

SCHOOL District #97 - School Lunch Menu

BROOKS, JULIAN

Monday

Tuesday

Wednesday

Thursday

Friday

**N
O
V
E
M
B
E
R**

Eat Healthier for Thanksgiving

- Buy a lean turkey.
- Eat more vegetables and less dessert.
- Reduce the amount of gravy on your turkey. Use low fat gravy.
- Bring a low calorie dessert.
- Go for a family walk for 20 minutes after dinner.

<p>2</p> <p>A. Soft Shell# Beef Taco* w/shredded cheese Lettuce/Tomato & Sauce B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Refried Beans Crisp Broccoli Florets w/Ranch Dip Chilled Applesauce Extra Grain</p>	<p>3</p> <p>A. Beef Hot Dog in Whole Wheat Bun# w/Ketchup, Mustard, Relish B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Tiny Triangles Chilled Fresh Apples Extra Grain</p>	<p>4</p> <p>A. Hamburger* in Bun# Sliced Cheese on the side Ketchup, Mustard, Pickles B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Carrots Lunch Bunch Grapes Extra Grain</p>	<p>5</p> <p>A. Popcorn Chicken B. Caesar Salad C. Turkey & Cheese on Whole Wheat Bread Seasoned Peas Fresh Orange Smiles Physedible Goldfish Crackers# Juice Cup</p>	<p>6</p> <p></p>
<p>9</p> <p>A. Pasta# w/ Marinara Sauce B. Vegetarian Salad C. Ham & Cheese Wrap Mozzarella String Cheese Tossed Salad w/Italian Dressing Chilled Mixed Fruit Wheat Dinner Roll# Larger Entree Portion</p>	<p>10</p> <p>A. Chicken Fingers w/BarBQ Sauce B. Vegetarian Salad C. Ham & Cheese Wrap Seasoned Green Beans Fresh Orange Smiles Physedible Goldfish Crackers# Larger Entree Portion</p>	<p>11</p> <p>A. Cheese Pizza# B. Vegetarian Salad C. Ham & Cheese Wrap Crisp Broccoli Florets w/Ranch Dip Chilled Applesauce Extra Grain</p>	<p>12</p> <p><i>Ethnic Celebration Day</i> A. Sliced Turkey/ gravy B. Vegetarian Salad C. Ham & Cheese Wrap Whipped Potatoes Fresh Pears Wheat Dinner Roll# Juice Cup</p>	<p>13</p> <p>A. RF Macaroni & Cheese w/ Finger w/BarBQ Sauce B. Vegetarian Salad C. Ham & Cheese Wrap Fresh Baby Carrots w/Ranch Dip Chilled Peaches Sugar Cookie# Larger Entree Portion</p>
<p>16</p> <p>A. Pasta# w/Meat Sauce* B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Tossed Salad w/Italian Dressing Chilled Pears Wheat Dinner Roll# Larger Entree Portion</p>	<p>17</p> <p>A. Meatloaf B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Whipped Potatoes with Gravy Petite Banana Pretzel Goldfish# Juice Cup</p>	<p>18</p> <p>A. Pizza Dippers# w/Marinara Sauce B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Crisp Carrot Coins w/Ranch Dip Chilled Peaches Oatmeal Raisin Cookie# Juice Cup</p>	<p>19</p> <p>A. Pepperoni Pizza# B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Crisp Fresh Broccoli w/Ranch Dip Homemade Apple Crisp Juice Cup</p>	<p>20</p> <p>A. Grilled Cheese# B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Seasoned Green Beans Chilled Fresh Pears Extra Grain</p>
<p>23</p> <p>A. Soft Shell# Turkey Taco* w/shredded cheese Lettuce/Tomato & Sauce B. Vegetarian Salad C. American Submarine Refried Beans Seasoned Corn Fresh Sliced Apples Extra Grain</p>	<p>24</p> <p>A. Rolled Edge Cheese Pizza# B. Vegetarian Salad C. American Submarine Crisp Broccoli Florets w/Ranch Dip Chilled Applesauce Extra Grain</p>	<p></p>		

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

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

Oct 19, 2009

Page 1

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 Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 11/02/2009																
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
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
APPLESAUCE, PLAIN FLAVOR, C UPP	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
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			924	*66	2053	*13.67	*9.63	*684.2	*2897	*616	*96.50	*46.74	116.99	*30.82	*12.85	*0.00
% of Calories												20.2%	50.7%	30.0%	12.5%	0.0%

Tue - 11/03/2009																
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
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
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			755	*48	1246	*8.13	*6.12	*352.4	*693	*167	*9.80	*27.47	92.96	*30.82	*9.82	*3.50
% of Calories												14.5%	49.2%	36.7%	11.7%	4.2%

Wed - 11/04/2009																
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%

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.

