

SCHOOL District #97 - School Lunch Menu

BEYE, HATCH, HOLMES, IRVING, LINCOLN, LONGFELLOW, MANN, WHITTIER

Monday

Tuesday

Wednesday

Thursday

Friday

**Eat Well
Your Body Can Tell**

		26 A. Beef Hot Dog in Whole Wheat Bun# w/Ketchup, Mustard, Relish B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Pork & Beans Tiny Triangles Chilled Fresh Apples	27 A. Hamburger* in Bun# Sliced Cheese on the side Ketchup, Mustard, Pickles B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Seasoned Corn & Beans Lunch Bunch Grapes	28 A. Cheese Pizza# B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Crisp Broccoli Florets w/Ranch Dip Chilled Peaches
31 A. Pasta# w/Meat Sauce* B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Tossed Salad w/Italian Dressing Chilled Pears Wheat Dinner Roll#	1 A. Popcorn Chicken B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Crisp Fresh Broccoli w/Ranch Dip Chilled Applesauce Physedible Goldfish Crackers#	2 A. Chicken Corn Dog# Ketchup and Mustard B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Green Beans Fresh Orange Smiles	3 A. Baked Chicken B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Fresh Baby Carrots w/Ranch Dip Chilled Peaches Oatmeal Raisin Cookie#	4 A. Soft Shell# Beef Taco* w/shredded cheese Lettuce/Tomato & Sauce B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Corn & Beans Fresh Watermelon Slice
7 <i>No School Labor Day</i>		9 A. RF Macaroni & Cheese w/ Nuggets w/BarBQ Sauce B. Vegetarian Salad C. Turkey Wrap Fresh Baby Carrots w/Ranch Dip Chilled Applesauce Physedible Goldfish Crackers#	10 A. Pepperoni Pizza# B. Vegetarian Salad C. Turkey Wrap Crisp Fresh Broccoli w/Ranch Dip Chilled Pears	11 A. Chicken Hip Dipper w/BBQ Sauce B. Vegetarian Salad C. Turkey Wrap Seasoned Corn & Beans Fresh Orange Smiles Physedible Goldfish Crackers#
14 A. Ravioli B. Caesar Salad C. American Submarine Seasoned Carrots Fresh Apple Slices Wheat Dinner Roll#	15 A. Chicken Fingers w/BarBQ Sauce B. Caesar Salad C. American Submarine Seasoned Corn & Beans Fresh Orange Smiles Physedible Goldfish Crackers#	16 A. Meatball Sub* B. Caesar Salad C. American Submarine Spinach Salad w/Italian Dressing Chilled Pears	17 Ethnic Celebration A. Chicken Egg Roll B. Caesar Salad C. American Submarine Stir Fried Brown Rice Fresh Baby Carrots w/Ranch Dip Chilled Mixed Fruit Fortune Cookie	18 A. Salisbury Steak B. Caesar Salad C. American Submarine Whipped Potatoes with Gravy Fresh Peach Pretzel Goldfish#
21 A. Sloppy Joe in Whole Wheat Bun# Lettuce & Mayonnaise B.. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Seasoned Green Beans Fresh Pear	22 A. OPRF Rib Sandwich# B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Seasoned Carrots Fresh Mixed Fruit	23 A. Pizza Dippers# w/Marinara Sauce B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Crisp Fresh Broccoli w/Ranch Dip Apple Crisp	24 A. Cheese Quesadilla# B. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Black Beans/Brown Rice Seasoned Green Beans Fresh Apple Slices Chocolate Chip Cookie#	25 A. Grilled Chicken Patty in Whole Wheat Bun# Lettuce & Mayonnaise B.. Vegetarian Salad C. Ham & Cheese on 9 Grain Bread Fresh Carrot Coins w/Ranch Dip Chilled Peaches

AUGUST / SEPTEMBER 2009

Prepared by
Oak Park &
River Forest High
School Food &
Nutrition Services
Department

