

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>A. Pasta# w/Meat Sauce*</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese on 9 Grain Bread</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Pineapple</p> <p>Wheat Dinner Roll#</p> <p>Larger Entree Portion</p>	<p>2</p> <p>A. Hot Dog in a Bun# Ketchup and Mustard</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese on 9 Grain Bread</p> <p>Lentil Soup</p> <p>Yam Patties</p> <p>Fresh Sliced Apples</p> <p>Extra Grain</p>	<p>3</p> <p>A. Soft Shell# Beef Taco* w/shredded cheese Lettuce/Tomato &amp; Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese on 9 Grain Bread</p> <p>Beans and Rice</p> <p>Fresh Carrot Sticks w/Ranch Dip</p> <p>Chilled Pears</p> <p>Larger Entree Portion</p>	<p>4</p> <p>5</p> <p><b>SPRING CONFERENCES</b></p>	
<p>8</p> <p>A. Pasta# w/ Marinara Sauce</p> <p>B. Caesar Salad</p> <p>C. Turkey &amp; Cheese on Whole Wheat Bread</p> <p>Mozzarella String Cheese</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Applesauce Cup</p> <p>Wheat Dinner Roll#</p> <p>Larger Entree Portion</p>	<p>9</p> <p>A. Chicken Fingers w/BarBQ Sauce</p> <p>B. Caesar Salad</p> <p>C. Turkey &amp; Cheese on Whole Wheat Bread</p> <p>Whipped Potatoes with Gravy</p> <p>Fresh Orange Smiles</p> <p>Physedible Goldfish Crackers#</p> <p>Larger Entree Portion</p>	<p>10</p> <p>A. Double Stuffed-Cheese Pizza#</p> <p>B. Caesar Salad</p> <p>C. Turkey &amp; Cheese on Whole Wheat Bread</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Chilled Mandarin Oranges</p> <p>Juice Cup</p>	<p>11</p> <p>A. Hamburger* in Bun# Sliced Cheese on the side Ketchup, Mustard</p> <p>B. Caesar Salad</p> <p>C. Turkey &amp; Cheese on Whole Wheat Bread</p> <p>Seasoned Peas</p> <p>Fresh Apple Slices</p> <p>Extra Grain</p>	<p>12</p> <p>A. Chicken Corn Dog# Ketchup and Mustard</p> <p>B. Caesar Salad</p> <p>C. Turkey &amp; Cheese on Whole Wheat Bread</p> <p>Crisp Carrot Sticks w/Ranch Dip</p> <p>Chilled Peaches</p> <p>Valentine Cookie Juice Cup</p> 
<p>15</p>  <p>President's Day</p>	<p>16</p> <p><i>Ethnic Celebration Day</i> <i>Creole</i></p> <p>A. Turkey Jambalaya on Brown Rice</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese Wrap#</p> <p>Tossed Salad w/Italian Dressing</p> <p>Chilled Mixed Fruit </p> <p>Physedible Goldfish Crackers#</p> <p>Juice Cup</p>	<p>17</p> <p>A. Pizza Dippers# w/Marinara Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese Wrap#</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Chilled Pears</p> <p>Extra Grain</p>	<p>18</p> <p>A. Taco Salad# w/shredded cheese Lettuce/Tomato &amp; Sauce</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese Wrap#</p> <p>Black Beans/Brown Rice</p> <p>Sweet Potato Squares</p> <p>Fresh Apple Slices</p> <p>Juice Cup</p>	<p>19</p> <p>A. Grilled Cheese with Tomato Soup</p> <p>B. Vegetarian Salad</p> <p>C. Ham &amp; Cheese Wrap#</p> <p>Fresh Baby Carrots w/Ranch Dip</p> <p>Chilled Applesauce</p> <p>Chocolate Chip Cookie#</p> <p>Juice Cup</p>
<p>22</p> <p>A. Top it off Baked Potato /Chili/Shredded Cheese</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Seasoned Broccoli</p> <p>Fresh Apple Slices</p> <p>Physedible Goldfish Crackers#</p> <p>Juice Cup</p>	<p>23</p> <p>A. Popcorn Chicken</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Seasoned Corn &amp; Beans</p> <p>Fresh Orange Smiles</p> <p>Pretzel Rod#</p> <p>Juice Cup</p>	<p>24</p> <p>A. Double Stuffed Pepperoni Pizza#</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Fresh Baby Carrots w/Ranch Dip</p> <p>Chilled Applesauce</p> <p>Extra Grain</p>	<p>25</p> <p>A. Vegetable Stir Fry with or without Chicken</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Brown Rice</p> <p>Fresh Banana</p> <p>Physedible Goldfish Crackers#</p> <p>Juice Cup</p>	<p>26</p> <p>A. Fish on a Bun# w/Tartar Sauce</p> <p>B. Caesar Salad</p> <p>C. American Submarine</p> <p>Crisp Broccoli Florets w/Ranch Dip</p> <p>Cherry Crisp</p> <p>Juice Cup</p>

