

Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/01/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Ch Patty 6616 WG - Goldkist - | patty | 1 | 254 | 59 | 321 | *N/A* | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Hamburger Rolls - Fantini - Wh | roll | 1 | 146 | 0 | 254 | 3.00 | 1.80 | 60.0 | 0 | 0.0 | 2 | 6.0 | 29.0 | 0.0 | 0.00 | 0.00 |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| Potato Smiles - McCain | 5 smiles | 1 | 160 | 0 | 390 | 2.00 | 0.00 | 0.0 | *N/A* | 3.6 | *N/A* | 2.0 | 24.0 | 6.0 | 0.50 | *N/A* |
| Veggies - Elementary | 3/4 cup | 1 | 65 | 0 | 159 | 3.39 | 0.94 | 22.7 | 2421 | 5.89 | *2 | 3.06 | 13.72 | 0.5 | 0.08 | *N/A* |
| pudding - choc - pocoh | 1/2 cup | 1 | 130 | 0 | 160 | 0.00 | 0.00 | 60.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 4.0 | 0.50 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 2180 | 221 | 3473 | *20.83 | 11.65 | 2075.7 | *5697 | 63.66 | *61 | 103.50 | 259.76 | 83.25 | 21.27 | *0.00 |
| % of Calories | | | | | | | | | | | *11.2% | 19.0% | 47.7% | 34.4% | 8.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------------|---|-----|----|-----|-------|------|--------|------|-------|-------|-------|-------|-------|-------|-------|
| Tue - 05/02/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Mac and Cheese ESFoods 14 15 | 6 oz | 1 | 290 | 40 | 550 | 2.00 | 1.44 | 400.2 | 400 | 1.2 | 6 | 17.01 | 28.02 | 12.01 | 8.00 | 0.00 |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| roll dinner honey wht fantini | roll | 1 | 89 | 0 | 173 | 2.00 | 1.08 | 10.0 | 0 | 0.0 | *N/A* | 3.0 | 18.0 | 1.3 | 0.00 | *N/A* |
| BROCCOLI: frozen, boiled | .5 CUP | 1 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.01 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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May 1, 2017 thru May 26, 2017

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Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|----------------|-------------------------|
| Weighted Daily Average % of Calories | | | 1830 | 202 | 2922 | *19.20 | 11.00 | 2358.5 | 4545 | 92.26 | *64 *13.9% | 96.30 21.0% | 205.97 45.0% | 72.16 35.5% | 25.21 12.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Wed - 05/03/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|-----|---------|----|------|-------|------|--------|-------|-------|--------------|---------------|---------------|---------------|----------------|----------------|
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| french toast sticks 12 13 | 3 sticks | 1 | 310 | 0 | 310 | 4.00 | 2.84 | 211.6 | 750 | 7.1 | *N/A* | 7.0 | 39.0 | 13.0 | 2.50 | 0.00 |
| Sausage Links lite 10/11 | 2 each | 1 | 100 | 30 | 260 | *N/A* | 3.96 | *N/A* | *N/A* | *N/A* | *N/A* | 6.0 | 2.0 | 8.0 | *N/A* | *N/A* |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| CARROT STICKS | 1/2 cup | 1 | 36 | 0 | 61 | 2.46 | 0.26 | 29.0 | 14774 | 5.19 | 4 | 0.82 | 8.42 | 0.21 | 0.04 | 0.00 |
| CELERY STICKS | 1/2 CUP | 1 | 12 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | *N/A* |
| Veggie Dip | Servings | 1 | 85 | 5 | 274 | 0.00 | 0.00 | 18.9 | 0 | 0.0 | *N/A* | 0.0 | 5.67 | 6.61 | 0.94 | 0.00 |
