

SCHOOL District #97 - School Lunch Menu

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

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</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</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</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#</p>	<p>6</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#</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#</p>	<p>11</p> <p>A. Cheese Pizza# B. Vegetarian Salad C. Ham & Cheese Wrap Crisp Broccoli Florets w/Ranch Dip Chilled Applesauce</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#</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#</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#</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#</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#</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</p>	<p>20</p> <p>A. Grilled Cheese# B. Caesar Salad C. Turkey & Cheese on 9 Grain Bread Seasoned Green Beans Chilled Fresh Pears</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</p>	<p>24</p> <p>A. Rolled Edge Cheese Pizza# B. Vegetarian Salad C. American Submarine Crisp Broccoli Florets w/Ranch Dip Chilled Applesauce</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

DISTRICT 97

Page 1

	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 - 11/02/2009																
DISTRICT 97	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
Weighted Daily Average			824	*66	1965	*12.84	*6.63	*684.2	*2814	*599	*94.50	*45.07	101.15	*27.49	*12.02	*0.00
% of Calories												21.9%	49.1%	30.0%	13.1%	0.0%

Tue - 11/03/2009																
DISTRICT 97	Total	1														
Hot Dog on Bun	SERVING	1	320	40	510	3.00	2.16	60.0	0	0	0.00	16.0	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
Weighted Daily Average			655	*48	1159	*7.29	*3.12	*352.4	*610	*151	*7.80	*25.80	77.12	*27.48	*8.99	*3.50
% of Calories												15.7%	47.1%	37.7%	12.3%	4.8%

Wed - 11/04/2009																
DISTRICT 97	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
Weighted Daily Average			629	*64	*1773	*7.22	*4.76	*602.2	*10940	*1507	*9.61	*39.55	87.76	*16.86	*8.01	*0.00
% of Calories												25.1%	55.8%	24.1%	11.5%	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

DISTRICT 97

Page 2

	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	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
Weighted Daily Average			515	*37	1275	7.95	5.84	*356.5	1442	408	46.27	25.86	70.86	15.31	4.35	*0.00
% of Calories												20.1%	55.0%	26.7%	7.6%	0.0%

Mon - 11/09/2009																
DISTRICT 97	Total	1														
Pasta, Marinara Sauce	serving	1	270	*0	575	6.00	2.88	60.0	*750	*100	*12.0	11.0	45.0	6.5	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	8.0	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			648	*23	1190	*9.81	*5.02	*629.4	*2039	*333	*17.68	*34.24	98.84	*15.54	*4.99	*0.00
% of Calories												21.1%	61.0%	21.6%	6.9%	0.0%

Tue - 11/10/2009																
DISTRICT 97	Total	1														
CHICKEN, FINGER, TYSON	serving	1	240	40	650	1.00	1.44	20.0	100	20	*0.00	14.0	15.0	14.0	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	4.0	*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			542	*48	1133	*5.62	*5.58	*352.8	*1054	*244	*41.44	*25.23	68.18	*19.84	*5.33	*0.00
% of Calories												18.6%	50.3%	32.9%	8.8%	0.0%

Wed - 11/11/2009																
DISTRICT 97	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
Weighted Daily Average			642	*28	1139	*8.15	*3.79	*629.0	*1318	*378	*78.75	*25.53	89.27	*19.17	*8.00	*0.00
% of Calories												15.9%	55.6%	26.9%	11.2%	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

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	
Thu - 11/12/2009																
DISTRICT 97	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
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			556	*54	1436	*8.38	*2.73	*394.0	*626	*170	*12.26	34.36	82.08	11.46	3.19	*0.30
% of Calories												24.7%	59.0%	18.5%	5.2%	0.5%

Fri - 11/13/2009																
DISTRICT 97	Total	1														
Macaroni and Nuggets	serving	1	305	44	880	1.08	1.50	211.9	239	48	*0.6	17.8	26.2	14.7	4.59	*0.14
BBQ SAUCE, POUCH, AMER PPI	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
200																
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
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			886	*110	1764	*4.49	*5.06	*538.4	*8031	*1653	*4.29	*30.48	112.62	*35.62	*12.91	*2.14
% of Calories												13.8%	50.9%	36.2%	13.1%	2.2%