**ARE YOU VEGETARIAN?**

Check out some of the menu choices that are or can be made into a vegetarian meal:

- Pasta with Marinara Sauce
- Pasta with Meat Sauce – ask for no sauce
- Lentil Soup
- Taco – ask for no beef
- Cheese Pizza or Pizza Dippers
- Beans and Rice
- Vegetable Stir Fry
- Vegetarian or Caesar Salad
- Grilled Cheese with Tomato Soup
- Baked Potato – ask for no Chili
- Fish on a bun

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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
Mon - 02/01/2010																
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
PINEAPPLE JUICE: canned,unswtn	.5 CUP	1	66	0	3	0.25	0.39	16.3	6	0	54.75	0.45	16.1	0.15	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			811	*43	1168	*11.50	*7.28	*443.8	*1573	*305	*79.47	*46.06	117.56	*19.31	*5.69	*0.00
% of Calories												22.7%	58.0%	21.4%	6.3%	0.0%

Tue - 02/02/2010																
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
SWEET POTATO,CND,SYRUP P K,DRND	serving	1	61	0	22	1.70	0.54	9.6	5199	406	6.1	0.7	14.4	0.2	0.04	*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
Lentil Soup	Serving (4o	1	43	0	*9	*3.63	*0.85	*11.3	*936	*153	*1.4	*2.9	*7.7	*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			720	*48	*987	*11.45	*7.15	*373.3	*6828	*726	*13.69	*30.13	*98.02	*24.14	*8.39	*1.00
% of Calories												16.7%	54.5%	30.2%	10.5%	1.2%

Wed - 02/03/2010																
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	2 each	1	280	*0	520	6.00	2.88	*0.0	*0	*0	*0.00	10.0	50.0	5.0	1.00	*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
Black Bean and Brown Rice	serving	1	126	0	112	2.96	0.96	16.5	1	0	0.8	4.0	26.6	0.9	0.19	*0.00
CARROT STICKS	.5 CUP	1	25	0	42	1.71	0.18	20.1	10255	1716	3.6	0.6	5.8	0.1	0.02	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 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
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			945	*62	1954	*15.01	*6.98	*567.8	*12332	*2143	*22.01	*45.33	135.80	*26.62	*11.39	*0.00
% of Calories												19.2%	57.5%	25.3%	10.8%	0.0%

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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
Mon - 02/08/2010																
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
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																
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			817	*23	1434	*13.75	*6.10	*650.1	*2162	*354	*22.01	*39.19	127.49	*18.47	*5.24	*0.00
% of Calories												19.2%	62.4%	20.3%	5.8%	0.0%
Tue - 02/09/2010																
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	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																
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
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			695	*62	1611	*5.97	*5.63	*351.8	*852	*204	*42.13	*30.63	86.90	*25.79	*6.51	*0.30
% of Calories												17.6%	50.0%	33.4%	8.4%	0.4%
Wed - 02/10/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Pizza, Stuffed Crust	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
Mandarin Oranges	4 oz	1	70	0	10	1.00	0.72	20.0	300	60	21.0	1.0	17.0	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
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			732	*28	1704	*8.15	*7.21	*389.0	*1818	*438	*98.55	*30.53	110.26	*21.17	*7.00	*0.00
% of Calories												16.7%	60.3%	26.0%	8.6%	0.0%

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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
Thu - 02/11/2010																
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
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
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			709	*64	1842	*9.54	*7.68	*581.1	*2105	*466	*14.69	*43.55	92.92	*20.46	*8.88	*0.00
% of Calories												24.6%	52.4%	26.0%	11.3%	0.0%

Fri - 02/12/2010																
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
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
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			716	*43	1386	*8.04	*5.47	*291.6	*7539	*1527	*12.73	*20.02	111.49	*20.88	*5.47	*2.00
% of Calories												11.2%	62.3%	26.3%	6.9%	2.5%

Tue - 02/16/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Turkey Jambalaya	Servings	1	299	*60	*513	*2.37	*0.94	*14.7	*2037	*407	*18.9	*24.0	*23.9	*13.2	*3.32	*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
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			667	*68	*880	*6.01	*5.00	*324.1	*3209	*617	*26.63	*34.87	*92.59	*19.05	*5.65	*0.00
% of Calories												20.9%	55.5%	25.7%	7.6%	0.0%

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## DISTRICT 97 JUNIOR HIGH

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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 - 02/17/2010																
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
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
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			727	*43	1570	*5.98	*5.17	*749.0	*1501	*375	*80.45	*33.20	98.10	23.51	9.84	*0.00
% of Calories												18.3%	54.0%	29.1%	12.2%	0.0%