| Jello | Serving 4o | 1 | 70 | 0 | 57 | 0.00 | 0.00 | 0.0 | 0 | 7.5 | *N/A* | 0.5 | 17.0 | 0.0 | 0.00 | *N/A* |
| Pancake Syrup - Thurston #2156 | 1 cup | 1 | 120 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 0.00 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 22 | 2 | 32 | *0.20 | 0.15 | *22.1 | *191 | *0.76 | *1 *15.0% | 0.88 16.4% | 2.60 48.3% | 0.87 36.2% | *0.21 *8.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/04/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Nacho chips 12 13 | 1oz (@16 chips) | 1 | 245 | 0 | 210 | 1.75 | 0.63 | 70.0 | 0 | 0.0 | *N/A* | 3.5 | 31.5 | 12.25 | 1.75 | 0.00 |
| Turkey Taco Filling USDA | 1.72 oz | 1 | 86 | 21 | 131 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.96 | 1.99 | 4.98 | 1.00 | 0.00 |
| Cheese Sauce, RF, Nacho, Pouch | 2 oz | 1 | 191 | 20 | 799 | 0.01 | 0.01 | 306.0 | 813 | 0.0 | *N/A* | 12.2 | 5.8 | 14.2 | 8.10 | 0.00 |
| SALSA:COMMODITY | 1/4 cup | 1 | 20 | 0 | 244 | 0.79 | 1.27 | 6.8 | 312 | 2.27 | *N/A* | 0.85 | 3.97 | 0.11 | 0.02 | *N/A* |
| Nacho Toppings | Serving | 1 | 114 | 27 | 103 | 0.76 | 0.33 | 136.0 | 756 | 6.89 | 2 | 4.57 | 3.16 | 9.53 | 5.75 | *N/A* |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| BLACK BEAN SALAD | 1/2 CUP | 1 | 216 | 0 | 478 | 4.67 | 2.07 | 44.5 | 288 | 18.03 | *2 | 7.12 | 19.73 | 1.67 | 0.28 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 23 | 2 | 42 | *0.21 | *0.12 | *24.8 | *54 | *0.81 | *1 | 1.10 | 2.21 | 1.01 | 0.34 | *0.00 |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | *10.7% | 19.1% | 38.5% | 39.8% | 13.4% | *0.0% |

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|---|--------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|----------------|-------------------------|
| Fri - 05/05/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| 5" Lunch aRound Cheese Pizza-l | 1 each | 1 | 390 | 80 | 990 | 2.00 | 4.60 | 345.0 | 517 | 0.0 | *N/A* | 16.0 | 40.0 | 18.0 | 6.00 | *N/A* |
| Chicken Pepperoni - Tyson 14 1 | 4 slices | 1 | 20 | 6 | 70 | 0.00 | 0.09 | 0.0 | 50 | 0.0 | 0 | 2.0 | 0.25 | 1.25 | 0.38 | 0.00 |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| GARDEN SALAD | 3/4 CUP | 1 | 18 | 0 | 16 | 1.67 | 0.56 | 23.4 | 6760 | 5.29 | 2 | 0.91 | 3.88 | 0.22 | 0.03 | *0.00 |
| cookie spanish english | bag | 1 | 100 | 0 | 70 | 2.00 | 7.20 | 100.0 | 400 | *N/A* | *N/A* | 2.0 | 18.0 | 3.0 | 1.00 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 1954 | 248 | 3334 | *18.11 | 20.36 | 2386.3 | 10942 | *59.46 | *59 *12.0% | 94.36 19.3% | 217.16 44.5% | 81.22 37.4% | 24.59 11.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|--------------------|-----|-----|----|------|-------|------|--------|-------|-------|-------|-------|-------|-------|-------|-------|
| Mon - 05/08/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Teriyaki Chicken | 5 | 1 | 246 | 0 | 370 | 2.00 | 1.08 | 40.0 | *N/A* | 0.0 | *N/A* | 5.0 | 33.0 | 10.5 | 2.00 | *N/A* |
| Ham & Cheese Sub | Serving | 1 | 476 | 83 | 2025 | 3.00 | 2.96 | 694.5 | 671 | 0.0 | *7 | 26.28 | 41.71 | 21.41 | 11.13 | *0.00 |