All menus are less
than 30% calories
from fat

Oak Park & River Forest High School

Aug 1, 2009 thru Aug 31, 2009 Spreadsheet - Portion Values

Aug 18, 2009

DISTRICT 97

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 08/26/2009																
DISTRICT 97	Total	1														
Hot Dog on Bun	SERVING	1	320	40	510	3.00	2.16	60.0	*0	*0	0.00	16.00	24.00	18.00	6.00	1.00
KETCHUP, 9 GRAM, RED GOLD	1 each	1	10	*0	105	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
MUSTARD PPI 500/5.5 GM	1 each	1	5	*0	50	*0.00	*0.00	*0.0	*0	*0	*0.00	0.50	0.50	*0.00	*0.00	*0.00
RELISH: individual PC	PC packet	1	10	0	62	0.08	0.07	0.2	93	1	0.08	0.03	2.68	0.04	0.00	*0.00
TRIANGLE, TINY, W/VITC, SIMPL	Serving	1	140	*0	290	2.00	0.36	*0.0	*0	*0	3.60	1.00	17.00	7.00	1.50	2.50
Apples, Fresh	1 each	1	28	0	1	1.27	0.06	3.2	29	3	2.44	0.14	7.32	0.09	0.02	*0.00
BEANS,BKD,CND,W/PORK	Serving	1	60	4	235	3.12	0.96	30.1	0	10	1.13	2.94	11.33	0.88	0.34	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			715	*52	1393	*10.41	*4.08	*382.5	*610	*502	*8.94	*28.74	88.46	*28.36	*9.33	*3.50
% of Calories												16.1%	49.5%	35.7%	11.7%	4.4%

Thu - 08/27/2009																
DISTRICT 97	Total	1														
BEEF & ONION PATTY, DELUXE,	1 each	1	362	55	1023	2.70	3.24	260.0	800	160	0.60	29.20	32.20	14.30	6.50	*0.00
KETCHUP, 9 GRAM, RED GOLD	1 each	1	10	*0	105	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
MUSTARD PPI 500/5.5 GM	1 each	1	5	*0	50	*0.00	*0.00	*0.0	*0	*0	*0.00	0.50	0.50	*0.00	*0.00	*0.00
PICKLES,DILL SLICE	1 EACH	1	3	0	248	0.31	0.10	11.9	52	9	0.23	0.17	0.73	0.04	0.01	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
Corn and Beans	serving	1	89	0	388	5.02	1.49	22.8	28	10	1.94	4.93	20.15	0.70	0.15	*0.00
GRAPES,LUNCH BUNCH	serving	1	85	0	*0	2.00	0.40	20.0	100	20	4.80	1.00	24.00	*0.00	*0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			757	*69	*2326	*10.97	*5.71	*603.8	*1468	*687	*9.25	*44.93	110.20	*20.90	*8.63	*0.00
% of Calories												23.7%	58.2%	24.8%	10.3%	0.0%

Fri - 08/28/2009																
DISTRICT 97	Total	1														
Pizza, Stuffed Crust	slice	1	370	15	1140	4.00	5.40	40.0	500	100	*0.00	18.00	44.00	15.00	5.00	*0.00
BROCCOLI,raw: fresh	1 CUP	1	29	0	28	2.21	0.62	40.0	530	131	75.86	2.40	5.65	0.31	0.03	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
PEACHES: canned,light syrup	serving	1	46	0	4	1.11	0.31	2.6	301	30	2.04	0.38	12.37	0.03	0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			648	28	1683	*8.25	*6.80	*371.5	*1819	*749	*79.59	29.91	91.64	21.20	7.00	*0.00
% of Calories												18.5%	56.6%	29.5%	9.7%	0.0%

Mon - 08/31/2009																
DISTRICT 97	Total	1														
Pasta, Meat Sauce	serving	1	370	*30	625	6.00	3.80	49.0	*568	*114	*18.00	24.00	43.00	12.00	3.50	*0.00
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.38	*0.77	3.53	*0.12	*0.02	*0.00
PEARS BARTLETT, SLICED, LT S YR	Serving	1	60	0	4	1.50	*0.00	*0.0	*0	*0	0.90	*0.00	15.00	0.00	0.00	0.00
Roll, Whole Wheat	SERVING	1	90	0	180	1.00	1.08	60.0	0	0	0.00	6.00	14.00	1.50	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00

