

JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>A. Pasta# w/Meat Sauce*</p> <p>B. Vegetarian Salad</p> <p>C. Ham & Cheese on 9 Grain Bread</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Pears</p> <p>Wheat Dinner Roll#</p> <p>Larger Entree Portion</p>	<p>5</p> <p>A. Hamburger* in Bun# Sliced Cheese on the side Ketchup, Mustard, Pickles</p> <p>B. Vegetarian Salad</p> <p>C. Ham & Cheese on 9 Grain Bread</p> <p>Seasoned Carrots</p> <p>Lunch Bunch Grapes</p> <p>Extra Grain</p>	<p>6</p> <p>A. Cheese Pizza#</p> <p>B. Vegetarian Salad</p> <p>C. Ham & Cheese on 9 Grain Bread</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Chilled Mandarin</p> <p>Oranges</p> <p>Juice Cup</p>	<p>7</p> <p>A. Soft Shell# Beef Taco* w/shredded cheese Lettuce/Tomato & Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Ham & Cheese on 9 Grain Bread</p> <p>Refried Beans</p> <p>Fresh Carrot Sticks w/Ranch Dip</p> <p>Chilled Applesauce</p> <p>Larger Entree Portion</p>	<p>8</p> <p>A. Hot Dog in a Bun# Lettuce & Mayonnaise</p> <p>B. Vegetarian Salad</p> <p>C. Ham & Cheese on 9 Grain Bread</p> <p>Tiny Triangles</p> <p>Petite Banana</p> <p>Extra Grain</p>
<p>11</p> <p>A. Pasta# w/ Marinara Sauce</p> <p>B. Caesar Salad</p> <p>C. Turkey & Cheese on Whole Wheat Bread</p> <p>Mozzarella String Cheese</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Peaches</p> <p>Wheat Dinner Roll#</p> <p>Larger Entree Portion</p>	<p>12</p> <p>A. Chicken Fingers w/BarBQ Sauce</p> <p>B. Caesar Salad</p> <p>C. Turkey & Cheese on Whole Wheat Bread</p> <p>Seasoned Peas</p> <p>Fresh Orange Smiles</p> <p>Physedible Goldfish Crackers#</p> <p>Larger Entree Portion</p>	<p>13</p> <p>A. Chicken Corn Dog# Ketchup and Mustard</p> <p>B. Caesar Salad</p> <p>C. Turkey & Cheese on Whole Wheat Bread</p> <p>Crisp Baby Carrots w/Ranch Dip</p> <p>Chilled Pineapple</p> <p>Extra Grain</p>	<p>14</p> <p><i>Ethnic Celebration Day Greek</i></p> <p>A. Chicken Gyros in a Pita# with Tzatziki Sauce</p> <p>B. Caesar Salad</p> <p>C. Turkey & Cheese on Whole Wheat Bread</p> <p>Seasoned Peas</p> <p>Fresh Pear</p> <p>Extra Grain</p>	<p>15</p> <p>A. Double Stuff Pepperoni Pizza#</p> <p>B. Caesar Salad</p> <p>C. Turkey & Cheese on Whole Wheat Bread</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Sweet Potato Squares</p> <p>Juice Cup</p>
<p>18</p>  <p>Dr. Martin Luther King Jr. Birthday Observance</p>	<p>19</p> <p>A. Ravioli</p> <p>B. Vegetarian Salad</p> <p>C. Turkey & Cheese Wrap#</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Apricots</p> <p>J&J Soft Pretzel Rod#</p> <p>Larger Entree Portion</p>	<p>20</p> <p>A. Beef Fiestada#</p> <p>B. Vegetarian Salad</p> <p>C. Turkey & Cheese Wrap#</p> <p>Seasoned Green Beans</p> <p>Fresh Orange Smiles</p> <p>Extra Grain</p>	<p>21</p> <p>A. RF Macaroni & Cheese w/ Finger w/BarBQ Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Turkey & Cheese Wrap#</p> <p>Seasoned Peas</p> <p>Fresh Apple Slices</p> <p>Sugar Cookie#</p> <p>Larger Entree Portion</p>	<p>22</p> <p>A. Pizza Dippers# w/Marinara Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Turkey & Cheese Wrap#</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Chilled Mixed Fruit</p> <p>Extra Grain</p>
<p>25</p> <p>NO SCHOOL!!</p>	<p>26</p> <p>A. Popcorn Chicken</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Tossed Salad w/Italian Dressing</p> <p>Apple Crisp</p> <p>Physedible Goldfish Crackers#</p> <p>Juice Cup</p>	<p>27</p> <p>A. Pepperoni Pizza#</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Seasoned Corn & Beans</p> <p>Fresh Orange Smiles</p> <p>Extra Grain</p>	<p>28</p> <p>A. Grilled Cheese w/Tomato Soup</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Fresh Baby Carrots w/Ranch Dip</p> <p>Chilled Applesauce Cup</p> <p>Chocolate Chip Cookie#</p> <p>Juice Cup</p>	<p>29</p> <p>A. Rolled Edge Cheese Pizza#</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Chilled Pears</p> <p>Extra Grain</p>