| BROCCOLI: frozen, boiled | 1/2 cup | 1 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.01 | *N/A* |
| RICE,Cooked Brown | 1/2 cup | 1 | 94 | 0 | 96 | 0.89 | 0.38 | 7.0 | 0 | 0.0 | *0 | 2.03 | 19.71 | 0.75 | 0.15 | *N/A* |
| pudding - choc - pocoh | 1/2 cup | 1 | 130 | 0 | 160 | 0.00 | 0.00 | 60.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 4.0 | 0.50 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
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| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |

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|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|--------------|---------------|---------------|---------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | | 20 | 2 | 42 | *0.17 | 0.10 | 27.2 | *48 | 0.91 | *1 *12.8% | 0.86 17.5% | 2.47 50.2% | 0.74 33.5% | 0.28 12.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Tue - 05/09/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|---|---------|-----|------|--------|-------|--------|-------|-------|---------------|-----------------|-----------------|----------------|----------------|----------------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Pretzel | Serving | 1 | 460 | 0 | 370 | 4.00 | 5.40 | 40.0 | 0 | 0.0 | *N/A* | 15.0 | 95.0 | 2.5 | 0.00 | *N/A* |
| Cheese Sauce, RF, Pouch, Frzn, | 2 oz | 1 | 190 | 20 | 799 | 0.01 | 0.01 | 306.0 | 812 | 0.0 | *N/A* | 12.2 | 5.6 | 14.2 | 8.10 | 0.00 |
| Ham & Cheese Sub | Serving | 1 | 476 | 83 | 2025 | 3.00 | 2.96 | 694.5 | 671 | 0.0 | *7 | 26.28 | 41.71 | 21.41 | 11.13 | *0.00 |
| CARROT STICKS | 1/2 cup | 1 | 36 | 0 | 61 | 2.46 | 0.26 | 29.0 | 14774 | 5.19 | 4 | 0.82 | 8.42 | 0.21 | 0.04 | 0.00 |
| Hummus - elem 9 15 | 1/4 cup | 1 | 36 | 0 | 201 | 1.75 | 0.49 | 14.9 | 7 | 2.45 | *0 | 1.97 | 5.83 | 0.78 | 0.08 | *N/A* |
| POTATOES, ROUNDS 14 15 U SDA fo | 8 each | 1 | 139 | 0 | 330 | 2.00 | 0.42 | 0.0 | 0 | 1.39 | 0 | 2.0 | 20.0 | 7.0 | 2.00 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 2338 | 231 | 5298 | *21.66 | 14.51 | 2974.3 | 19437 | 63.20 | *66 *11.3% | 106.48 18.2% | 301.65 51.6% | 82.86 31.9% | 35.44 13.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/10/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Mozzarella Sticks RSP 13 14 | 6 sticks | 1 | 330 | 15 | 660 | 4.00 | 1.89 | 520.0 | 581 | 0.94 | *N/A* | 20.0 | 36.0 | 12.0 | 3.50 | 0.00 |
| Ham & Cheese Sub | Serving | 1 | 476 | 83 | 2025 | 3.00 | 2.96 | 694.5 | 671 | 0.0 | *7 | 26.28 | 41.71 | 21.41 | 11.13 | *0.00 |
| CELERY STICKS | 1/2 CUP | 1 | 12 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | *N/A* |
| Hummus - elem 9 15 | 1/4 cup | 1 | 36 | 0 | 201 | 1.75 | 0.49 | 14.9 | 7 | 2.45 | *0 | 1.97 | 5.83 | 0.78 | 0.08 | *N/A* |
| Jello | Serving 4o | 1 | 70 | 0 | 57 | 0.00 | 0.00 | 0.0 | 0 | 7.5 | *N/A* | 0.5 | 17.0 | 0.0 | 0.00 | *N/A* |
| spaghetti sauce Angela Mia | 2 oz | 1 | 23 | 0 | 236 | 0.91 | 0.49 | 18.1 | 136 | 4.08 | *N/A* | 0.91 | 4.54 | 0.0 | 0.00 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 1947 | 226 | 4751 | *19.28 | 10.95 | 3167.2 | 4901 | 71.45 | *63 | 98.38 | 232.37 | 71.07 | 28.83 | *0.00 |