Oak Park & River Forest High School

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

Oct 19, 2009

Page 2

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 Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 11/05/2009																
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
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
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			575	*37	1290	*7.95	*5.84	*356.5	*1442	*408	*46.27	*25.86	84.86	*15.31	*4.35	*0.00
% of Calories												18.0%	59.0%	24.0%	6.8%	0.0%

Mon - 11/09/2009																
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 REIB	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
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
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
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			776	*23	1420	*12.60	*6.35	*655.2	*2336	*372	*22.43	*39.53	120.19	*18.53	*5.24	*0.00
% of Calories												20.4%	62.0%	21.5%	6.1%	0.0%

Tue - 11/10/2009																
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
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
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			621	*62	1347	*5.96	*6.06	*359.4	*1087	*251	*41.44	*29.84	73.13	*24.46	*6.32	*0.00
% of Calories												19.2%	47.1%	35.4%	9.2%	0.0%

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.

Oak Park & River Forest High School

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

Oct 19, 2009

Page 3

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
Wed - 11/11/2009																
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	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
APPLESAUCE, PLAIN FLAVOR, C UPP	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
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			742	*28	1227	*8.98	*6.79	*629.0	*1401	*395	*80.75	*27.20	105.10	*22.51	*8.84	*0.00
% of Calories												14.7%	56.7%	27.3%	10.7%	0.0%

Thu - 11/12/2009																
DISTRICT 97 JUNIOR HIGH	Total	1														
TURKEY & GRAVY, CKD, JENNIO	Serving	1	140	45	680	*0.00	0.72	20.0	100	20	*0.00	18.0	3.0	6.0	1.50	*0.00
POTATO PEARL, BAMER EXCEL	serving	1	76	*0	345	1.30	0.18	10.0	*0	*0	3.6	1.5	15.0	1.0	0.10	0.30
GRAVY MIX, CHICKEN, TUF	1 oz	1	11	0	88	*0.00	*0.00	*0.0	*0	*0	*0.00	0.1	1.8	0.4	0.10	*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
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
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			473	*45	1310	*7.45	*2.26	*104.9	*138	*23	*10.57	*26.23	73.46	*9.10	*1.72	*0.30
% of Calories												22.2%	62.1%	17.3%	3.3%	0.6%

Fri - 11/13/2009																
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
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
SUGAR COOKIES	1 EACH	1	166	42	173	0.37	0.78	35.0	253	79	0.00	2.2	21.5	8.0	4.85	*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
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
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
Weighted Daily Average			946	*120	1927	*4.74	*5.42	*543.4	*8056	*1658	*4.29	*33.98	116.37	*39.12	*13.66	*2.14
% of Calories												14.4%	49.2%	37.2%	13.0%	2.0%

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.

Oak Park & River Forest High School

Nov 1, 2009 thru Nov 30, 2009 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 - 11/16/2009																
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 - 11/17/2009																
DISTRICT 97 JUNIOR HIGH	Total	1														
Meatloaf	serving	1	202	*69	553	*1.00	*2.00	44.0	*92	*18	*2.0	15.1	9.8	11.3	4.30	*0.60
POTATO PEARL, BAMER EXCEL	serving	1	76	*0	345	1.30	0.18	10.0	*0	*0	3.6	1.5	15.0	1.0	0.10	0.30
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
GOLDFISH, PRETZEL	1 each	1	80	*0	300	1.00	1.08	*0.0	*0	*0	*0.00	2.0	15.00	1.0	*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			682	*77	1355	*7.77	*4.08	*349.8	*667	*176	*19.12	*28.22	107.48	*16.11	*6.02	*0.90
% of Calories												16.6%	63.0%	21.3%	7.9%	1.2%

Wed - 11/18/2009																
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
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
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
Cookie, Oatml Raisn Dough, Frz	1 Each	1	110	7	93	1.10	0.54	10.0	18	4	0.00	1.7	17.9	3.7	1.10	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			766	*50	1579	*4.64	*2.39	*721.6	*7958	*1610	*3.73	*31.21	108.89	*23.58	*10.07	*0.00
% of Calories												16.3%	56.9%	27.7%	11.8%	0.0%

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.