Nutrition Bites For Kids

Do you know that your school lunch provides you with the energy and proper nutrition for growth? Eating a well balanced meal at lunch will help you have more energy during the day and help you learn better during your classes.

Check out this cool website to learn more about healthy foods and balanced meals.....

www.mypyramid.gov/kids



Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

DISTRICT 97 JUNIOR HIGH

	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
Mon - 01/04/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pasta, Meat Sauce, JH	serving	1	495	*34	726	8.29	4.99	63.3	*652	*130	*20.6	30.7	61.3	15.2	4.19	*0.00
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.4	*0.8	3.5	*0.1	*0.02	*0.00
PEARS BARTLETT, SLICED, LT S YR	Serving	1	60	0	4	1.50	*0.00	*0.0	*0	*0	0.9	*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	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			805	*43	1169	*12.75	*6.89	*427.6	*1567	*305	*25.62	*45.61	116.47	*19.16	*5.68	*0.00
% of Calories												22.7%	57.9%	21.4%	6.3%	0.0%

Tue - 01/05/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
BEEF & ONION PATTY, DELUXE,	1 each	1	362	55	1023	2.70	3.24	260.0	800	160	0.6	29.2	32.2	14.3	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	3.0	*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	0.5	0.5	*0.00	*0.00	*0.00
PICKLES,DILL SLICE	1 EACH	1	3	0	248	0.31	0.10	11.9	52	9	0.2	0.2	0.7	0.0	0.01	*0.00
CARROTS: canned, cooked	serving	1	21	0	206	1.28	0.54	21.3	9500	1171	2.3	0.5	4.7	0.2	0.03	*0.00
GRAPES,LUNCH BUNCH	serving	1	85	0	*0	2.00	0.40	20.0	100	20	4.8	1.0	24.0	*0.00	*0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			729	*64	*1861	*8.06	*7.76	*602.2	*11023	*1524	*11.61	*41.21	103.60	*20.19	*8.84	*0.00
% of Calories												22.6%	56.8%	24.9%	10.9%	0.0%

Wed - 01/06/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pizza, Cheese, 4", SmartPizza,	1 Each	1	320	15	580	3.00	2.70	300.0	300	100	0.00	14.0	34.0	13.0	6.00	0.00
BROCCOLI,raw: fresh	serving	1	29	0	28	2.21	0.62	40.0	530	131	75.9	2.4	5.6	0.3	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	1.0	7.0	3.5	0.50	*0.00
Mandarin Oranges	3 oz	1	52	0	7	0.75	0.54	15.0	225	45	15.8	0.8	12.7	0.00	0.00	0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
JUICE, 100% APPLE, KPAK, ARD MO	1 Cup	1	60	*0	15	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	14.0	*0.00	*0.00	*0.00
Weighted Daily Average			664	*28	1142	*6.90	*4.33	*644.0	*1543	*423	*93.30	*26.28	96.02	*19.17	*8.00	*0.00
% of Calories												15.8%	57.8%	26.0%	10.8%	0.0%

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Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