| % of Calories | | | | | | | | | | | *13.0% | 20.2% | 47.7% | 32.8% | 13.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|-----|-----|----|------|-------|------|--------|------|-------|-----|-------|-------|-------|-------|-------|
| Thu - 05/11/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| American Chop Suey | 3/4 cup | 1 | 275 | 38 | 396 | 2.47 | 2.35 | 55.1 | 388 | 9.41 | *1 | 15.82 | 29.35 | 10.3 | 4.17 | *0.00 |
| Ham & Cheese Sub | Serving | 1 | 476 | 83 | 2025 | 3.00 | 2.96 | 694.5 | 671 | 0.0 | *7 | 26.28 | 41.71 | 21.41 | 11.13 | *0.00 |
| Salad Caesar Secondary | 1 cup | 1 | 219 | 30 | 1022 | 0.88 | 0.62 | 314.6 | 2785 | 2.42 | *3 | 11.57 | 9.08 | 13.27 | 6.11 | *0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|---------------|---------------|---------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | | 20 | 3 | 50 | *0.15 | 0.11 | 29.5 | 70 | 0.66 | *1 *13.2% | 1.02 20.7% | 2.05 41.7% | 0.82 37.3% | 0.35 16.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 05/12/2017 | | | | | | | | | | | | | | | | |
|---|--------------------|---|---------|-----|------|--------|-------|--------|-------|-------|---------------|-----------------|-----------------|----------------|----------------|----------------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| pizza - Dominos | slice | 1 | 300 | 45 | 790 | 4.00 | 1.80 | 350.0 | 750 | 6.0 | *N/A* | 15.0 | 31.0 | 14.0 | 8.00 | 0.00 |
| pizza - Dominos - Pepperoni | slice | 1 | 310 | 45 | 790 | 4.00 | 1.80 | 300.0 | 750 | 6.0 | *N/A* | 15.0 | 31.0 | 14.0 | 8.00 | 0.00 |
| Ham & Cheese Sub | Serving | 1 | 476 | 83 | 2025 | 3.00 | 2.96 | 694.5 | 671 | 0.0 | *7 | 26.28 | 41.71 | 21.41 | 11.13 | *0.00 |
| GARDEN SALAD | 3/4 CUP | 1 | 18 | 0 | 16 | 1.67 | 0.56 | 23.4 | 6760 | 5.29 | 2 | 0.91 | 3.88 | 0.22 | 0.03 | *0.00 |
| Dessert | servings | 1 | 88 | 0 | 84 | 0.38 | 0.12 | 23.5 | 77 | 0.72 | *10 | 1.28 | 18.7 | 1.36 | 0.17 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 2193 | 301 | 5217 | *21.49 | 12.20 | 3281.3 | 12181 | 72.18 | *74 *13.5% | 106.69 19.5% | 251.38 45.8% | 87.75 36.0% | 41.42 17.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/15/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Chicken-Tyson-WG-Popcorn-2940 | Serving | 1 | 230 | 30 | 240 | 2.00 | 1.44 | 20.0 | 100 | *N/A* | *N/A* | 12.0 | 13.0 | 14.0 | 2.50 | 0.00 |
| Turkey Sub | Serving | 1 | 293 | 45 | 1086 | 1.64 | 2.32 | 43.9 | 67 | 4.85 | 3 | 17.94 | 23.03 | 14.0 | 1.83 | *0.00 |
| Mashed Potatoes | 1/2 cup | 1 | 63 | 0 | 243 | 0.78 | 0.28 | 15.7 | 0 | 2.82 | *N/A* | 1.57 | 13.3 | 0.78 | 0.00 | 0.00 |
| BROCCOLI: frozen, boiled | 1/2 cup | 1 | 26 | 0 | 10 | 2.76 | 0.56 | 30.4 | 930 | 36.89 | 1 | 2.85 | 4.92 | 0.11 | 0.01 | *N/A* |
| pudding - choc - pocoh | 1/2 cup | 1 | 130 | 0 | 160 | 0.00 | 0.00 | 60.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 4.0 | 0.50 | *N/A* |
| CATSUP | 1 oz | 1 | 32 | 0 | 257 | 0.09 | 0.12 | 4.5 | 145 | 1.16 | 6 | 0.35 | 7.44 | 0.05 | 0.01 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 18 | 2 | 35 | *0.16 | 0.10 | 20.6 | 44 | *1.00 | *1 | 0.85 | 2.10 | 0.70 | 0.19 | *0.00 |
