

# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Mon - 01/03/2022</b>																
Elementary Lunch-Traditional	Total	1														
Pretzel	1 each	1	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
Cheese Sauce, RF, Nacho, Pouch	2 oz	1	100	20	230	0.00	0.00	200.0	200	0.0	2	7.0	3.0	7.0	4.50	0.00
Onion Rings 16 17	5 each	1	190	0	310	3.00	1.08	40.0	0	2.4	5	3.0	27.0	8.0	1.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1104	71	1173	16.92	6.40	605.2	*10759	*68.51	92	30.05	183.07	30.00	10.62	0.00
% of Calories											33.5%	10.9%	66.3%	24.4%	8.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 01/04/2022</b>																
Elementary Lunch-Traditional	Total	1														
Pancakes, Mini Maple	bag	1	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Sausage Links	2 each	1	204	75	414	0.00	0.88	7.1	41	0.0	*N/A*	15.13	0.0	15.5	8.53	*N/A*
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*
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1249	136	1607	16.92	7.10	412.3	*11100	*68.51	*95	36.17	182.07	42.00	14.65	*0.00
% of Calories											*30.6%	11.6%	58.3%	30.3%	10.6%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Wed - 01/05/2022</b>																
Elementary Lunch-Traditional	Total	1														
chicken nug 12 13	5 pieces	1	240	85	400	1.00	1.08	20.0	0	0.0	*N/A*	10.0	10.0	17.0	5.00	*N/A*
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
CORN: frozen, yellow	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1044	136	1126	14.68	5.27	383.3	*10723	*70.62	*87	28.72	162.30	32.83	9.70	*0.00
% of Calories											*33.3%	11.0%	62.2%	28.3%	8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 01/06/2022</b>																
Elementary Lunch-Traditional	Total	1														
Hot Dog 08 09	1 each	1	106	19	212	0.00	0.34	12.4	0	1.12	*N/A*	3.73	1.24	9.33	3.73	0.00
Hot Dog Roll Fantini #215 15/1	roll	1	90	0	200	3.00	1.08	80.0	0	0.0	2	3.0	18.0	1.0	0.00	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	1	155	0	193	5.96	2.35	64.2	16	0.64	*14	7.15	31.52	0.72	0.01	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1025	70	1088	19.88	7.29	501.8	*10574	*66.67	*101	28.93	173.84	25.55	8.36	*0.00
% of Calories											*39.3%	11.3%	67.9%	22.4%	7.3%	*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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Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Fri - 01/07/2022</b>																
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
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1613	185	3614	20.24	8.05	1467.0	*16237	*80.54	*88	62.41	198.69	62.40	29.78	*0.00
% of Calories											*21.9%	15.5%	49.3%	34.8%	16.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	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 <sup>1</sup> (g)
<b>Mon - 01/10/2022</b>																
Elementary Lunch-Traditional	Total	1														
Mini Cheese Ravioli	serving (7 pcs)	1	120	25	200	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	15.0	3.0	1.50	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	0.02	0.00
Garlic Knot - Tasty	1 garlic kno	1	170	0	270	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	23.0	7.0	1.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			990	76	963	16.68	*4.08	*375.5	*11489	*101.80	89	29.90	165.99	24.61	7.64	0.00
% of Calories											35.9%	12.1%	67.1%	22.4%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 4

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Tue - 01/11/2022</b>																
Elementary Lunch-Traditional	Total	1														
Eggoji Waffles	1 waffle	1	90	3	150	0.50	*N/A*	*N/A*	*N/A*	*N/A*	1	2.0	13.5	3.0	0.75	0.00
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			995	83	1205	13.92	*3.94	*358.4	*10559	*70.14	88	29.12	160.81	28.04	*6.10	0.03
% of Calories											35.2%	11.7%	64.6%	25.4%	*5.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 01/12/2022</b>																
Elementary Lunch-Traditional	Total	1														
Teriyaki Chicken Dippers	4	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*
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1003	51	872	14.42	4.88	385.2	*10559	*68.51	*84	21.55	168.81	28.00	6.62	*0.00
% of Calories											*33.7%	8.6%	67.3%	25.1%	5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Values - Detailed

Page 5

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Thu - 01/13/2022</b>																
Elementary Lunch-Traditional	Total	1														
Meatballs and Sauce	5 meatballs	1	179	35	831	2.84	2.98	57.2	633	9.77	5	15.47	10.5	9.37	3.55	0.00
Texas Toas - 16 17	slice	1	90	0	110	1.00	0.72	0.0	200	0.0	0	3.0	15.0	2.5	0.00	0.00
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.03	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			961	86	1448	16.12	7.77	427.9	*15413	*82.27	92	34.49	152.35	26.54	8.20	0.00
% of Calories											38.2%	14.4%	63.4%	24.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Fri - 01/14/2022</b>																
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
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.03	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1302	141	2087	20.28	7.68	1020.7	*16080	*84.49	*86	46.02	188.84	42.68	20.65	0.00
% of Calories											*26.6%	14.1%	58.0%	29.5%	14.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 6