Mon - 11/16/2009																
DISTRICT 97	Total	1														
Pasta, Meat Sauce	serving	1	370	*30	625	6.00	3.80	49.0	*568	*114	*18.0	24.0	43.0	12.0	3.50	*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
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																
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			680	*38	1068	*10.46	*5.70	*413.3	*1483	*289	*22.97	*38.90	98.14	*15.98	*4.98	*0.00
% of Calories												22.9%	57.8%	21.2%	6.6%	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

DISTRICT 97

Page 4

	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 - 11/17/2009																
DISTRICT 97	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
Weighted Daily Average			622	*77	1340	*7.77	*4.08	*349.8	*667	*176	*19.12	28.22	93.48	16.11	*6.02	*0.90
% of Calories												18.1%	60.1%	23.3%	8.7%	1.3%

Wed - 11/18/2009																
DISTRICT 97	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	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
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
Weighted Daily Average			706	*50	1564	*4.64	*2.39	*721.6	*7958	*1610	*3.73	*31.21	94.89	*23.58	*10.07	*0.00
% of Calories												17.7%	53.8%	30.1%	12.8%	0.0%

Thu - 11/19/2009																
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	18.0	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
Weighted Daily Average			762	28	1630	*7.45	*5.13	*619.0	*1868	*448	*78.04	31.47	101.02	27.14	7.59	*2.00
% of Calories												16.5%	53.0%	32.1%	9.0%	2.4%

Fri - 11/20/2009																
DISTRICT 97	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
Weighted Daily Average			588	31	1243	11.35	3.21	632.1	1221	289	11.57	27.25	99.20	12.06	6.81	*0.00
% of Calories												18.5%	67.5%	18.5%	10.4%	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
DISTRICT 97

	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 - 11/23/2009																
DISTRICT 97	Total	1														
TURKEY, TACO, GRND, CKD, JE NNI	1 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	1 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	1 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	1 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	1 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
OURCE																
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
Weighted Daily Average			854	*142	2033	*10.00	*7.69	*717.4	*1713	*351	*19.87	*55.41	91.83	*31.06	*12.30	*0.00
% of Calories												26.0%	43.0%	32.7%	13.0%	0.0%
Tue - 11/24/2009																
DISTRICT 97	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
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			692	*28	1699	*9.15	*6.49	*369.0	*1518	*378	*78.75	*29.53	99.26	*21.17	*7.00	*0.00
% of Calories												17.1%	57.4%	27.5%	9.1%	0.0%
Weighted Average																
			675	*55	*1463	*8.29	*4.83	*522.6	*2831	*562	*34.17	*33.01	91.61	*20.99	*7.66	*0.55
												19.6%	54.3%	28.0%	10.2%	0.7%

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

Oct 19, 2009

Page 6

Nutrient	Menu AVG	Portion	Plan		mg	mg	g	mg	mg	IU	RE	mg	g	g	g	g	g
		Size	Qty	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	675		664	102%													
Cholesterol (mg)	55		0		Missing												
Sodium (mg)	1463		0		Missing												
Fiber (g)	8.29		0.00		Missing												
Iron (mg)	4.83		3.47	139%	Missing												
Calcium (mg)	522.6		286.00	183%	Missing												
Vitamin A (IU)	2831		1119	253%	Missing												
Vitamin A (RE)	562		224	251%	Missing												
Vitamin C (mg)	34.17		15.24	224%	Missing												
Protein (g)	33.01	19.56%	9.77	338%	Missing												
Carbohydrate (g)	91.61	54.29%	0.00														
Total Fat (g)	20.99	27.99%	<30.00		Missing												
Saturated Fat (g)	7.66	10.21%	<10.00		Missing												
Trans Fat (g)	0.55	0.74%															
Correction Required - Sat. Fat too High																	

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.