

Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Mon - 01/03/2022																
HWRHS	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*
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2457	241	3263	33.62	12.29	2490.3	*28352	*54.47	*107	127.37	280.98	90.72	40.29	*0.21
% of Calories											*17.4%	20.7%	45.7%	33.2%	14.8%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

Tue - 01/04/2022																
HWRHS	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*
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2602	265	3353	35.00	14.43	1679.4	*24641	*50.40	*116	114.62	320.74	93.81	35.75	*0.21
% of Calories											*17.8%	17.6%	49.3%	32.4%	12.4%	*0.1%
Nutrient Guideline			750-850		1420											<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

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Wed - 01/05/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2397	265	2873	32.76	12.60	1650.4	*24264	*52.51	*107	107.17	300.97	84.64	30.80	*0.21
% of Calories											*17.9%	17.9%	50.2%	31.8%	11.6%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 01/06/2022																
HWRHS	Total	1														
Turkey Patty	patty	1	110	50	320	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	15.0	0.0	6.0	2.00	0.00
Hamburger Rolls - Fantini - Wh	roll	1	127	0	227	3.00	1.00	47.0	0	2.4	2	7.0	24.0	1.5	0.00	0.00
GREEN BEANS: frozen,boiled	1/2 cup	1	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2284	230	2777	34.03	*12.30	*1687.7	*24382	*51.97	*108	116.50	290.10	73.92	27.75	*0.21
% of Calories											*18.9%	20.4%	50.8%	29.1%	10.9%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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HWRHS

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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)
Fri - 01/07/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2966	315	5361	38.31	15.39	2734.2	*29778	*62.43	*109	140.86	337.37	114.21	50.88	*0.21
% of Calories											*14.6%	19.0%	45.5%	34.7%	15.4%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 01/10/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2344	205	2710	34.76	*11.41	*1642.7	*25030	*83.69	*109	108.35	304.66	76.42	28.74	*0.21
% of Calories											*18.6%	18.5%	52.0%	29.3%	11.0%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 4

Generated on: 12/25/2021 5:40:04 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 ¹ (g)
Tue - 01/11/2022																
HWRHS	Total	1														
Eggoji Waffles MS/HS	2 waffles	1	180	5	300	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	27.0	6.0	1.50	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2439	215	3101	32.50	*11.27	*1625.6	*24099	*52.03	*109	109.56	312.98	82.85	*27.95	*0.24
% of Calories											*17.9%	18.0%	51.3%	30.6%	*10.3%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 01/12/2022																
HWRHS	Total	1														
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2561	225	3343	37.00	13.93	1720.3	*24287	*51.60	*112	123.50	328.74	83.81	28.22	*0.21
% of Calories											*17.6%	19.3%	51.3%	29.5%	9.9%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Thu - 01/13/2022																
HWRHS	Total	1														
Chicken Fajita - mrms	Serving	1	270	90	1033	1.61	2.75	78.0	64	0.72	*2	22.49	23.79	9.04	2.79	0.02
Rice and Beans	1/2 cup	1	154	0	200	2.68	1.96	20.5	51	12.28	*2	4.5	32.89	0.37	0.11	*0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2453	270	3463	33.29	15.56	1710.8	*24214	*59.80	*108	120.49	318.43	75.71	28.62	*0.23
% of Calories											*17.6%	19.7%	51.9%	27.8%	10.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 01/14/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2656	270	3834	38.36	15.01	2287.9	*29620	*66.38	*107	124.47	327.51	94.49	41.75	*0.21
% of Calories											*16.1%	18.7%	49.3%	32.0%	14.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Tue - 01/18/2022																
HWRHS	Total	1														
Dutch Waffles	waffle	1	330	15	330	3.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	38.0	19.0	3.00	0.00
Scrambled Eggs	1,5oz	1	45	95	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	3.0	1.0	3.0	1.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2574	290	2701	34.50	*11.27	*1625.6	*24099	*52.03	*117	102.56	322.98	97.35	30.45	*0.24
% of Calories											*18.2%	15.9%	50.2%	34.0%	10.6%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

