

Wilmette Public Schools District 39

Jan 8, 2018 thru Jan 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)
Mon - 01/08/2018													
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
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
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
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		564	45	7.75	*2.74	*410.8	*657	*47	*7.20	22.70	74.02	39.56	6.96
% of Calories										16.1%	52.5%	63.1%	11.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Tue - 01/09/2018													
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
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
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		595	52	7.00	*5.18	*333.5	*3990	*720	*25.70	30.20	83.50	13.02	6.06
% of Calories										20.3%	56.2%	19.7%	9.2%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 01/10/2018													
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

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Wilmette Public Schools District 39

Jan 8, 2018 thru Jan 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)
Thu - 01/11/2018													
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 - 01/12/2018													
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

Tue - 01/16/2018													
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
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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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)
Weighted Daily Average		611	45	7.50	*2.88	*340.6	*557	*27	*34.80	38.52	76.50	14.56	4.68
% of Calories										25.2%	50.0%	21.4%	6.9%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 01/17/2018													
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
Lime Jello	1 serving	70	0	0.00	0.00	0.0	0	0	15.0	1.0	17.0	0.0	0.00
Weighted Daily Average		512	74	5.30	*2.48	*672.0	*2800	*470	*33.90	37.86	56.09	15.32	3.49
% of Calories										29.6%	43.8%	26.9%	6.1%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Thu - 01/18/2018													
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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Base Menu Spreadsheet

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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 - 01/19/2018													
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

Mon - 01/22/2018													
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

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Tue - 01/23/2018													
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
Yogurt	4 oz cup	100	5	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5	0.50
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	62	6.46	*3.50	*525.9	*5498	*996	*53.28	29.89	63.52	12.28	6.59
% of Calories										24.2%	51.5%	22.4%	12.0%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 01/24/2018													
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

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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 - 01/25/2018													
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 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 - 01/26/2018													
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

Mon - 01/29/2018													
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

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 - 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

Jan 8, 2018 thru Jan 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		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

Tue - 01/30/2018													
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
Yogurt	4 oz cup	100	5	0.00	0.00	100.0	500	100	0.0	3.0	20.0	0.5	0.50
Carrots	1 bag	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.0	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		775	130	3.50	*3.42	*420.0	*1100	*130	*2.40	29.50	108.50	24.20	8.50
% of Calories										15.2%	56.0%	28.1%	9.9%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00

Wed - 01/31/2018													
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
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
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
Weighted Daily Average		680	80	10.50	*4.32	*460.6	*3111	*484	*20.40	25.52	89.50	24.23	10.35
% of Calories										15.0%	52.7%	32.1%	13.7%
Nutrient Guideline		725			3.90	333.50	1333		15.85	12.25		<=30.0	<10.00