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Oak Park & River Forest High School

Aug 1, 2009 thru Aug 31, 2009 Spreadsheet - Portion Values
DISTRICT 97

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			680	*38	1068	*10.46	*5.70	*413.3	*1483	*630	*22.97	*38.90	98.14	*15.98	*4.98	*0.00
% of Calories												22.9%	57.8%	21.2%	6.6%	0.0%
Weighted Average			700	*47	*1618	*10.02	*5.57	*442.8	*1345	*642	*30.19	*35.62	97.11	*21.61	*7.49	*0.87
												20.4%	55.5%	27.8%	9.6%	1.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	700		664	105%			
Cholesterol (mg)	47		0		Missing		
Sodium (mg)	1618		0		Missing		
Fiber (g)	10.02		0.00		Missing		
Iron (mg)	5.57		3.47	160%	Missing		
Calcium (mg)	442.8		286.00	155%	Missing		
Vitamin A (IU)	1345		1119	120%	Missing		
Vitamin A (RE)	642		224	287%	Missing		
Vitamin C (mg)	30.19		15.24	198%	Missing		
Protein (g)	35.62	20.35%	9.77	365%	Missing		
Carbohydrate (g)	97.11	55.49%	0.00				
Total Fat (g)	21.61	27.78%	<30.00		Missing		
Saturated Fat (g)	7.49	9.63%	<10.00		Missing		
Trans Fat (g)	0.87	1.12%					

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values

Aug 18, 2009

DISTRICT 97

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tue - 09/01/2009																
DISTRICT 97	Total	1														
Chicken, Popcorn	SERVING	1	183	29	860	1.12	1.50	24.3	70	70	0.00	11.70	14.00	9.20	1.98	0.00
BROCCOLI,raw: fresh	serving	1	29	0	28	2.21	0.62	40.0	530	131	75.86	2.40	5.65	0.31	0.03	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
APPLESAUCE, PLAIN FLAVOR, C UPP	1 cup	1	90	*0	20	2.00	0.00	*0.0	*0	*0	1.20	*0.00	20.00	*0.00	*0.00	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.00	1.67	15.83	3.33	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			605	*42	1507	*7.10	*5.59	*353.3	*1171	*705	*80.75	*24.90	85.10	*18.71	*4.82	*0.00
% of Calories												16.5%	56.3%	27.8%	7.2%	0.0%

Wed - 09/02/2009																
DISTRICT 97	Total	1														
CORN DOG: CHICKEN	1 EACH	1	240	20	590	5.00	2.70	0.0	*0	*0	9.00	9.00	33.00	8.00	2.00	*0.00
KETCHUP, 9 GRAM, RED GOLD	1 each	1	10	*0	105	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
MUSTARD PPI 500/5.5 GM	1 each	1	5	*0	50	*0.00	*0.00	*0.0	*0	*0	*0.00	0.50	0.50	*0.00	*0.00	*0.00
GREEN BEANS: canned,cooked	.5 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.70	0.08	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			442	*28	1055	*8.79	*3.84	*332.8	*871	*549	*48.44	*19.06	69.85	*10.50	*3.50	*0.00
% of Calories												17.2%	63.2%	21.4%	7.1%	0.0%

Thu - 09/03/2009																
DISTRICT 97	Total	1														
Chicken, Breaded	Serving	1	220	65	380	0.00	1.08	20.0	100	20	0.00	17.00	7.00	14.00	4.00	0.00
CARROTS, PEELED BABY CARR OTEEN	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
PEACHES: canned,light syrup	serving	1	46	0	4	1.11	0.31	2.6	301	30	2.04	0.38	12.37	0.03	0.00	*0.00
Cookie, Oatml Raisn Dough, Frz	1 Each	1	110	7	93	1.10	0.54	10.0	18	18	0.00	1.70	17.90	3.70	1.10	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			591	*85	1004	*4.14	*2.39	*321.6	*7658	*1906	*3.73	*28.22	69.89	*23.58	*7.07	*0.00
% of Calories												19.1%	47.3%	35.9%	10.8%	0.0%