| % of Calories | | | | | | | | | | | *14.7% | 19.2% | 47.3% | 35.4% | 9.6% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Elementary Lunch-Traditional

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/16/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| HAMBURGER ON A BUN | Sandwich | 1 | 289 | 45 | 278 | 3.00 | 9.92 | 5.9 | 0 | 0.0 | *N/A* | 18.44 | 22.0 | 14.99 | 12.24 | *0.00 |
| CHEESEBURGER ON A BUN | 1 EACH | 1 | 372 | 82 | 741 | 3.00 | 10.39 | 311.3 | 321 | 0.0 | *1 | 26.43 | 23.36 | 20.03 | 8.78 | *0.68 |
| Turkey Sub | Serving | 1 | 293 | 45 | 1086 | 1.64 | 2.32 | 43.9 | 67 | 4.85 | 3 | 17.94 | 23.03 | 14.0 | 1.83 | *0.00 |
| CELERY STICKS | 1/2 CUP | 1 | 12 | 0 | 59 | 1.19 | 0.15 | 29.7 | 333 | 2.3 | 1 | 0.51 | 2.21 | 0.13 | 0.03 | *N/A* |
| Veggie Dip | Servings | 1 | 85 | 5 | 274 | 0.00 | 0.00 | 18.9 | 0 | 0.0 | *N/A* | 0.0 | 5.67 | 6.61 | 0.94 | 0.00 |
| BAKED BEANS (VEGETARIAN) | 2/3 cup | 1 | 162 | 0 | 477 | 5.54 | 1.88 | 62.7 | 156 | 0.64 | *19 | 6.42 | 37.11 | 0.64 | 0.10 | *0.00 |
| chips - cape cod 9 09 | bag | 1 | 60 | 0 | 55 | 1.00 | 0.36 | 0.0 | 0 | 2.4 | *N/A* | 1.0 | 9.0 | 3.0 | 0.00 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 23 | 3 | 45 | *0.24 | 0.30 | 23.6 | 40 | 0.64 | *1 | 1.19 | 2.47 | 0.96 | 0.38 | *0.01 |
| % of Calories | | | | | | | | | | | *13.9% | 20.9% | 43.5% | 38.1% | 15.0% | *0.3% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|---------------|---------------|---------------|---------------|-------------------------|
| Wed - 05/17/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Tomato Soup - camp-mrms | 6 oz | 1 | 123 | 0 | 645 | 1.37 | 0.00 | 0.0 | 549 | 8.23 | *N/A* | 2.74 | 23.32 | 2.06 | 0.69 | 0.00 |
| Grilled Cheese Sandwich | SERVINGS | 1 | 324 | 30 | 1232 | 1.00 | 1.44 | 441.0 | 1622 | 0.01 | *N/A* | 18.03 | 30.03 | 13.74 | 6.55 | *0.00 |
| Turkey Sub | Serving | 1 | 293 | 45 | 1086 | 1.64 | 2.32 | 43.9 | 67 | 4.85 | 3 | 17.94 | 23.03 | 14.0 | 1.83 | *0.00 |
| POTATOES, ROUNDS 14 15 U SDA fo | 8 each | 1 | 139 | 0 | 330 | 2.00 | 0.42 | 0.0 | 0 | 1.39 | 0 | 2.0 | 20.0 | 7.0 | 2.00 | 0.00 |
| Jello | Serving 4o | 1 | 70 | 0 | 57 | 0.00 | 0.00 | 0.0 | 0 | 7.5 | *N/A* | 0.5 | 17.0 | 0.0 | 0.00 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 20 | 2 | 49 | *0.14 | 0.09 | 23.7 | 54 | 0.76 | *1 *11.8% | 0.89 18.3% | 2.38 48.9% | 0.74 33.9% | 0.25 11.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|-----|-----|----|------|-------|------|--------|------|-------|-------|-------|-------|------|-------|-------|
| Thu - 05/18/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Rib Pork Honey BBQ | sandwich | 1 | 356 | 45 | 914 | 4.00 | 2.88 | 80.0 | 300 | 1.2 | 11 | 19.0 | 41.0 | 12.0 | 4.50 | 0.00 |
| Turkey Sub | Serving | 1 | 293 | 45 | 1086 | 1.64 | 2.32 | 43.9 | 67 | 4.85 | 3 | 17.94 | 23.03 | 14.0 | 1.83 | *0.00 |
| Veggies - Elementary | 3/4 cup | 1 | 65 | 0 | 159 | 3.39 | 0.94 | 22.7 | 2421 | 5.89 | *2 | 3.06 | 13.72 | 0.5 | 0.08 | *N/A* |