Dec 3, 2009

Page 2

DISTRICT 97 JUNIOR HIGH

	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
Thu - 01/07/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
BEEF TACO FILLING, RF, JTM	serving	1	119	19	485	1.90	1.98	30.0	600	120	4.8	13.4	4.0	5.7	2.20	*0.00
TORTILLA, WHOLE GRAIN, LOCO	1 each	1	140	*0	260	3.00	1.44	*0.0	*0	*0	*0.00	5.0	25.0	2.5	0.50	*0.00
CHEESE, SHREDDED	serving	1	110	30	180	*0.00	*0.00	200.0	300	60	*0.00	7.0	0.5	9.0	6.00	*0.00
Lettuce, Shredded	serving	1	7	0	5	0.00	0.27	10.8	188	38	2.2	0.6	1.2	0.00	0.00	0.00
TOMATOES, DICED	serving	1	10	*0	0	0.00	0.24	1.3	500	62	8.0	0.7	2.0	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	1.0	*0.00	*0.00	*0.00
REFRIED BEANS	1/3 CUP	1	111	4	381	2.79	1.61	113.0	208	42	0.7	6.9	12.2	4.1	1.31	*0.00
CARROTS, PEELED BABY CARR	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.0	*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	1.0	7.0	3.5	0.50	*0.00
APPLESAUCE, PLAIN FLAVOR, C	1 cup	1	90	*0	20	2.00	0.00	*0.0	*0	*0	1.2	*0.00	20.0	*0.00	*0.00	*0.00
UPP																
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			807	*66	1953	*11.63	*6.01	*644.2	*9034	*1818	*18.63	*42.67	98.51	*27.17	*11.98	*0.00
% of Calories												21.2%	48.8%	30.3%	13.4%	0.0%

Fri - 01/08/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Hot Dog on Bun	SERVING	1	320	40	510	3.00	2.16	60.0	0	0	0.00	16.0	24.0	18.0	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	3.0	*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	0.5	0.5	*0.00	*0.00	*0.00
RELISH: individual PC	PC packet	1	10	0	62	0.08	0.07	0.2	93	1	0.1	0.0	2.7	0.0	0.00	*0.00
TRIANGLE, TINY, W/VITC, SIMPL	Serving	1	140	*0	290	2.00	0.36	*0.0	*0	*0	3.6	1.0	17.0	7.0	1.50	2.50
BANANAS, PETITE	1 EACH	1	121	0	1	3.54	0.35	6.8	87	11	11.8	1.5	31.1	0.4	0.15	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			849	*48	1247	*10.39	*6.41	*356.0	*752	*176	*19.20	*28.81	116.70	*31.18	*9.96	*3.50
% of Calories												13.6%	55.0%	33.1%	10.6%	3.7%

Mon - 01/11/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pasta, Marinara Sauce, JH	serving	1	398	*0	805	8.79	4.21	85.8	*1047	*140	*16.7	16.3	66.3	9.5	0.75	*0.00
CHEESE, STRING CHEESE, SCH	1 EACH	1	80	15	170	*0.00	*0.00	200.0	200	40	*0.00	8.0	1.0	5.0	3.00	*0.00
REIB																
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.4	*0.8	3.5	*0.1	*0.02	*0.00
PEACHES: canned,light syrup	serving	1	46	0	4	1.11	0.31	2.6	301	30	2.0	0.4	12.4	0.0	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	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			773	*23	1419	*12.86	*6.41	*652.7	*2463	*384	*22.85	*39.57	119.87	*18.49	*5.24	*0.00
% of Calories												20.5%	62.0%	21.5%	6.1%	0.0%

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Oak Park & River Forest High School

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DISTRICT 97 JUNIOR HIGH

	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 - 01/12/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Chicken Tenders, Junior High	serving	1	319	53	865	1.33	1.91	26.6	133	27	*0.00	18.6	20.0	18.6	3.99	*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	4.0	*0.00	*0.00	*0.00
PEAS GREEN,CANNED,DRAINED	serving	1	59	0	186	3.49	0.81	17.0	653	131	7.7	3.7	10.7	0.3	0.05	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			666	*62	1364	*8.16	*6.26	*358.8	*1505	*335	*46.27	*32.78	80.81	*24.73	*6.36	*0.00
% of Calories												19.7%	48.5%	33.4%	8.6%	0.0%

