

Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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)
Mon - 01/03/2022																
Miles River Middle School	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	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	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
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
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
Weighted Daily Average			1494	147	2533	24.70	7.41	1463.9	*15295	*40.91	*66	86.46	169.30	56.71	26.11	*0.00
% of Calories											*17.7%	23.2%	45.3%	34.2%	15.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 01/04/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1518	171	2629	23.41	8.70	626.1	*11576	*35.73	*74	68.53	199.32	52.24	20.19	*0.00
% of Calories											*19.6%	18.1%	52.5%	31.0%	12.0%	*0.0%
Nutrient Guideline			600-700		1360										<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

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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 - 01/05/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1313	171	2148	21.17	6.87	597.1	*11199	*37.83	*66	61.08	179.55	43.07	15.24	*0.00
% of Calories											*20.0%	18.6%	54.7%	29.5%	10.4%	*0.0%
Nutrient Guideline			600-700		1360										<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 ¹ (g)
Thu - 01/06/2022																
Miles River Middle School	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
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
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
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
Weighted Daily Average			1340	136	2423	23.43	7.64	674.4	*11618	*38.49	*74	68.41	178.68	43.35	16.19	0.00
% of Calories											*22.2%	20.4%	53.3%	29.1%	10.9%	0.0%
Nutrient Guideline			600-700		1360										<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

Miles River Middle School

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)
Fri - 01/07/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1882	220	4636	26.72	9.65	1680.8	*16713	*47.76	*67	94.77	215.95	72.64	35.32	*0.00
% of Calories											*14.3%	20.1%	45.9%	34.7%	16.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 01/10/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1260	111	1985	23.17	*5.68	*589.4	*11965	*69.02	*68	62.26	183.24	34.85	13.18	0.00
% of Calories											*21.5%	19.8%	58.2%	24.9%	9.4%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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)
Tue - 01/11/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1355	121	2377	20.90	*5.54	*572.3	*11035	*37.35	*67	63.48	191.56	41.28	*12.39	0.03
% of Calories											*19.9%	18.7%	56.6%	27.4%	*8.2%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 01/12/2022																
Miles River Middle School	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
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
Weighted Daily Average			1134	86	1815	20.41	6.20	599.0	*11035	*34.53	*68	50.41	167.32	32.74	11.66	0.00
% of Calories											*24.1%	17.8%	59.0%	26.0%	9.3%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Miles River Middle School

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)
Thu - 01/13/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1369	176	2738	21.69	9.83	657.5	*11150	*45.12	*67	74.40	197.01	34.14	13.06	*0.02
% of Calories											*19.5%	21.7%	57.6%	22.5%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 01/14/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1572	176	3109	26.77	9.28	1234.6	*16556	*51.71	*65	78.38	206.09	52.91	26.19	0.00
% of Calories											*16.6%	20.0%	52.5%	30.3%	15.0%	0.0%
Nutrient Guideline			600-700		1360										<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

Miles River Middle School

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																
Miles River Middle School	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
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
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
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
Weighted Daily Average			1193	272	1666	19.90	6.42	624.2	*11345	*37.35	*65	56.42	163.89	38.55	12.46	*0.05
% of Calories											*21.7%	18.9%	55.0%	29.1%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 01/19/2022																
Miles River Middle School	Total	1														
Chicken General Tso's - AFS 2	3.9 ounce	1	200	45	510	2.00	1.44	0.0	0	*N/A*	*N/A*	14.0	26.0	4.0	1.00	0.00
RICE,UB par boiled 17 18	1/2 cup	1	120	0	97	1.10	0.26	4.9	16	0.03	*0	2.79	24.88	1.0	0.24	*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
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
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
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
Weighted Daily Average			1289	131	2122	23.27	7.38	594.2	*11982	*69.05	*65	67.05	196.12	29.84	11.41	*0.00
% of Calories											*20.1%	20.8%	60.9%	20.8%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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)
Thu - 01/20/2022																
Miles River Middle School	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
Hamburger on a Bun w cheese	sandwich	1	332	67	426	3.00	3.02	208.5	158	2.4	*2	25.09	24.65	15.47	6.16	0.68
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
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
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
Weighted Daily Average			1637	206	2228	24.91	11.35	829.5	*11194	*40.52	*67	96.29	201.71	54.37	19.98	1.36
% of Calories											*16.3%	23.5%	49.3%	29.9%	11.0%	0.7%
Nutrient Guideline			600-700		1360										<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 ¹ (g)
Fri - 01/21/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1882	220	4636	26.72	9.65	1680.8	*16713	*47.76	*67	94.77	215.95	72.64	35.32	*0.00
% of Calories											*14.3%	20.1%	45.9%	34.7%	16.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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)
Mon - 01/24/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1347	118	2730	21.78	*5.12	*559.0	*11584	*40.36	*69	69.15	194.64	36.79	16.84	0.00
% of Calories											*20.5%	20.5%	57.8%	24.6%	11.3%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 01/25/2022																
Miles River Middle School	Total	1														
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
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
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
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
Weighted Daily Average			1425	347	2143	19.90	7.30	667.9	*11569	*39.55	*66	71.54	167.55	54.05	20.99	*0.05
% of Calories											*18.7%	20.1%	47.0%	34.1%	13.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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 - 01/26/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1111	106	1631	19.91	5.74	564.0	*11056	*35.72	*63	54.57	158.07	32.40	11.16	0.00
% of Calories											*22.8%	19.7%	56.9%	26.2%	9.0%	0.0%
Nutrient Guideline			600-700		1360										<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 ¹ (g)
Thu - 01/27/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1592	136	6661	31.68	12.66	714.9	*15294	*87.92	*67	77.10	226.08	46.67	15.52	*2.15
% of Calories											*16.8%	19.4%	56.8%	26.4%	8.8%	*1.2%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Jan 1, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Miles River Middle School

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)
Fri - 01/28/2022																
Miles River Middle School	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
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
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
Weighted Daily Average			1572	176	3109	26.77	9.28	1234.6	*16556	*51.71	*65	78.38	206.09	52.91	26.19	0.00
% of Calories											*16.6%	20.0%	52.5%	30.3%	15.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 01/31/2022																
Miles River Middle School	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	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	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
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
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
Weighted Daily Average			1481	101	2754	27.70	8.92	934.9	*15009	*40.91	*70	73.02	199.96	48.00	16.24	0.00
% of Calories											*18.9%	19.7%	54.0%	29.2%	9.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			1438	166	2804	23.75	*8.03	*855.0	*13022	*46.46	*67	72.32	190.90	46.51	*18.78	*0.18
											*42.1%	20.1%	53.1%	29.1%	*11.8%	*0.1%

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

Miles River Middle School

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	1438		600 - 700	205%					738	Correction Required - Calories too High							
Cholesterol (mg)	166																
Sodium 1 (mg)	2804		1360						1444	Correction Required - Sodium too High							
Sodium 2 (mg)	2804		1035						1769	Correction Required - Sodium too High							
Fiber (g)	23.75																
Iron (mg)	8.03					Missing											
Calcium (mg)	855.0					Missing											
Vitamin A (IU)	13022					Missing											
Sugars (g)	67	18.73%				Missing											
Vitamin C (mg)	46.46					Missing											
Protein (g)	72.32	20.12%															
Carbohydrate (g)	190.90	53.10%															
Total Fat (g)	46.51	29.10%															
Saturated Fat (g)	18.78	11.75%	<10.00%			Missing				Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.18	0.11%				Missing											

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