TBS	160	400	0.00	0.00	0.0	0	0	0.0	0.0	1.0	17.0	3.00
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		856	501	7.00	*6.96	*982.8	*4211	*717	*31.02	56.45	71.65	37.18	12.20
% of Calories										26.4%	33.5%	39.1%	12.8%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 05/02/2018													
Highcrest Middle School	Total												
Cheese Quesidilla	1 Serving	330	40	1.00	1.08	400.0	60	12	0.0	16.0	22.0	19.0	11.50
Spanish Rice - No MSG	3/4 Cup	143	0	0.75	2.72	45.3	38	8	11.32	3.77	33.19	0.38	0.00
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		707	58	4.25	*3.80	*745.5	*628	*39	*18.52	31.28	92.69	24.05	13.62
% of Calories										17.7%	52.4%	30.6%	17.3%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 05/03/2018													
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
Pepperoni - 5-6	5-6 Slices	51	8	0.00	0.14	0.0	0	0	0.0	2.36	0.39	4.71	1.96
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		694	58	5.16	*5.53	*870.7	*5210	*935	*13.47	27.44	91.17	25.44	12.47
% of Calories										15.8%	52.5%	33.0%	16.2%
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

May 1, 2018 thru May 31, 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 - 05/04/2018													
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

Mon - 05/07/2018													
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

Tue - 05/08/2018													
Highcrest Middle School	Total												
Waffle - Bakersclassic	1 Serving	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Optional 2nd Waffle	1 Waffle	165	25	1.00	1.35	10.0	0	0	0.0	4.0	26.0	5.0	1.50
Syrup 1 oz	1oz portion cup	80	0	0.00	0.00	0.0	*N/A*	*0	0.0	0.0	20.0	0.0	0.00
Turkey Sausage	2 Sausages	140	60	0.00	0.72	0.0	100	20	1.2	10.0	0.0	11.0	3.50
YoKids Yogurt	4 oz	100	15	0.00	0.00	150.0	20	4	0.0	4.0	12.0	3.5	2.50
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	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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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)
Weighted Daily Average % of Calories		780	140	3.50	*3.78	*470.0	*2620	*434	*3.60	30.50 15.6%	101.50 52.1%	27.20 31.4%	10.50 12.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 05/09/2018													
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 % of Calories		665	73	5.36	*3.15	*463.4	*1030	*87	*8.01	38.76 23.3%	83.36 50.1%	18.96 25.6%	7.13 9.7%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 05/10/2018													
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 % of Calories		593	45	6.16	*5.03	*920.7	*5680	*939	*13.47	30.08 20.3%	74.78 50.4%	19.73 29.9%	8.50 12.9%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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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 - 05/11/2018													
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

Mon - 05/14/2018													
Highcrest Middle School	Total												
BLT Sandwich on Wheat Bun	Sandwich	224	15	2.30	2.59	62.9	192	14	2.88	10.22	27.93	9.55	2.01
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
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
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		609	45	8.30	*3.31	*682.9	*1092	*104	*6.48	24.72	86.42	19.94	5.00
% of Calories										16.2%	56.7%	29.5%	7.4%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 05/15/2018													
Highcrest Middle School	Total												
Italian Chicken Tenders, Barbe	3 Pieces (4	220	40	1.00	1.08	20.0	0	0	1.2	18.0	17.0	9.0	1.50
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	0.00
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
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		495	60	6.50	*1.44	*360.0	*600	*30	*34.80	29.50	56.50	15.70	4.50
% of Calories										23.8%	45.7%	28.5%	8.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

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Wed - 05/16/2018													
Highcrest Middle School	Total												
Tortilla Chips	1 oz	138	0	1.00	0.36	40.0	0	0	0.0	2.0	18.0	7.0	1.00
Turkey Taco Meat	2 oz serving	88	40	0.00	1.44	40.0	0	0	0.48	10.0	1.6	4.8	1.20
Cheese Sauce	.25 Cup	60	5	0.00	0.00	20.0	100	20	0.0	1.0	4.0	4.0	0.50
Salsa - 1TBS	1 TBS	5	0	0.00	0.00	0.0	50	10	0.0	0.0	1.0	0.0	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
Vegetable Brown Rice	Serving	214	0	2.74	0.81	5.0	641	128	1.49	4.74	37.63	5.0	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		649	60	5.91	*3.69	*425.7	*5570	*1007	*15.44	26.83	82.02	23.54	4.71
% of Calories										16.5%	50.6%	32.7%	6.5%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 05/17/2018													
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 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		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 - 05/18/2018													
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 - 05/21/2018													
Highcrest Middle School	Total												
Hamburger on Wheat	Burger	333	61	2.00	*1.44	*60.0	*0	*0	*0.0	22.0	26.0	16.0	5.30
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
Baked Fries	1 Serving	180	0	3.00	0.72	0.0	0	0	4.8	3.0	26.0	7.0	0.50
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	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		713	91	6.50	*2.52	*460.0	*2800	*470	*7.20	37.50	69.50	31.70	11.30
% of Calories										21.0%	39.0%	40.0%	14.3%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 05/22/2018													
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 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
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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Wilmette Public Schools District 39

May 1, 2018 thru May 31, 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)
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

Wed - 05/23/2018													
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 - 05/24/2018													
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

May 1, 2018 thru May 31, 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)
Fri - 05/25/2018													
Highcrest Middle School	Total												
Chili - Beef	1 Cup	230	35	8.00	2.70	80.0	300	60	2.4	15.0	26.0	8.0	3.00
or	1 or	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	0.0	0.00
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
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
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		696	104	10.87	*5.55	*685.3	*5327	*949	*17.04	42.37	83.48	20.62	10.45
% of Calories										24.4%	48.0%	26.7%	13.5%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 05/29/2018													
Highcrest Middle School	Total												
Chicken Burrito - HMS	1 Burrito	631	89	5.32	4.13	463.3	60	12	2.5	41.2	48.27	30.12	12.50
Spanish Rice - No MSG	3/4 Cup	143	0	0.75	2.72	45.3	38	8	11.32	3.77	33.19	0.38	0.00
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		1008	106	8.57	*6.85	*808.8	*628	*39	*21.01	56.49	118.97	35.17	14.62
% of Calories										22.4%	47.2%	31.4%	13.0%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 05/30/2018													
Highcrest Middle School	Total												
Macaroni and Cheese - Stoufers	1 Cup	370	25	2.00	0.00	0.0	0	0	0.0	16.0	39.0	17.0	7.00
Broccoli	Serving	30	0	2.00	0.00	20.0	0	0	30.0	1.0	4.0	0.0	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
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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Wilmette Public Schools District 39

May 1, 2018 thru May 31, 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)
Weighted Daily Average % of Calories		543	40	6.17	*1.08	*340.7	*4780	*849	*43.47	26.08 19.2%	62.79 46.2%	19.74 32.7%	8.51 14.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 05/31/2018													
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
Pepperoni - 5-6	5-6 Slices	51	8	0.00	0.14	0.0	0	0	0.0	2.36	0.39	4.71	1.96
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 % of Calories		694	58	5.16	*5.53	*870.7	*5210	*935	*13.47	27.44 15.8%	91.17 52.5%	25.44 33.0%	12.47 16.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00