Wed - 01/13/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
CORN DOG: CHICKEN	1 EACH	1	240	20	590	5.00	2.70	0.0	*0	*0	9.0	9.0	33.0	8.0	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	3.0	*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	0.5	0.5	*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	3.0	*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	1.0	7.0	3.5	0.50	*0.00
PINEAPPLE CHUNKS:canned,lt syr	.5 CUP	1	66	0	1	1.01	0.49	17.6	48	1	9.45	0.5	16.9	0.2	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			635	*33	1361	*8.78	*6.66	*306.6	*7369	*1515	*22.14	*20.75	101.90	*17.34	*4.82	*0.00
% of Calories												13.1%	64.2%	24.6%	6.8%	0.0%

Thu - 01/14/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
GYROS, Chicken, SLICED, CKD, K TORTILLA, WHOLE GRAIN, LOCO	Serving	1	180	50	930	1.00	1.44	200.0	*0	*0	1.2	18.0	4.0	11.0	2.50	*0.00
Tzatziki Sauce	1 each	1	140	*0	260	3.00	1.44	*0.0	*0	*0	*0.00	5.0	25.0	2.5	0.50	*0.00
Tzatziki Sauce	serving	1	45	0	75	0.00	0.00	40.0	0	0	0.00	0.00	2.0	4.0	3.50	0.00
PEAS GREEN,CANNED,DRAINED	serving	1	59	0	186	3.49	0.81	17.0	653	131	7.7	3.7	10.7	0.3	0.05	*0.00
PEARS,FRESH	1 EACH	1	96	0	2	5.15	0.28	14.9	38	3	7.0	0.6	25.7	0.2	0.02	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			763	*58	1681	14.40	7.44	*561.0	*1263	*298	*19.60	37.17	105.83	23.73	8.87	*0.00
% of Calories												19.5%	55.5%	28.0%	10.5%	0.0%

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Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

Dec 3, 2009

Page 4

DISTRICT 97 JUNIOR HIGH

	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
Fri - 01/15/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pizza, Pepperoni, Double Stuff	1 Each	1	270	20	570	2.00	3.40	256.0	350	70	0.00	16.0	26.0	7.0	3.50	0.00
BROCCOLI,raw: fresh	1 CUP	1	29	0	28	2.21	0.62	40.0	530	131	75.9	2.4	5.6	0.3	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	1.0	7.0	3.5	0.50	*0.00
Sweet Potato Bar	PORTION	1	477	*41	330	*0.89	*1.24	*152.7	*4485	*851	*2.5	*3.0	*68.0	21.9	*11.12	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
JUICE, 100% APPLE, KPAK, ARD MO	1 Cup	1	60	*0	15	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	14.0	*0.00	*0.00	*0.00
Weighted Daily Average			1039	*75	1454	*6.03	*5.73	*737.7	*5853	*1199	*80.04	*30.57	*143.23	*35.05	*16.62	*0.00
% of Calories											11.8%	55.1%	30.4%	14.4%	0.0%	

Tue - 01/19/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
RAVIOLI,BEEF,Junior High	serving	1	420	30	1200	6.00	2.70	30.0	1500	300	0.00	12.0	66.0	12.0	4.50	*0.00
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.4	*0.8	3.5	*0.1	*0.02	*0.00
APRICOTS: canned,light syrup	.5 CUP	1	80	0	5	2.02	0.49	13.9	1672	167	3.4	0.7	20.9	0.1	0.00	*0.00
PRETZEL, SOFT, J&J, 1 OZ	1 Each	1	70	*0	60	1.00	*0.00	*0.0	*0	*0	*0.00	2.0	15.00	*0.00	*0.00	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			729	*38	1525	*10.98	*4.01	*348.2	*4087	*642	*7.48	*23.57	128.00	*14.54	*5.99	*0.00
% of Calories											12.9%	70.2%	17.9%	7.4%	0.0%	