Thu - 02/18/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Taco Salad	Servings	1	450	*65	644	5.00	2.97	288.1	1288	199	12.5	23.6	33.6	25.0	8.80	*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
Black Bean and Brown Rice	serving	1	126	0	112	2.96	0.96	16.5	1	0	0.8	4.0	26.6	0.9	0.19	*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
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
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			1289	*115	1337	*11.06	*5.70	*749.5	*6291	*1200	*19.91	*38.90	*173.14	*50.24	*21.60	*0.00
% of Calories												12.1%	53.7%	35.1%	15.1%	0.0%

Fri - 02/19/2010																
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
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
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
APPLESAUCE, PLAIN FLAVOR, C UPP	.5 cup	1	45	*0	10	1.00	0.00	*0.0	*0	*0	0.6	*0.00	10.00	*0.00	*0.00	*0.00
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
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			855	*45	2323	*9.88	*3.50	*729.6	*8140	*1677	*7.10	*30.46	141.52	*19.98	*8.99	*0.00
% of Calories												14.2%	66.2%	21.0%	9.5%	0.0%

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# Oak Park & River Forest High School

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Feb 3, 2010

## 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 Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/22/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
BAKED POTATO	1 EACH	1	161	0	17	3.81	1.87	26.0	17	0	16.6	4.3	36.6	0.2	0.07	*0.00
BEEF CHILI W/ BEANS, RF, JTM	serving	1	153	18	565	4.10	*0.00	50.0	1500	100	12.0	13.3	12.8	5.4	1.90	*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
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
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
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			783	*56	1034	*13.16	*6.02	*608.1	*2947	*457	*110.60	*36.96	115.31	*20.72	*10.32	*0.00
% of Calories												18.9%	58.9%	23.8%	11.9%	0.0%

Tue - 02/23/2010																
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
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
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
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			576	*37	1464	*9.65	*3.53	*362.3	*733	*270	*38.47	*27.37	93.46	*12.34	*3.62	*0.00
% of Calories												19.0%	64.9%	19.3%	5.7%	0.0%

Wed - 02/24/2010																
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
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
APPLESAUCE, PLAIN FLAVOR, C UPP	.5 cup	1	45	*0	10	1.00	0.00	*0.0	*0	*0	0.6	*0.00	10.00	*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
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			630	*33	1194	*5.77	*6.87	*545.0	*7671	*1584	*4.29	*26.80	84.45	*16.19	*6.30	*0.00
% of Calories												17.0%	53.6%	23.1%	9.0%	0.0%

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# Oak Park & River Forest High School

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Portion Values

Feb 3, 2010

## DISTRICT 97 JUNIOR HIGH

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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
Thu - 02/25/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
Chicken Stir Fry	Servings	1	529	203	*317	*6.05	*6.06	*111.9	9396	1482	*195.8	*69.2	*20.3	*18.0	*4.82	*0.00
Rice, Whole Grain, Brown, Uncl	Serving	1	80	0	0	0.50	0.36	*0.0	0	0	0.00	2.0	17.5	0.7	0.00	0.00
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, 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			1032	*211	*562	*11.85	*10.24	*407.7	*10054	*1656	*211.33	*82.43	*121.29	*24.93	*7.28	*0.00
% of Calories												31.9%	47.0%	21.7%	6.3%	0.0%

Fri - 02/26/2010																
DISTRICT 97 JUNIOR HIGH	Total	1														
FISH ON A BUN	1 each	1	389	39	890	3.20	2.16	160.0	129	10	0.6	23.5	43.4	14.8	4.20	*0.00
TATAR SAUCE AMER, PPI 200/12	1 each	1	35	5	110	*0.00	*0.00	*0.0	*0	*0	*0.00	*0.00	2.0	3.5	0.50	*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
Cherry Crisp	Serving	1	146	0	86	1.19	1.33	17.0	661	140	2.6	1.7	22.9	5.7	1.14	*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			862	*58	1640	*7.54	*4.58	*506.0	*1807	*428	*80.79	*36.76	117.61	*30.15	*7.84	*0.00
% of Calories												17.1%	54.6%	31.5%	8.2%	0.0%

Weighted Average			798	*61	*1417	*9.67	*6.12	*507.6	*4563	*849	*52.05	*37.25	*112.82	*23.17	*8.24	*0.19
												18.7%	56.5%	26.1%	9.3%	0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	798		783	102%			
Cholesterol (mg)	61		0		Missing		
Sodium (mg)	1417		0		Missing		
Fiber (g)	9.67		0.00		Missing		
Iron (mg)	6.12		4.50	136%	Missing		
Calcium (mg)	507.6		400.00	127%	Missing		
Vitamin A (IU)	4563		1500	304%	Missing		
Vitamin A (RE)	849		300	283%	Missing		
Vitamin C (mg)	52.05		16.70	312%	Missing		
Protein (g)	37.25	18.67%	15.20	245%	Missing		
Carbohydrate (g)	112.82	56.55%	0.00		Missing		
Total Fat (g)	23.17	26.13%	<30.00		Missing		
Saturated Fat (g)	8.24	9.29%	<10.00		Missing		
Trans Fat (g)	0.19	0.22%					

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

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