| Cookie - Otis - red fat | cookie | 1 | 110 | 7 | 52 | 0.50 | 0.72 | 0.0 | 50 | 0.0 | *N/A* | 1.5 | 19.0 | 3.5 | 1.25 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|--------------|---------------|---------------|---------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | | 18 | 2 | 37 | *0.18 | 0.12 | 20.4 | 60 | 0.66 | *1 *15.6% | 0.90 19.7% | 2.22 48.6% | 0.67 32.9% | 0.22 10.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 05/19/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|---|---------|-----|------|--------|-------|--------|-------|-------|---------------|----------------|-----------------|----------------|----------------|----------------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Pizza - Papa Ginos Cheese | slice | 1 | 240 | 25 | 660 | 3.00 | 1.80 | 200.0 | 500 | 6.0 | 2 | 11.0 | 32.0 | 8.0 | 4.50 | 0.00 |
| Pizza - Papa Ginos Pepperoni | slice | 1 | 370 | 60 | 1070 | 3.00 | 2.70 | 350.0 | 750 | 6.0 | 2 | 18.0 | 33.0 | 19.0 | 10.00 | 0.50 |
| Turkey Sub | Serving | 1 | 293 | 45 | 1086 | 1.64 | 2.32 | 43.9 | 67 | 4.85 | 3 | 17.94 | 23.03 | 14.0 | 1.83 | *0.00 |
| GARDEN SALAD | 3/4 CUP | 1 | 18 | 0 | 16 | 1.67 | 0.56 | 23.4 | 6760 | 5.29 | 2 | 0.91 | 3.88 | 0.22 | 0.03 | *0.00 |
| Dessert | servings | 1 | 88 | 0 | 84 | 0.38 | 0.12 | 23.5 | 77 | 0.72 | *10 | 1.28 | 18.7 | 1.36 | 0.17 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 2011 | 258 | 4427 | *18.13 | 12.47 | 2530.7 | 11327 | 77.03 | *74 *14.7% | 97.34 19.4% | 235.69 46.9% | 79.34 35.5% | 30.62 13.7% | *0.50 *0.2% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/22/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Ch Nugget WG - Goldkist 6116 - | 4 nuggets | 1 | 254 | 59 | 321 | 3.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| POTATOES, FRENCH FRIED, WITH S | 1/2 cup | 1 | 80 | 0 | 12 | 1.09 | 0.22 | 0.0 | 0 | 4.25 | *N/A* | 1.09 | 13.08 | 2.18 | 0.65 | 1.09 |
| CARROT STICKS | .5 CUP | 1 | 36 | 0 | 61 | 2.46 | 0.26 | 29.0 | 14774 | 5.19 | 4 | 0.82 | 8.42 | 0.21 | 0.04 | 0.00 |
| pudding - choc - pocoh | 1/2 cup | 1 | 130 | 0 | 160 | 0.00 | 0.00 | 60.0 | 0 | 0.0 | *N/A* | 2.0 | 23.0 | 4.0 | 0.50 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 1925 | 221 | 2742 | *18.99 | 9.39 | 2021.9 | 18050 | 63.61 | *61 | 94.35 | 214.53 | 79.14 | 21.38 | *1.09 |
| % of Calories | | | | | | | | | | | *12.6% | 19.6% | 44.6% | 37.0% | 10.0% | *0.5% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/23/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 100 | | | | | | | | | | | | | | |
| Nacho chips 12 13 | 1oz (@16 chips) | 1 | 245 | 0 | 210 | 1.75 | 0.63 | 70.0 | 0 | 0.0 | *N/A* | 3.5 | 31.5 | 12.25 | 1.75 | 0.00 |
| Turkey Taco Filling USDA | 1.72 oz | 1 | 86 | 21 | 131 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.96 | 1.99 | 4.98 | 1.00 | 0.00 |
| Cheese Sauce, RF, Nacho, Pouch | 2 oz | 1 | 191 | 20 | 799 | 0.01 | 0.01 | 306.0 | 813 | 0.0 | *N/A* | 12.2 | 5.8 | 14.2 | 8.10 | 0.00 |
| SALSA:COMMODITY | 1/4 cup | 1 | 20 | 0 | 244 | 0.79 | 1.27 | 6.8 | 312 | 2.27 | *N/A* | 0.85 | 3.97 | 0.11 | 0.02 | *N/A* |
| Nacho Toppings | Serving | 1 | 114 | 27 | 103 | 0.76 | 0.33 | 136.0 | 756 | 6.89 | 2 | 4.57 | 3.16 | 9.53 | 5.75 | *N/A* |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| BLACK BEAN SALAD | 1/2 CUP | 1 | 216 | 0 | 478 | 4.67 | 2.07 | 44.5 | 288 | 18.03 | *2 | 7.12 | 19.73 | 1.67 | 0.28 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 23 | 2 | 42 | *0.21 | *0.12 | *24.8 | *54 | *0.81 | *1 | 1.10 | 2.21 | 1.01 | 0.34 | *0.00 |