Wed - 01/20/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
FIESTADA, COYOTE BEEF SCH WANS	1 Each	1	410	25	1110	3.00	3.06	270.0	800	160	*0.00	17.0	38.0	21.0	12.00	1.50
GREEN BEANS: canned,cooked	.5 CUP	1	14	0	169	1.28	0.61	17.6	236	47	2.9	0.81	3.0	0.1	0.01	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			697	*33	1508	7.62	7.20	*602.8	1754	384	*41.44	28.23	87.18	26.84	14.33	*1.50
% of Calories											16.2%	50.0%	34.7%	18.5%	1.9%	

Thu - 01/21/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Macaroni & Nuggets Junior High	serving	1	365	54	1042	1.33	1.86	216.9	264	53	*0.6	21.3	29.9	18.2	5.34	*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	4.0	*0.00	*0.00	*0.00
PEAS GREEN,CANNED,DRAINED	serving	1	59	0	186	3.49	0.81	17.0	653	131	7.7	3.7	10.7	0.3	0.05	*0.00
Apples, Fresh	1 each	1	28	0	1	1.27	0.06	3.2	29	3	2.4	0.1	7.3	0.1	0.02	*0.00
COOKIE DOUGH, SUGAR, RDI	Serving	1	140	10	95	*0.00	2.00	*0.0	*0	*0	*0.00	1.0	16.0	7.0	1.50	2.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
Weighted Daily Average			749	*72	1550	*7.03	*5.20	*526.1	*1434	*333	*12.43	*34.32	90.56	*28.01	*8.38	*2.14
% of Calories											18.3%	48.4%	33.7%	10.1%	2.6%	

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Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

Dec 3, 2009

DISTRICT 97 JUNIOR HIGH

Page 5

	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 - 01/22/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
PIZZA DIPPERS	serving	1	320	30	680	0.50	0.72	420.0	400	80	*0.00	19.0	29.0	14.0	7.00	*0.00
Marinara Sauce, pc	1 each	1	15	0	260	0.00	0.36	*0.0	*0	*0	*0.00	1.0	3.0	0.00	0.00	0.00
BROCCOLI,raw: fresh	serving	1	29	0	28	2.21	0.62	40.0	530	131	75.9	2.4	5.6	0.3	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	1.0	7.0	3.5	0.50	*0.00
Mixed Fruit	serving	1	48	0	5	0.85	0.25	5.1	174	18	1.6	0.3	12.7	0.1	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			715	*43	1572	*5.33	*5.42	*754.1	*1676	*392	*81.17	33.54	95.80	23.57	9.85	*0.00
% of Calories												18.8%	53.6%	29.7%	12.4%	0.0%
Tue - 01/26/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Chicken, Popcorn	SERVING	1	183	29	860	1.12	1.50	24.3	70	100	0.00	11.7	14.0	9.2	1.98	0.00
Tossed Salad	Serving	1	17	*0	119	*1.02	*0.35	*15.3	*427	*28	*2.4	*0.8	3.5	*0.1	*0.02	*0.00
Apple Crisp	serving	1	200	0	113	2.30	0.99	20.0	350	70	0.5	1.9	31.8	8.0	1.59	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
JUICE, 100% APPLE, KPAK, ARD MO	1 Cup	1	60	*0	15	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	14.0	*0.00	*0.00	*0.00
Weighted Daily Average			703	*37	1335	*6.21	*6.30	*348.6	*1418	*362	*6.56	*24.21	101.73	*22.98	*5.89	*0.00
% of Calories												13.8%	57.9%	29.4%	7.5%	0.0%
Wed - 01/27/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
PIZZA, PEPP SMART 4X6 TONY'S	serving	1	330	15	978	2.00	3.06	270.0	500	100	*0.00	18.0	34.0	13.0	4.00	2.00
Corn and Beans	serving	1	89	0	388	5.02	1.49	22.8	28	10	1.9	4.9	20.1	0.7	0.15	*0.00
ORANGES HALVES	serving	1	31	0	0	1.57	0.07	26.2	147	14	34.8	0.6	7.7	0.1	0.01	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			693	*23	1595	10.36	8.09	*608.0	1247	287	*40.47	33.34	100.29	19.47	6.47	*2.00
% of Calories												19.3%	57.9%	25.3%	8.4%	2.6%

