

Palatine School District 15

Recipe No. 000218 Chicken Caesar salad-2nd choic: local
 Number of Portions: 1
 Size of Portion: salad

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|--------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 295 | Iron | 3.20 mg | Protein | 15.55 g | 21.09% | Cals from Prot |
| Cholesterol | 44 mg | Calcium | 161 mg | Carbohydrates | 17.35 g | 23.53% | Cals from Carb |
| Sodium | 793 mg | Vitamin A | 2650 IU | Total Fat | 18.60 g | 56.75% | Cals from T Fat |
| Dietary Fibe | 3.63 g | Vitamin A | 530 RE | Saturated Fat | 4.35 g | 13.27% | Cals from S Fat |
| | | Vitamin C | 24.0 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

Recipe No. 000567 Chicken Ranch Wrap: local
 Number of Portions: 1
 Size of Portion: serving

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|--------------|---------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 503 | Iron | 3.10 mg | Protein | 21.33 g | 16.95% | Cals from Prot |
| Cholesterol | 94 mg | Calcium | 400 mg | Carbohydrates | 30.90 g | 24.56% | Cals from Carb |
| Sodium | 1140 mg | Vitamin A | 200 IU | Total Fat | 32.33 g | 57.81% | Cals from T Fat |
| Dietary Fibe | 2.83 g | Vitamin A | 40 RE | Saturated Fat | 8.15 g | 14.57% | Cals from S Fat |
| | | Vitamin C | 0.0 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

Recipe No. 000219 Chopped Salad: local
 Number of Portions: 1
 Size of Portion: serving

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|--------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 498 | Iron | 2.24 mg | Protein | 22.44 g | 18.04% | Cals from Prot |
| Cholesterol | 43 mg | Calcium | 84 mg | Carbohydrates | 63.50 g | 51.05% | Cals from Carb |
| Sodium | 756 mg | Vitamin A | 727 IU | Total Fat | 17.00 g | 30.74% | Cals from T Fat |
| Dietary Fibe | 2.38 g | Vitamin A | 59 RE | Saturated Fat | 4.35 g | 7.86% | Cals from S Fat |
| | | Vitamin C | 7.9 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

Recipe No. 000485 Pizza Power Pak - Cheese:
 Number of Portions: 1
 Size of Portion: package

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|--------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 320 | Iron | 2.94 mg | Protein | 23.00 g | 28.75% | Cals from Prot |
| Cholesterol | 5 mg | Calcium | 642 mg | Carbohydrates | 41.00 g | 51.25% | Cals from Carb |
| Sodium | 618 mg | Vitamin A | 840 IU | Total Fat | 7.00 g | 19.69% | Cals from T Fat |
| Dietary Fibe | 5.00 g | Vitamin A | 168 RE | Saturated Fat | 4.00 g | 11.25% | Cals from S Fat |
| | | Vitamin C | 8.4 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

Recipe No. 000486 Pizza Power Pak - Pepperoni:
 Number of Portions: 1
 Size of Portion: package

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|--------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 370 | Iron | 2.95 mg | Protein | 25.00 g | 27.03% | Cals from Prot |
| Cholesterol | 10 mg | Calcium | 642 mg | Carbohydrates | 41.00 g | 44.32% | Cals from Carb |
| Sodium | 708 mg | Vitamin A | 840 IU | Total Fat | 11.66 g | 28.36% | Cals from T Fat |
| Dietary Fibe | 5.00 g | Vitamin A | 168 RE | Saturated Fat | 4.83 g | 11.75% | Cals from S Fat |
| | | Vitamin C | 8.4 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

Recipe No. 000546 Popcorn Chicken Salad: local
 Number of Portions: 1
 Size of Portion: salad

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|--------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 231 | Iron | 0.41 mg | Protein | 3.96 g | 6.86% | Cals from Prot |
| Cholesterol | 28 mg | Calcium | 117 mg | Carbohydrates | 5.67 g | 9.82% | Cals from Carb |
| Sodium | 334 mg | Vitamin A | 821 IU | Total Fat | 21.67 g | 84.40% | Cals from T Fat |
| Dietary Fibe | 1.29 g | Vitamin A | 83 RE | Saturated Fat | 5.02 g | 19.57% | Cals from S Fat |
| | | Vitamin C | 5.5 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |

* - Denotes Missing Nutrient Values

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Palatine School District 15

Recipe No. 000483 Shake It Up Salad:
 Number of Portions: 1
 Size of Portion: salad container

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|-------------------------------------|---------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 377 | Iron | 1.30 mg | Protein | 18.94 g | 20.11% | Cals from Prot |
| Cholesterol | 51 mg | Calcium | 138 mg | Carbohydrates | 23.21 g | 24.64% | Cals from Carb |
| Sodium | 1235 mg | Vitamin A | 622 IU | Total Fat | 23.22 g | 55.46% | Cals from T Fat |
| Dietary Fibe | 3.01 g | Vitamin A | 68 RE | Saturated Fat | 5.21 g | 12.44% | Cals from S Fat |
| | | Vitamin C | 3.0 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |
| * - Denotes Missing Nutrient Values | | | | | | | |

Recipe No. 000508 Taco Salad - with chips: local
 Number of Portions: 1
 Size of Portion: salad & chips

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|-------------------------------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 481 | Iron | 3.15 mg | Protein | 20.72 g | 17.25% | Cals from Prot |
| Cholesterol | 43 mg | Calcium | 209 mg | Carbohydrates | 45.30 g | 37.71% | Cals from Carb |
| Sodium | 966 mg | Vitamin A | 1336 IU | Total Fat | 24.08 g | 45.09% | Cals from T Fat |
| Dietary Fibe | 6.71 g | Vitamin A | 75 RE | Saturated Fat | 5.52 g | 10.33% | Cals from S Fat |
| | | Vitamin C | 8.7 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |
| * - Denotes Missing Nutrient Values | | | | | | | |

Recipe No. 000118 uncrustable pbj smuckers: local
 Number of Portions: 1
 Size of Portion: serving

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|-------------------------------------|--------|-----------|---------|---------------|---------|--------|---------------------|
| Calories | 570 | Iron | 2.70 mg | Protein | 20.00 g | 14.03% | Cals from Prot |
| Cholesterol | 0 mg | Calcium | 100 mg | Carbohydrates | 52.00 g | 36.49% | Cals from Carb |
| Sodium | 540 mg | Vitamin A | 0 IU | Total Fat | 34.00 g | 53.68% | Cals from T Fat |
| Dietary Fibe | 5.00 g | Vitamin A | 0 RE | Saturated Fat | 7.00 g | 11.05% | Cals from S Fat |
| | | Vitamin C | 0.0 mg | Trans Fat | 0.00* g | 0.00% | Cals from Trans Fat |
| * - Denotes Missing Nutrient Values | | | | | | | |

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