

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

Menu Name: Elementary Lunch
Site:

Include Cost: Yes
Report Style: Detailed

Friday - 10/01/2021

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	
000814	Wheat Bagel	1 Bagel	1	271	*N/A*	0	*N/A*	1.30	*N/A*	*N/A*	58.00	*N/A*	10.50	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
000305	Turkey Roll-Up	2 Slices	1	30	0.25	180	*N/A*	0.75	0.00	12	0.50	0.00	5.00	0	0.0	0.00	0.18	\$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
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
Weighted Daily Average				531	*4.75	380	*N/A*	9.95	*0.00	*42	90.00	*3.00	26.00	*0	*290.0	*0.00	*0.18	\$0.000
% of Calories					*8.05%		*N/A*	16.9%	*0.0%		67.8%		19.6%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Monday - 10/04/2021

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

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
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
Weighted Daily Average			575	4.50	895	*N/A*	23.90	*0.00	55	60.50	*6.00	30.50	*0	*330.0	*7.20	*1.80	\$0.000
% of Calories				7.04%		*N/A*	37.4%	*0.0%		42.1%		21.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/05/2021

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
000366 BLT Sandwich on Wheat Bun	Sandwich	1	228	2.48	526	*1	9.62	0.00	15	27.93	2.30	10.74	192	52.9	2.88	2.49	\$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
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
000812 Ken's Ranch Dressing	2 tbsp	1	130	2.00	200	*N/A*	13.00	0.00	10	3.00	0.00	1.00	0	0.0	0.00	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
000678 Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
Weighted Daily Average			713	7.48	970	*1	37.52	0.00	40	74.43	7.30	24.24	*692	*372.9	*10.08	*3.21	\$0.000
% of Calories				9.44%		*0.6%	47.4%	0.0%		41.8%		13.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/06/2021

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
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
Weighted Daily Average			617	7.00	895	*N/A*	27.40	*0.00	40	70.02	*5.00	23.68	*0	*360.3	*6.00	*2.74	\$0.000
% of Calories				10.21%		*N/A*	40.0%	*0.0%		45.4%		15.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	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
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
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
Weighted Daily Average			965	9.50	1355	*8	53.90	*0.00	40	94.50	*7.00	25.50	*0	*540.0	*6.00	*6.32	\$0.000
% of Calories				8.86%		*3.3%	50.3%	*0.0%		39.2%		10.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/08/2021

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
000313 Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816 Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386 American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
000841	Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average				850	11.51	1637	*1	47.46	*0.00	70	76.61	*7.36	30.76	*530	*453.4	*9.51	*3.33	\$0.000
% of Calories					12.19%		*0.5%	50.3%	*0.0%		36.1%		14.5%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Tuesday - 10/12/2021

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	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$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
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

Oct 1, 2021 thru Oct 31, 2021

	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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			850	11.51	1637	*1	47.46	*0.00	70	76.61	*7.36	30.76	*530	*453.4	*9.51	*3.33	\$0.000
% of Calories				12.19%		*0.5%	50.3%	*0.0%		36.1%		14.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/13/2021

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
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
00082 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
Weighted Daily Average			698	7.69	1144	*N/A*	30.14	*0.34	45	79.37	*7.17	26.56	*382	*397.1	*11.30	*3.77	\$0.000
% of Calories				9.92%		*N/A*	38.9%	*0.4%		45.5%		15.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/14/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	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
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
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
Weighted Daily Average			965	9.50	1355	*8	53.90	*0.00	40	94.50	*7.00	25.50	*0	*540.0	*6.00	*6.32	\$0.000
% of Calories				8.86%		*3.3%	50.3%	*0.0%		39.2%		10.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/15/2021

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
000814 Wheat Bagel	1 Bagel	1	271	*N/A*	0	*N/A*	1.30	*N/A*	*N/A*	58.00	*N/A*	10.50	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
000305 Turkey Roll-Up	2 Slices	1	30	0.25	180	*N/A*	0.75	0.00	12	0.50	0.00	5.00	0	0.0	0.00	0.18	\$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
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