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Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values

Aug 18, 2009

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 09/04/2009																
DISTRICT 97	Total	1														
BEEF TACO FILLING, RF, JTM	serving	1	119	19	485	1.90	1.98	30.0	600	120	4.80	13.40	4.00	5.70	2.20	*0.00
TORTILLA, WHOLE GRAIN, LOCO	1 each	1	140	*0	260	3.00	1.44	*0.0	*0	*0	*0.00	5.00	25.00	2.50	0.50	*0.00
CHEESE, SHREDDED	serving	1	110	30	180	*0.00	*0.00	200.0	300	60	*0.00	7.00	0.50	9.00	6.00	*0.00
Lettuce, Shredded	serving	1	7	0	5	0.00	0.27	10.8	188	38	2.25	0.60	1.20	0.00	0.00	0.00
TOMATOES, DICED	serving	1	10	*0	0	0.00	0.24	1.3	500	62	8.00	0.67	2.00	0.00	0.00	*0.00
TACO SAUCE AMER, PPI 500/9 G	1 each	1	5	*0	95	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	1.00	*0.00	*0.00	*0.00
Corn and Beans	serving	1	89	0	388	5.02	1.49	22.8	28	10	1.94	4.93	20.15	0.70	0.15	*0.00
WATERMELON,CHUNKS	.5 CUP	1	23	0	1	0.30	0.18	5.3	432	28	6.16	0.46	5.74	0.11	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			646	*57	1555	*11.16	*6.07	*559.3	*2536	*806	*24.83	*40.19	82.20	*20.37	*10.34	*0.00
% of Calories												24.9%	50.9%	28.4%	14.4%	0.0%

Tue - 09/08/2009																
DISTRICT 97	Total	1														
Pasta, Marinara Sauce	serving	1	270	*0	575	6.00	2.88	60.0	*750	*100	*12.00	11.00	45.00	6.50	0.50	*0.00
CHEESE, STRING CHEESE, SCH REIB	1 EACH	1	80	15	170	*0.00	*0.00	200.0	200	40	*0.00	8.00	1.00	5.00	3.00	*0.00
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.38	*0.77	3.53	*0.12	*0.02	*0.00
Mixed Fruit	serving	1	48	0	5	0.85	0.25	5.1	174	18	1.62	0.34	12.70	0.06	0.01	*0.00
Roll, Whole Wheat	SERVING	1	90	0	180	1.00	1.08	60.0	0	0	0.00	6.00	14.00	1.50	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			648	*23	1190	*9.81	*5.02	*629.4	*2039	*674	*17.68	*34.24	98.84	*15.54	*4.99	*0.00
% of Calories												21.1%	61.0%	21.6%	6.9%	0.0%

Wed - 09/09/2009																
DISTRICT 97	Total	1														
Macaroni and Nuggets	serving	1	236	35	618	0.74	0.87	205.1	205	41	*0.56	13.48	20.25	11.20	3.99	*0.14
BBQ SAUCE, POUCH, AMER PPI 200	1 each	1	15	*0	85	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	4.00	*0.00	*0.00	*0.00
CARROTS, PEELED BABY CARR OTEEN	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
APPLESAUCE, PLAIN FLAVOR, C UPP	1 cup	1	90	*0	20	2.00	0.00	*0.0	*0	*0	1.20	*0.00	20.00	*0.00	*0.00	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.00	1.67	15.83	3.33	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			655	*48	1338	*5.51	*4.33	*494.1	*7527	*1896	*5.45	*24.28	92.70	*20.40	*6.79	*0.14
% of Calories												14.8%	56.6%	28.0%	9.3%	0.2%

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Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values