| % of Calories | | | | | | | | | | | *10.7% | 19.1% | 38.5% | 39.8% | 13.4% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

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May 1, 2017 thru May 26, 2017

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Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/24/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Pancakes made with whl grain | 2 pancakes | 1 | 2 | 0 | 4 | 0.03 | 0.01 | 0.4 | 0 | 0.0 | *N/A* | 0.05 | 0.39 | 0.06 | 0.01 | 0.00 |
| Ham Stick | Serving | 1 | 58 | 26 | 688 | 0.00 | 0.80 | 2.0 | 0 | 0.0 | *N/A* | 8.0 | 0.0 | 2.0 | 0.40 | *N/A* |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| POTATOES, ROUNDS | 8 pieces | 1 | 134 | 0 | 214 | 2.00 | 0.32 | 0.0 | 0 | 1.06 | *N/A* | 2.0 | 18.0 | 6.0 | 2.00 | 2.00 |
| apples, spiced | 1/2 cup | 1 | 83 | 0 | 1 | 4.10 | 0.43 | 31.8 | 58 | 0.33 | *4 | 0.44 | 21.72 | 0.49 | 0.08 | *0.00 |
| Pancake Syrup - Thurston #2156 | 1 cup | 1 | 120 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 19 | 0.0 | 31.0 | 0.0 | 0.00 | 0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average | | | 1822 | 188 | 3096 | *18.57 | 9.48 | 1952.1 | 3273 | 55.55 | *80 | 83.93 | 226.14 | 67.29 | 19.68 | *2.00 |
| % of Calories | | | | | | | | | | | *17.5% | 18.4% | 49.6% | 33.2% | 9.7% | *1.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|---|-----|----|-----|-------|------|--------|------|-------|-----|-------|-------|-------|-------|-------|
| Thu - 05/25/2017 | | | | | | | | | | | | | | | | |
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Meatball Sub | 1 EACH | 1 | 380 | 73 | 448 | 3.28 | 4.21 | 95.1 | 615 | 14.89 | *2 | 24.74 | 39.06 | 13.71 | 4.56 | *N/A* |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| Salad Caesar Secondary | 1/2 cup | 1 | 109 | 15 | 511 | 0.44 | 0.31 | 157.3 | 1393 | 1.21 | *1 | 5.79 | 4.54 | 6.63 | 3.05 | *0.00 |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|-----------------|-----------------|----------------|----------------|-------------------------|
| Weighted Daily Average % of Calories | | | 1915 | 249 | 3147 | *16.16 | 12.44 | 2170.3 | 5222 | 70.27 | *60 *12.5% | 103.97 21.7% | 198.63 41.5% | 79.09 37.2% | 24.81 11.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| Fri - 05/26/2017 | | | | | | | | | | | | | | | | |
|---|--------------------|---|---------|-----|------|--------|-------|--------|-------|-------|---------------|----------------|-----------------|----------------|----------------|----------------|
| Elementary Lunch-Traditional | Total | 1 | | | | | | | | | | | | | | |
| Max Stuffed Crust Cheese Pizza | 1 each | 1 | 360 | 30 | 860 | 4.00 | 6.00 | 351.0 | 762 | 0.0 | *N/A* | 21.0 | 43.0 | 12.0 | 6.00 | 0.00 |
| TUNA SALAD Sand Elem 15 16 | SERVINGS | 1 | 424 | 34 | 677 | 4.00 | 2.95 | 28.0 | 43 | 0.0 | *2 | 25.23 | 29.94 | 21.99 | 3.10 | 0.00 |
| GARDEN SALAD | 1 CUP | 1 | 25 | 0 | 21 | 2.22 | 0.74 | 31.2 | 9013 | 7.05 | 2 | 1.22 | 5.17 | 0.3 | 0.03 | *0.00 |
