

Hamilton-Wenham Regional Schools

Mar 1, 2021 thru Mar 26, 2021

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 - 03/01/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Weighted Daily Average % of Calories			1437	139	2645	22.68	*5.26	*1217.8	*10862	*55.66	*104 *28.9%	*62.38 *17.4%	197.77 55.0%	48.07 30.1%	19.65 12.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/02/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem hot dog w bns	1	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1543	113	2745	27.14	*8.35	*1354.5	*10833	*61.15	*132 *34.2%	62.71 16.3%	235.00 60.9%	44.96 26.2%	21.74 12.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/04/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Weighted Daily Average % of Calories			1437	139	2645	22.68	*5.26	*1217.8	*10862	*55.66	*104 *28.9%	*62.38 *17.4%	197.77 55.0%	48.07 30.1%	19.65 12.3%	*0.00 *0.0%
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)
Fri - 03/05/2021																
Elementary Lunch-Traditional 20 21 meal elem hot dog w bns	Total complete meal	1														
	1	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1543	113	2745	27.14	*8.35	*1354.5	*10833	*61.15	*132 *34.2%	62.71 16.3%	235.00 60.9%	44.96 26.2%	21.74 12.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/08/2021																
Elementary Lunch-Traditional 20 21 meal elem meatballs w tt	Total complete meal	1														
	1	1	559	46	742	9.57	3.55	427.0	*4793	*27.22	50	28.29	81.08	15.64	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1217	115	2013	19.15	6.40	1261.6	*11100	*53.25	*101 *33.2%	60.32 19.8%	170.73 56.1%	37.55 27.8%	18.65 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/09/2021																
Elementary Lunch-Traditional 20 21 meal elem pizza Inch a r	Total complete meal	1														
	1	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1432	163	2571	17.65	8.97	1554.0	11334	56.30	*108 *30.1%	59.51 16.6%	205.44 57.4%	45.22 28.4%	21.73 13.7%	*0.00 *0.0%
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)
Thu - 03/11/2021																
Elementary Lunch-Traditional 20 21 meal elem meatballs w tt	Total complete meal	1														
	1	1	559	46	742	9.57	3.55	427.0	*4793	*27.22	50	28.29	81.08	15.64	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1217	115	2013	19.15	6.40	1261.6	*11100	*53.25	*101 *33.2%	60.32 19.8%	170.73 56.1%	37.55 27.8%	18.65 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/12/2021																
Elementary Lunch-Traditional 20 21 meal elem pizza Inch a r	Total complete meal	1														
	1	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1432	163	2571	17.65	8.97	1554.0	11334	56.30	*108 *30.1%	59.51 16.6%	205.44 57.4%	45.22 28.4%	21.73 13.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 03/15/2021																
Elementary Lunch-Traditional 20 21 meal elem FTS saus pot	Total complete meal	1														
	1	1	794	141	872	9.07	2.29	433.0	4647	29.03	72	26.29	125.58	17.14	3.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1452	210	2143	18.65	5.14	1267.6	10954	55.06	*123 *33.9%	58.32 16.1%	215.23 59.3%	39.05 24.2%	16.65 10.3%	*0.00 *0.0%
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)
Tue - 03/16/2021																
Elementary Lunch-Traditional	Total	2														
20 21 meal elem pretz	complete meal	1	556	41	1149	8.51	2.79	786.6	5993	27.2	*46	29.18	88.42	11.63	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	complete meal servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			659	56	1274	9.29	3.06	814.3	6158	28.74	*54	31.20	99.39	17.85	10.86	*0.00
% of Calories											*33.0%	18.9%	60.3%	24.4%	14.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/18/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem Ch Brgr w bns	complete meal	1	765	77	801	14.53	6.40	639.7	4667	29.06	*61	42.53	111.25	19.34	7.88	*0.68
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1423	147	2072	24.11	9.25	1474.3	10974	55.08	*112	74.56	200.90	41.24	21.32	*0.68
% of Calories											*31.5%	21.0%	56.5%	26.1%	13.5%	*0.4%
Nutrient Guideline			550-650		1230											<10.00

Fri - 03/19/2021																
Elementary Lunch-Traditional	Total	2														
20 21 meal elem pretz	complete meal	1	556	41	1149	8.51	2.79	786.6	5993	27.2	*46	29.18	88.42	11.63	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	complete meal servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			659	56	1274	9.29	3.06	814.3	6158	28.74	*54	31.20	99.39	17.85	10.86	*0.00
% of Calories											*33.0%	18.9%	60.3%	24.4%	14.8%	*0.0%
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)
Mon - 03/22/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Weighted Daily Average			1437	139	2645	22.68	*5.26	*1217.8	*10862	*55.66	*104	*62.38	197.77	48.07	19.65	*0.00
% of Calories											*28.9%	*17.4%	55.0%	30.1%	12.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/23/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem hot dog w bns	1	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1543	113	2745	27.14	*8.35	*1354.5	*10833	*61.15	*132	62.71	235.00	44.96	21.74	*0.00
% of Calories											*34.2%	16.3%	60.9%	26.2%	12.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 03/25/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Weighted Daily Average			1437	139	2645	22.68	*5.26	*1217.8	*10862	*55.66	*104	*62.38	197.77	48.07	19.65	*0.00
% of Calories											*28.9%	*17.4%	55.0%	30.1%	12.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Fri - 03/26/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem hot dog w bns	complete meal	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1543	113	2745	27.14	*8.35	*1354.5	*10833	*61.15	*132	62.71	235.00	44.96	21.74	*0.00
% of Calories											*34.2%	16.3%	60.9%	26.2%	12.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			1338	127	2343	20.89	*6.61	*1268.2	*10369	*53.37	*106	*58.45	193.65	40.86	19.13	*0.04
											*71.6%	*17.5%	57.9%	27.5%	12.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1338		550 - 650	206%			688	Correction Required - Calories too High
Cholesterol (mg)	127							
Sodium 1 (mg)	2343		1230				1113	Correction Required - Sodium too High
Sodium 2 (mg)	2343		935				1408	Correction Required - Sodium too High
Fiber (g)	20.89							
Iron (mg)	6.61				Missing			
Calcium (mg)	1268.2				Missing			
Vitamin A (IU)	10369				Missing			
Sugars (g)	106	31.83%			Missing			
Vitamin C (mg)	53.37				Missing			
Protein (g)	58.45	17.47%			Missing			
Carbohydrate (g)	193.65	57.88%						
Total Fat (g)	40.86	27.48%						
Saturated Fat (g)	19.13	12.86%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.04	0.03%			Missing			

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