Aug 18, 2009

DISTRICT 97

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 09/10/2009																
DISTRICT 97	Total	1														
PIZZA, PEPP SMART 4X6 TONY'S	serving	1	330	15	978	2.00	3.06	270.0	500	100	*0.00	18.00	34.00	13.00	4.00	2.00
BROCCOLI,raw: fresh	serving	1	29	0	28	2.21	0.62	40.0	530	131	75.86	2.40	5.65	0.31	0.03	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
PEARS BARTLETT, SLICED, LT S YR	Serving	1	60	0	4	1.50	*0.00	*0.0	*0	*0	0.90	*0.00	15.00	0.00	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			622	28	1521	*6.65	*4.15	*599.0	*1518	*719	*78.45	*29.53	84.27	19.17	6.00	*2.00
% of Calories												19.0%	54.2%	27.8%	8.7%	2.9%

Fri - 09/11/2009																
DISTRICT 97	Total	1														
Chicken Hip Dipper	SERVING	1	250	30	350	*0.00	7.92	*0.0	*0	*0	*0.00	15.00	16.00	14.00	3.00	*0.00
BBQ SAUCE, POUCH, AMER PPI 200	1 each	1	15	*0	85	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	4.00	*0.00	*0.00	*0.00
Corn and Beans	serving	1	89	0	388	5.02	1.49	22.8	28	10	1.94	4.93	20.15	0.70	0.15	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.70	0.08	0.01	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.00	1.67	15.83	3.33	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			628	*38	1052	*8.36	*12.95	*338.0	*747	*528	*40.47	*30.34	86.29	*20.47	*5.47	*0.00
% of Calories												19.3%	55.0%	29.3%	7.8%	0.0%

Mon - 09/14/2009																
DISTRICT 97	Total	1														
RAVIOLI,BEEF, Chefb	serving	1	280	20	800	4.00	1.80	20.0	1000	200	0.00	8.00	44.00	8.00	3.00	*0.00
CARROTS: canned, cooked	serving	1	21	0	206	1.28	0.54	21.3	9500	1171	2.30	0.54	4.71	0.16	0.03	*0.00
Apples, Fresh	1 each	1	28	0	1	1.27	0.06	3.2	29	3	2.44	0.14	7.32	0.09	0.02	*0.00
Roll, Whole Wheat	SERVING	1	90	0	180	1.00	1.08	60.0	0	0	0.00	6.00	14.00	1.50	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			562	28	1327	8.49	3.96	393.5	11017	1862	6.42	22.81	92.65	12.11	4.52	*0.00
% of Calories												16.2%	66.0%	19.4%	7.2%	0.0%

Tue - 09/15/2009																
DISTRICT 97	Total	1														
CHICKEN, FINGER, TYSON	serving	1	240	40	650	1.00	1.44	20.0	100	20	*0.00	14.00	15.00	14.00	3.00	*0.00
BBQ SAUCE, POUCH, AMER PPI 200	1 each	1	15	*0	85	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	4.00	*0.00	*0.00	*0.00
Corn and Beans	serving	1	89	0	388	5.02	1.49	22.8	28	10	1.94	4.93	20.15	0.70	0.15	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.85	0.62	7.70	0.08	0.01	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.00	1.67	15.83	3.33	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			618	*48	1352	*9.36	*6.47	*358.0	*847	*548	*40.47	*29.34	85.29	*20.47	*5.47	*0.00
% of Calories												19.0%	55.2%	29.8%	8.0%	0.0%

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Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values