Wed - 01/19/2022																
HWRHS	Total	1														
Ch Popcorn Goldkist 691600	14 pieces	1	193	34	420	2.00	2.00	15.0	108	0.0	0	15.0	13.0	9.0	2.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2321	214	2965	35.99	14.25	1667.0	*24224	*46.91	*105	114.08	290.04	77.52	27.95	*0.21
% of Calories											*18.0%	19.7%	50.0%	30.1%	10.8%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Thu - 01/20/2022																
HWRHS	Total	1														
Rib Pork Honey BBQ sandwich		1	377	50	917	4.00	2.08	87.0	300	3.6	10	20.0	34.0	18.5	6.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2487	230	3165	34.50	13.22	1699.3	*24399	*54.00	*114	115.00	308.48	87.81	31.72	*0.21
% of Calories											*18.4%	18.5%	49.6%	31.8%	11.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 01/21/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2966	315	5361	38.31	15.39	2734.2	*29778	*62.43	*109	140.86	337.37	114.21	50.88	*0.21
% of Calories											*14.6%	19.0%	45.5%	34.7%	15.4%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Mon - 01/24/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2431	212	3454	33.37	*10.85	*1612.3	*24648	*55.03	*111	115.24	316.06	78.37	32.40	*0.21
% of Calories											*18.2%	19.0%	52.0%	29.0%	12.0%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 01/25/2022																
HWRHS	Total	1														
Scrambled Eggs	1,5oz	1	45	95	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	3.0	1.0	3.0	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*
SALSA:COMMODITY	1/4 cup	1	27	0	64	0.00	0.00	36.6	183	2.19	2	0.0	3.66	0.0	0.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2475	350	2849	31.50	*12.15	*1669.3	*24324	*54.22	*107	113.69	288.64	93.85	35.97	*0.24
% of Calories											*17.2%	18.4%	46.6%	34.1%	13.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Wed - 01/26/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2195	200	2355	31.50	11.47	1617.3	*24120	*50.40	*105	100.66	279.48	73.97	26.72	*0.21
% of Calories											*19.1%	18.3%	50.9%	30.3%	11.0%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

Thu - 01/27/2022																
HWRHS	Total	1														
Nachos/Seasoned Beef/cheese	Serving	1	492	50	4788	5.17	7.13	143.1	3839	34.36	*0	21.64	58.12	19.83	5.03	*2.15
BLACK BEAN SALAD	3/4 CUP	1	155	0	368	9.10	0.42	12.7	420	21.43	*4	8.05	27.64	2.1	0.33	*0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2676	231	7385	43.27	18.40	1768.2	*28358	*102.59	*108	123.19	347.50	88.24	31.08	*2.36
% of Calories											*16.2%	18.4%	51.9%	29.7%	10.5%	*0.8%
Nutrient Guideline			750-850		1420											<10.00

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

	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)
Fri - 01/28/2022																
HWRHS	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2656	270	3834	38.36	15.01	2287.9	*29620	*66.38	*107	124.47	327.51	94.49	41.75	*0.21
% of Calories											*16.1%	18.7%	49.3%	32.0%	14.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 01/31/2022																
HWRHS	Total	1														
Pizza - Stuffed Crust 18 19	piece	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
salad - cheese stick MS	1 each	1	342	40	628	5.97	2.71	491.0	8787	6.16	3	21.16	31.09	14.28	9.04	0.00
Yogurt Parfait - hwrhs	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
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
Wrap - Chicken Ceasar - hs	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken-secon	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
Weighted Daily Average			2445	195	3484	36.62	13.80	1961.4	*28066	*54.47	*111	113.93	311.64	82.00	30.42	*0.21
% of Calories											*18.1%	18.6%	51.0%	30.2%	11.2%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 11

Generated on: 12/25/2021 5:40:04 PM

	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 Average			2519	250	3582	35.38	*13.50	*1893.6	*26015	*59.19	*109 *39.0%	117.83 18.7%	312.61 49.6%	87.92 31.4%	*34.00 *12.1%	*0.32 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2519		750 - 850	296%			1669	Correction Required - Calories too High
Cholesterol (mg)	250							
Sodium 1 (mg)	3582		1420				2162	Correction Required - Sodium too High
Sodium 2 (mg)	3582		1080				2502	Correction Required - Sodium too High
Fiber (g)	35.38							
Iron (mg)	13.50				Missing			
Calcium (mg)	1893.6				Missing			
Vitamin A (IU)	26015				Missing			
Sugars (g)	109	17.34%			Missing			
Vitamin C (mg)	59.19				Missing			
Protein (g)	117.83	18.71%						
Carbohydrate (g)	312.61	49.64%						
Total Fat (g)	87.92	31.41%						
Saturated Fat (g)	34.00	12.15%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.32	0.12%			Missing			

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