Oak Park & River Forest High School

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

Oct 19, 2009

Page 5

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
Thu - 11/19/2009																
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
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
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
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			822	*28	1645	*7.45	*5.13	*619.0	*1868	*448	*78.04	*31.47	115.02	*27.14	*7.59	*2.00
% of Calories												15.3%	56.0%	29.7%	8.3%	2.2%

Fri - 11/20/2009																
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
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
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			688	*31	1331	12.18	6.21	*632.1	1305	306	13.57	28.92	115.03	15.40	7.64	*0.00
% of Calories												16.8%	66.9%	20.2%	10.0%	0.0%

Mon - 11/23/2009																
DISTRICT 97 JUNIOR HIGH	Total	1														
TURKEY, TACO, GRND, CKD, JE NNI	serving	1	220	100	610	*0.00	3.60	100.0	*0	*0	1.2	25.0	4.0	12.0	3.00	*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
CORN, WHOLE KERNEL, COMS OURCE	serving	1	80	0	360	2.00	*0.00	*0.0	*0	*0	3.6	2.0	16.0	1.0	0.00	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
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			954	*142	2120	*10.84	*10.69	*717.4	*1796	*368	*21.87	*57.08	107.66	*34.40	*13.13	*0.00
% of Calories												23.9%	45.2%	32.5%	12.4%	0.0%

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.

Oak Park & River Forest High School

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

Oct 19, 2009

Page 6

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
Tue - 11/24/2009																
DISTRICT 97 JUNIOR HIGH																
Pizza, Stuffed Crust	Total slice	1														
BROCCOLI,raw: fresh	1 CUP	1	370	15	1140	4.00	5.40	40.0	500	100	*0.00	18.0	44.0	15.0	5.00	*0.00
Ranch Dip, Hidden Valley P.C.	1 each	1	29	0	28	2.21	0.62	40.0	530	131	75.9	2.4	5.6	0.3	0.03	*0.00
APPLESAUCE, PLAIN FLAVOR, C UPP	1 cup	1	60	5	370	*0.00	*0.00	*0.0	*0	*0	*0.00	1.0	7.0	3.5	0.50	*0.00
MILK, VARIETY	HALF PINT	1	90	*0	20	2.00	0.00	*0.0	*0	*0	1.2	*0.00	20.0	*0.00	*0.00	*0.00
GOLDFISH, Physedible	1 serving	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			100	*0	88	0.83	3.00	*0.0	83	17	2.0	1.7	15.8	3.3	0.83	*0.00
% of Calories			792	*28	1787	*9.98	*9.49	*369.0	*1601	*395	*80.75	*31.20	115.10	*24.51	*7.84	*0.00
												15.8%	58.2%	27.9%	8.9%	0.0%

Weighted Average			753	*56	*1542	*8.95	*6.32	*507.7	*2865	*564	*35.40	*34.49	104.52	*23.20	*8.10	*0.55
												18.3%	55.5%	27.7%	9.7%	0.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	753		783	96%		30	Correction Required - Calories are Low
Cholesterol (mg)	56		0		Missing		
Sodium (mg)	1542		0		Missing		
Fiber (g)	8.95		0.00		Missing		
Iron (mg)	6.32		4.50	140%	Missing		
Calcium (mg)	507.7		400.00	127%	Missing		
Vitamin A (IU)	2865		1500	191%	Missing		
Vitamin A (RE)	564		300	188%	Missing		
Vitamin C (mg)	35.40		16.70	212%	Missing		
Protein (g)	34.49	18.32%	15.20	227%	Missing		
Carbohydrate (g)	104.52	55.52%	0.00				
Total Fat (g)	23.20	27.72%	<30.00		Missing		
Saturated Fat (g)	8.10	9.68%	<10.00		Missing		
Trans Fat (g)	0.55	0.66%					

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

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.