Aug 18, 2009

DISTRICT 97

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wed - 09/16/2009																
DISTRICT 97	Total	1														
Meat Ball Sub	1 each	1	320	36	657	4.10	3.34	100.0	5	37	0.60	23.60	28.90	13.00	4.40	*0.00
Spinach Salad	Serving	1	13	*0	133	*1.00	*0.72	*30.0	*200	*40	*7.50	*1.00	2.00	*0.00	*0.00	*0.00
PEARS BARTLETT, SLICED, LT S YR	Serving	1	60	0	4	1.50	*0.00	*0.0	*0	*0	0.90	*0.00	15.00	0.00	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			535	*45	934	*7.54	*4.53	*419.0	*693	*565	*10.69	*32.73	68.52	*15.36	*5.87	*0.00
% of Calories												24.5%	51.2%	25.8%	9.9%	0.0%
Thu - 09/17/2009																
DISTRICT 97	Total	1														
EGG ROLL, CHICKEN, VEG, CN,	1 serving	1	160	35	420	2.00	1.80	40.0	500	100	3.60	9.00	20.00	6.00	1.50	*0.00
BROWN RICE PILAF	1/2 CUP	1	146	0	55	1.60	0.82	16.0	0	0	0.30	3.50	30.36	0.97	0.20	*0.00
SWEET AND SOUR SAUCE	2 TBSP	1	21	0	83	0.10	0.16	5.0	52	10	2.30	0.27	5.18	0.03	0.01	*0.00
CARROTS, PEELED BABY CARR	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
OTEEN																
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
Mixed Fruit	1 serving	1	48	0	5	0.85	0.25	5.1	174	18	1.62	0.34	12.70	0.06	0.01	*0.00
COOKIE, Fortune	1 Each	1	10	0	0	0.00	*0.00	*0.0	*0	*0	*0.00	0.50	2.00	0.00	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			600	*48	1090	*6.49	*3.49	*355.1	*7964	*1966	*9.50	*22.74	102.85	*12.91	*3.69	*0.00
% of Calories												15.2%	68.5%	19.4%	5.5%	0.0%
Fri - 09/18/2009																
DISTRICT 97	Total	1														
SALISBURY STEAK, GRAVY	1 each	1	156	*35	615	*0.00	*1.62	30.0	*100	*20	*1.80	15.80	4.60	8.40	3.30	*0.00
POTATO PEARL, BAMER EXCEL	1 serving	1	76	*0	345	1.30	0.18	10.0	*0	*0	3.60	1.50	15.00	1.00	0.10	0.30
PEACHES,FRESH	1 EACH	1	59	0	0	2.25	0.38	9.0	489	81	9.90	1.37	14.31	0.38	0.03	*0.00
GOLDFISH, PRETZEL	1 each	1	80	*0	300	1.00	1.08	*0.0	*0	*0	*0.00	2.00	15.00	1.00	*0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			513	*44	1401	*5.49	*3.72	*338.0	*1077	*589	*16.99	28.80	71.53	13.13	*4.90	*0.30
% of Calories												22.4%	55.7%	23.0%	8.6%	0.5%
Mon - 09/21/2009																
DISTRICT 97	Total	1														
BEEF SLOPPY JOE, RF, JTM	1 serving	1	276	24	932	3.00	3.78	70.0	300	60	7.80	18.60	36.80	7.30	2.40	*0.00
GREEN BEANS: canned,cooked	.5 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*0.00
PEARS,FRESH	1 EACH	1	96	0	2	5.15	0.28	14.9	38	3	6.97	0.63	25.66	0.20	0.02	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			529	33	1244	10.37	5.14	391.5	1062	599	19.36	28.17	88.12	9.92	3.90	*0.00
% of Calories												21.3%	66.7%	16.9%	6.6%	0.0%

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Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values

Aug 18, 2009

DISTRICT 97

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Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Tue - 09/22/2009																
DISTRICT 97	Total	1														
RIB, PORK, BBQ, CN, PIERRE,97	serving	1	279	32	440	4.10	2.70	90.0	100	20	*0.00	20.30	26.30	11.00	3.10	*0.00
CARROTS: canned, cooked	serving	1	21	0	206	1.28	0.54	21.3	9500	1171	2.30	0.54	4.71	0.16	0.03	*0.00
MIXED FRUIT: frozen,sweetened	.5 CUP	1	123	0	4	2.38	0.35	8.8	403	40	93.75	1.78	30.29	0.23	0.03	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			566	41	791	8.69	4.06	409.0	10491	1719	*97.73	30.75	83.92	13.74	4.63	*0.00
% of Calories											21.8%	59.4%	21.9%	7.4%	0.0%	