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Tue - 01/18/2022</b>																
Elementary Lunch-Traditional	Total	1														
Waffle Sticks	3 ea	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SCRAMBLED EGGS	SERVING	1	78	186	149	0.00	0.88	52.0	310	0.0	1	6.94	1.33	4.77	1.57	*0.02
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			923	237	644	13.42	4.82	410.4	*10869	*70.14	86	24.06	146.64	28.31	6.92	*0.05
% of Calories											37.2%	10.4%	63.5%	27.6%	6.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 01/19/2022</b>																
Elementary Lunch-Traditional	Total	1														
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
Garbonzo Beans	.5 cup	1	100	0	315	4.99	1.39	39.7	17	0.11	*N/A*	5.58	15.3	2.21	0.23	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1028	110	1119	*15.91	5.91	399.8	*10637	*65.02	*84	37.63	153.37	30.71	7.85	0.00
% of Calories											*32.9%	14.6%	59.7%	26.9%	6.9%	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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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Thu - 01/20/2022</b>																
Elementary Lunch-Traditional	Total	1														
Hamburger on a Bun	sandwich	1	279	54	279	3.00	2.93	62.0	0	2.4	*2	22.29	24.0	11.17	3.66	0.68
CHEESEBURGER ON A BUN	1 EACH	1	383	82	753	3.00	3.11	358.3	321	2.4	*2	27.43	25.35	19.88	8.78	1.00
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1418	187	1534	18.42	9.84	765.4	*10879	*73.31	*89	66.27	185.17	48.54	17.06	1.68
% of Calories											*25.0%	18.7%	52.2%	30.8%	10.8%	1.1%
Nutrient Guideline			550-650		1230										<10.00	

	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 <sup>1</sup> (g)
<b>Fri - 01/21/2022</b>																
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
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1613	185	3614	20.24	8.05	1467.0	*16237	*80.54	*88	62.41	198.69	62.40	29.78	*0.00
% of Calories											*21.9%	15.5%	49.3%	34.8%	16.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 8

Generated on: 12/25/2021 4:53:41 PM

	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 <sup>1</sup> (g)
<b>Mon - 01/24/2022</b>																
Elementary Lunch-Traditional	Total	1														
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	1	280	32	580	3.00	*N/A*	*N/A*	*N/A*	*N/A*	6	19.0	31.0	10.0	6.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1078	83	1708	15.29	*3.52	*345.2	*11107	*73.14	*90	36.79	177.39	26.56	11.31	0.00
% of Calories											*33.6%	13.7%	65.8%	22.2%	9.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 01/25/2022</b>																
Elementary Lunch-Traditional	Total	1														
French Toast Sticks	4 each	1	503	194	1168	2.60	5.22	252.5	441	0.71	*N/A*	17.46	75.76	14.4	3.62	*N/A*
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	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*
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1397	274	2601	15.52	*8.73	*597.7	*11000	*69.22	*86	44.51	224.83	36.39	*8.74	*0.00
% of Calories											*24.8%	12.7%	64.4%	23.4%	*5.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Wed - 01/26/2022</b>																
Elementary Lunch-Traditional	Total	1														
Chick Tenders Gold Kist 18 19	3 each	1	85	20	107	1.00	0.33	5.0	20	0.0	*N/A*	5.67	5.0	4.67	1.00	0.00
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00

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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			841	71	609	13.42	4.14	350.2	*10579	*68.51	*84 *40.1%	22.22 10.6%	140.81 66.9%	22.16 23.7%	5.62 6.0%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/27/2022																
Elementary Lunch-Traditional	Total	1														
Beef Taco	2.68	1	186	52	579	0.45	*0.52	*7.2	*467	*4.28	*0	14.43	4.79	12.17	4.01	*1.99
Tortilla Wrap	wrap	1	150	0	361	1.72	1.78	71.5	0	0.0	2	4.02	24.2	3.92	1.43	0.03
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
Hummus	1/2 CUP	1	73	0	402	3.49	0.99	29.7	14	4.9	*0	3.93	11.66	1.56	0.17	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average % of Calories			1097	103	1858	17.71	*6.97	*473.0	*14692	*76.86	*88 *32.2%	37.93 13.8%	166.96 60.9%	32.28 26.5%	10.27 8.4%	*2.02 *1.7%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/28/2022																
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
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.03	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average % of Calories			1302	141	2087	20.28	7.68	1020.7	*16080	*84.49	*86 *26.6%	46.02 14.1%	188.84 58.0%	42.68 29.5%	20.65 14.3%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

	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 <sup>1</sup> (g)
Mon - 01/31/2022																
Elementary Lunch-Traditional	Total	1														
Mozzarella Stick	Serving	1	342	61	599	0.00	0.28	829.0	586	0.0	*N/A*	29.44	4.34	22.71	14.37	*N/A*
Marinara cup Red Gold 17 18	1 cup	1	40	0	200	2.00	0.00	20.0	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1057	112	1282	12.92	3.80	1194.1	*11145	*64.91	*88	45.49	134.41	38.21	18.99	*0.00
% of Calories											*33.5%	17.2%	50.9%	32.5%	16.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1152	127	1612	*16.66	*6.30	*648.0	*12336	*74.41	*89	38.53	172.69	35.54	*12.98	*0.19
											*69.3%	13.4%	60.0%	27.8%	*10.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1152		550 - 650	177%			502	Correction Required - Calories too High
Cholesterol (mg)	127							
Sodium 1 (mg)	1612		1230				382	Correction Required - Sodium too High
Sodium 2 (mg)	1612		935				677	Correction Required - Sodium too High
Fiber (g)	16.66				Missing			
Iron (mg)	6.30				Missing			
Calcium (mg)	648.0				Missing			
Vitamin A (IU)	12336				Missing			
Sugars (g)	89	30.81%			Missing			
Vitamin C (mg)	74.41				Missing			
Protein (g)	38.53	13.38%						
Carbohydrate (g)	172.69	59.96%						
Total Fat (g)	35.54	27.77%						
Saturated Fat (g)	12.98	10.14%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.19	0.15%			Missing			

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.