| Dessert | servings | 1 | 88 | 0 | 84 | 0.38 | 0.12 | 23.5 | 77 | 0.72 | *10 | 1.28 | 18.7 | 1.36 | 0.17 | *N/A* |
| Bagel and Cheese Lunch | bagel and chees | 1 | 360 | 60 | 540 | 4.00 | 3.14 | 1479.2 | 2004 | 0.0 | 5 | 20.0 | 31.0 | 19.0 | 10.00 | 0.00 |
| CHICK ON BUN elem 15 16 | 1 EACH | 1 | 254 | 59 | 321 | *0.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| Assorted Fresh Fruit | 1 EACH | 1 | 77 | 0 | 2 | 2.62 | 0.35 | 19.3 | 187 | 19.17 | 15 | 0.88 | 20.12 | 0.26 | 0.04 | *N/A* |
| MILK - Variety all schools | HALF PINT | 1 | 128 | 7 | 183 | 0.00 | 0.00 | 329.0 | 548 | 2.63 | *3 | 8.77 | 19.96 | 0.62 | 0.37 | 0.00 |
| Juice Variety | 4 oz | 1 | 43 | 0 | 5 | 0.17 | 0.10 | 7.1 | 51 | 26.96 | 9 | 0.22 | 10.45 | 0.08 | 0.01 | *N/A* |
| Fruit - Canned Commodity | 1/2 cup | 1 | 67 | 0 | 4 | 1.56 | 0.33 | 7.1 | 131 | 2.98 | *14 | 0.37 | 17.55 | 0.14 | 0.02 | *N/A* |
| Ketchup - Heinz - 15 16 | ounce | 1 | 33 | 0 | 264 | 0.00 | 0.00 | 0.0 | 165 | 1.98 | 7 | 0.0 | 8.24 | 0.0 | 0.00 | 0.00 |
| RANCH DRESSING | 2 TBSP | 1 | 39 | 2 | 193 | 0.09 | 0.06 | 33.3 | 26 | 0.45 | *1 | 0.98 | 2.77 | 2.65 | 0.65 | *N/A* |
| Weighted Daily Average % of Calories | | | 1898 | 192 | 3154 | *19.04 | 14.77 | 2323.6 | 13068 | 61.94 | *69 *14.6% | 96.94 20.4% | 221.90 46.8% | 72.41 34.3% | 23.40 11.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|------|-----|------|--------|-------|---------|-------|--------|---------------|----------------|-----------------|----------------|------------------|----------------|
| Weighted Average | | | 1110 | 128 | 2097 | *10.66 | *7.02 | *1372.9 | *5463 | *37.88 | *37 *29.8% | 54.55 19.7% | 129.29 46.6% | 43.15 35.0% | *14.96 *12.1% | *0.18 *0.1% |
|------------------|--|--|------|-----|------|--------|-------|---------|-------|--------|---------------|----------------|-----------------|----------------|------------------|----------------|

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Hamilton-Wenham Regional Schools

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 1110 | | 550 - 650 | 171% | | | | | 460 | Correction Required - Calories too High | | | | | | | |
| Cholesterol (mg) | 128 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 2097 | | 1230 | | | | | | 867 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 10.66 | | | | | Missing | | | | | | | | | | | |
| Iron (mg) | 7.02 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 1372.9 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 5463 | | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 37 | 13.25% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 37.88 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 54.55 | 19.66% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 129.29 | 46.60% | | | | | | | | | | | | | | | |
| Total Fat (g) | 43.15 | 34.99% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 14.96 | 12.13% | <10.00% | | | Missing | | | | Correction Required - Sat. Fat too High | | | | | | | |
| Trans Fat ¹ (g) | 0.18 | 0.15% | | | | Missing | | | | | | | | | | | |

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