Wed - 09/23/2009																
DISTRICT 97	Total	1														
PIZZA DIPPERS	serving	1	320	30	680	0.50	0.72	420.0	400	80	*0.00	19.00	29.00	14.00	7.00	*0.00
Marinara Sauce, pc	1 each	1	15	0	260	0.00	0.36	*0.0	*0	*0	*0.00	1.00	3.00	0.00	0.00	0.00
BROCCOLI,raw: fresh	serving	1	29	0	28	2.21	0.62	40.0	530	131	75.86	2.40	5.65	0.31	0.03	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
Apple Crisp	serving	1	200	0	113	2.30	0.99	20.0	350	70	0.49	1.94	31.75	7.97	1.59	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			767	43	1592	*5.95	*3.16	*769.0	*1768	*769	*78.04	33.47	99.02	28.14	10.59	*0.00
% of Calories											17.5%	51.7%	33.0%	12.4%	0.0%	

Thu - 09/24/2009																
DISTRICT 97	Total	1														
QUESADILLA: WHOLE WHEAT	1 EACH	1	327	46	501	4.09	2.58	316.9	358	72	0.00	18.40	35.78	13.29	5.11	*0.00
Black Bean and Brown Rice	serving	1	126	0	112	2.96	0.96	16.5	1	0	0.77	3.97	26.64	0.91	0.19	*0.00
GREEN BEANS: canned,cooked	.5 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.90	0.81	3.04	0.07	0.01	*0.00
Apples, Fresh	1 each	1	28	0	1	1.27	0.06	3.2	29	3	2.44	0.14	7.32	0.09	0.02	*0.00
Cookie, Choc Chip, WG, RF, 1 o	1 Each	1	110	9	120	0.96	0.82	0.0	43	43	0.00	1.65	18.02	3.68	1.21	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00
Weighted Daily Average			748	63	1043	11.50	5.49	643.1	1154	653	7.80	33.10	113.41	20.40	8.01	*0.00
% of Calories											17.7%	60.7%	24.6%	9.6%	0.0%	

Fri - 09/25/2009																
DISTRICT 97	Total	1														
CHICKEN PATTY GRILLED: IN B	1 EACH	1	418	50	856	3.68	3.11	70.2	385	39	*1.59	21.51	42.68	18.58	4.01	*0.00
MAYONNAISE AMER, PPI 200/12	1 each	1	90	5	70	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	1.00	9.00	1.50	*0.00
GM																
CARROTS, PEELED BABY CARR	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.00	*0.00	*0.00	*0.00
OTEEN																
Ranch Dip, Hidden Valley P.C.	1 each	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.00	7.00	3.50	0.50	*0.00
PEACHES: canned,light syrup	serving	1	46	0	4	1.11	0.31	2.6	301	30	2.04	0.38	12.37	0.03	0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	488	1.69	8.13	22.62	2.36	1.47	*0.00

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Oak Park & River Forest High School

Sep 1, 2009 thru Sep 30, 2009 Spreadsheet - Portion Values
DISTRICT 97

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protin	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Weighted Daily Average			769	*68	1457	*6.72	*3.89	*361.8	*7924	*1907	*5.32	*31.02	88.68	*33.46	*7.48	*0.00
% of Calories												16.1%	46.1%	39.2%	8.8%	0.0%

Weighted Average			613	*45	1247	*7.90	*4.90	*448.1	*3781	*1053	*32.90	*29.09	86.84	*18.24	*6.00	*0.14
												19.0%	56.6%	26.8%	8.8%	0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	613		664	92%		51	Correction Required - Calories are Low
Cholesterol (mg)	45		0		Missing		
Sodium (mg)	1247		0				
Fiber (g)	7.90		0.00		Missing		
Iron (mg)	4.90		3.47	141%	Missing		
Calcium (mg)	448.1		286.00	157%	Missing		
Vitamin A (IU)	3781		1119	338%	Missing		
Vitamin A (RE)	1053		224	471%	Missing		
Vitamin C (mg)	32.90		15.24	216%	Missing		
Protein (g)	29.09	18.97%	9.77	298%	Missing		
Carbohydrate (g)	86.84	56.63%	0.00				
Total Fat (g)	18.24	26.77%	<30.00		Missing		
Saturated Fat (g)	6.00	8.81%	<10.00		Missing		
Trans Fat (g)	0.14	0.20%					

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.