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
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
Weighted Daily Average			531	*4.75	380	*N/A*	9.95	*0.00	*42	90.00	*3.00	26.00	*0	*290.0	*0.00	*0.18	\$0.000
% of Calories				*8.05%		*N/A*	16.9%	*0.0%		67.8%		19.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 10/18/2021

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
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
Weighted Daily Average			575	4.50	895	*N/A*	23.90	*0.00	55	60.50	*6.00	30.50	*0	*330.0	*7.20	*1.80	\$0.000
% of Calories				7.04%		*N/A*	37.4%	*0.0%		42.1%		21.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/19/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
000366 BLT Sandwich on Wheat Bun	Sandwich	1	228	2.48	526	*1	9.62	0.00	15	27.93	2.30	10.74	192	52.9	2.88	2.49	\$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
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
000812 Ken's Ranch Dressing	2 tbsp	1	130	2.00	200	*N/A*	13.00	0.00	10	3.00	0.00	1.00	0	0.0	0.00	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
000678 Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
Weighted Daily Average			713	7.48	970	*1	37.52	0.00	40	74.43	7.30	24.24	*692	*372.9	*10.08	*3.21	\$0.000
% of Calories				9.44%		*0.6%	47.4%	0.0%		41.8%		13.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/20/2021

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
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

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
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
Weighted Daily Average			617	7.00	895	*N/A*	27.40	*0.00	40	70.02	*5.00	23.68	*0	*360.3	*6.00	*2.74	\$0.000
% of Calories				10.21%		*N/A*	40.0%	*0.0%		45.4%		15.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/21/2021

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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	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
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
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
Weighted Daily Average			965	9.50	1355	*8	53.90	*0.00	40	94.50	*7.00	25.50	*0	*540.0	*6.00	*6.32	\$0.000
% of Calories				8.86%		*3.3%	50.3%	*0.0%		39.2%		10.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 10/22/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$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
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
000841	Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average				850	11.51	1637	*1	47.46	*0.00	70	76.61	*7.36	30.76	*530	*453.4	*9.51	*3.33	\$0.000
% of Calories					12.19%		*0.5%	50.3%	*0.0%		36.1%		14.5%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Monday - 10/25/2021

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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
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
Weighted Daily Average			575	4.50	895	*N/A*	23.90	*0.00	55	60.50	*6.00	30.50	*0	*330.0	*7.20	*1.80	\$0.000
% of Calories				7.04%		*N/A*	37.4%	*0.0%		42.1%		21.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 10/26/2021

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
000313 Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816 Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386 American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$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
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

Oct 1, 2021 thru Oct 31, 2021

	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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			850	11.51	1637	*1	47.46	*0.00	70	76.61	*7.36	30.76	*530	*453.4	*9.51	*3.33	\$0.000
% of Calories				12.19%		*0.5%	50.3%	*0.0%		36.1%		14.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 10/27/2021

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
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
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
Weighted Daily Average			698	7.69	1144	*N/A*	30.14	*0.34	45	79.37	*7.17	26.56	*382	*397.1	*11.30	*3.77	\$0.000
% of Calories				9.92%		*N/A*	38.9%	*0.4%		45.5%		15.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 10/28/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 31, 2021

	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
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
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	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
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
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
Weighted Daily Average			965	9.50	1355	*8	53.90	*0.00	40	94.50	*7.00	25.50	*0	*540.0	*6.00	*6.32	\$0.000
% of Calories				8.86%		*3.3%	50.3%	*0.0%		39.2%		10.6%					
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	742	*7.97	1128	*2	36.17	*0.04	*49	78.61	*6.34	27.24	*225	*410.7	*7.28	*3.36	
% of Calories		*9.67%		*1.1%	43.9%	*0.0%		42.4%		14.7%					

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.