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Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

DISTRICT 97 JUNIOR HIGH

	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
Thu - 01/28/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Cheese, Grilled, Ind Wrap, WG,	1 Each	1	335	23	931	3.98	1.85	310.6	459	92	0.0	17.7	47.9	9.4	5.31	0.00
CARROTS, PEELED BABY CARR	1 each	1	12	*0	16	1.00	*0.00	*0.0	6750	1350	*0.00	*0.00	3.0	*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	1.0	7.0	3.5	0.50	*0.00
APPLESAUCE, PLAIN FLAVOR, C	1 cup	1	90	*0	20	2.00	0.00	*0.0	*0	*0	1.2	*0.00	20.0	*0.00	*0.00	*0.00
UPP																
Cookie, Choc Chip, WG, RF, 1 o	1 Each	1	110	9	120	0.96	0.82	0.0	43	9	0.00	1.7	18.0	3.7	1.21	0.00
Soup, Tomato, Canned, Campbell	Serving	1	90	*0	720	2.00	0.36	130.0	400	80	4.8	2.0	19.0	1.0	0.50	*0.00
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
JUICE, 100% APPLE, KPAK, ARD	1 Cup	1	60	*0	15	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	14.0	*0.00	*0.00	*0.00
MO																
Weighted Daily Average			900	*45	2333	*10.88	*3.50	*729.6	*8140	*1677	*7.70	*30.46	151.52	*19.98	*8.99	*0.00
% of Calories												13.5%	67.3%	20.0%	9.0%	0.0%
Fri - 01/29/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pizza, Stuffed Crust	1 slice	1	370	15	1140	4.00	5.40	40.0	500	100	*0.00	18.0	44.0	15.0	5.00	*0.00
BROCCOLI,raw: fresh	1 CUP	1	29	0	28	2.21	0.62	40.0	530	131	75.9	2.4	5.6	0.3	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	1.0	7.0	3.5	0.50	*0.00
PEARS BARTLETT, SLICED, LT S	Serving	1	60	0	4	1.50	*0.00	*0.0	*0	*0	0.9	*0.00	15.00	0.00	0.00	0.00
YR																
MILK, VARIETY	HALF PINT	1	143	8	141	0.94	0.47	289.0	488	147	1.7	8.1	22.6	2.4	1.47	*0.00
GOLDFISH, Physedible	serving	1	100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
Weighted Daily Average			762	*28	1770	*9.48	*9.49	*369.0	*1601	*395	*80.45	*31.20	110.10	24.51	7.84	*0.00
% of Calories												16.4%	57.8%	29.0%	9.3%	0.0%
Weighted Average																
			760	*46	*1547	*9.33	*6.28	*532.1	*3541	*692	*35.39	*32.46	*108.23	*23.12	*8.56	*0.51
												17.1%	57.0%	27.4%	10.1%	0.6%

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Oak Park & River Forest High School

Jan 1, 2010 thru Jan 31, 2010 Spreadsheet - Portion Values

DISTRICT 97 JUNIOR HIGH

Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals	% of Target	mg Cholst Miss Data	mg Sodm	g Fiber Shortfall	mg Iron	mg Calc m	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	Error Messages (if any)
Calories	760		783		97%			23											Correction Required - Calories are Low
Cholesterol (mg)	46		0			Missing													
Sodium (mg)	1547		0			Missing													
Fiber (g)	9.33		0.00			Missing													
Iron (mg)	6.28		4.50		140%	Missing													
Calcium (mg)	532.1		400.00		133%	Missing													
Vitamin A (IU)	3541		1500		236%	Missing													
Vitamin A (RE)	692		300		231%	Missing													
Vitamin C (mg)	35.39		16.70		212%	Missing													
Protein (g)	32.46	17.09%	15.20		214%	Missing													
Carbohydrate (g)	108.23	56.97%	0.00			Missing													
Total Fat (g)	23.12	27.38%	<30.00			Missing													
Saturated Fat (g)	8.56	10.14%	<10.00			Missing													Correction Required - Sat. Fat too High
Trans Fat (g)	0.51	0.60%																	

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