

Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/06/2019																
Elementary Lunch-Traditional	Total	100														
Ch Smackers 110458 Goldkist 15	10 pieces	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Orange Sauce	1 oz	1	67	0	119	0.00	0.00	0.0	0	0.0	13	0.0	15.67	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			19	*2	33	0.27	*0.09	*10.7	*201	*0.68	*2	0.71	2.92	*0.53	*0.17	*0.00
% of Calories											*31.8%	15.1%	61.9%	*25.4%	*8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/07/2019																
Elementary Lunch-Traditional	Total	1														
Pretzel	Serving	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, Pouch, Frzn,	2 oz	1	190	20	799	0.01	0.01	306.0	812	0.0	*N/A*	12.2	5.6	14.2	8.10	0.00
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
POTATOES, ROUNDS 14 15 U	8 each	1	139	0	330	2.00	0.42	0.0	0	1.39	0	2.0	20.0	7.0	2.00	0.00
SDA fo																
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1942	*117	4050	30.14	*8.62	*1368.5	*34620	*41.16	*143	70.87	302.10	*58.14	*24.29	*0.00
% of Calories											*29.4%	14.6%	62.2%	*26.9%	*11.3%	*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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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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/08/2019																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks RSP 13 14	6 sticks	1	330	15	660	4.00	1.89	520.0	581	0.94	*N/A*	20.0	36.0	12.0	3.50	0.00
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
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
Jello	Serving 4o	1	85	0	131	0.00	0.01	2.4	0	12.76	*19	1.06	19.14	0.0	0.00	*N/A*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1904	*111	3761	29.86	*8.18	*1585.6	*19949	*49.39	*162	73.43	302.43	*49.36	*17.69	*0.00
% of Calories											*34.1%	15.4%	63.5%	*23.3%	*8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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)
Thu - 05/09/2019																
Elementary Lunch-Traditional	Total	100														
American Chop Suey	3/4 cup	1	275	38	396	2.47	2.35	55.1	388	9.41	*1	15.82	29.35	10.3	4.17	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			20	*2	41	0.24	*0.10	*13.8	*224	*0.43	*1	0.78	2.83	*0.61	*0.24	*0.00
% of Calories											*28.4%	15.9%	57.6%	*28.1%	*11.2%	*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)	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 - 05/10/2019																
Elementary Lunch-Traditional	Total	1														
Pizza Bagel with Cheese home	1 each	1	282	19	800	4.92	2.57	462.4	490	4.29	*8	22.38	34.08	7.23	3.91	*0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1694	*115	3373	27.83	*9.61	*1513.6	*30790	*44.08	*147	71.70	270.03	*42.81	*18.11	*0.00
% of Calories											*34.6%	16.9%	63.7%	*22.7%	*9.6%	*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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/13/2019																
Elementary Lunch-Traditional	Total	100														
CHICKEN DRUMSTICK CN IF 4.5	1 each	1	110	85	65	0.00	0.00	0.0	0	0.0	*N/A*	15.99	0.0	6.0	1.50	*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
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
CATSUP	1 oz	1	32	0	257	0.09	0.12	4.5	145	1.16	6	0.35	7.44	0.05	0.01	*N/A*
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			17	*2	41	0.25	*0.09	*11.2	*207	*0.83	*1	0.70	2.59	*0.48	*0.16	*0.00
% of Calories											*33.5%	16.4%	60.6%	*25.5%	*8.5%	*0.1%
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

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/14/2019																
Elementary Lunch-Traditional	Total	100														
HAMBURGER ON A BUN	Sandwich	1	289	45	278	3.00	9.92	5.9	0	0.0	*N/A*	18.44	22.0	14.99	12.24	*0.00
CHEESEBURGER ON A BUN	1 EACH	1	372	82	741	3.00	10.39	311.3	321	0.0	*1	26.43	23.36	20.03	8.78	*0.68
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	1	155	0	193	5.96	2.35	64.2	15	0.64	*14	7.15	31.49	0.72	0.01	*0.00
chips - cape cod 18 19	bag	1	70	0	60	1.00	0.00	0.0	0	0.0	0	1.0	9.0	3.0	0.00	0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			24	*3	51	0.35	*0.30	*15.0	*203	*0.45	*2	1.04	3.22	*0.87	*0.37	*0.01
% of Calories											*25.0%	17.0%	52.7%	*32.1%	*13.5%	*0.3%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/15/2019																
Elementary Lunch-Traditional	Total	100														
Tomato Soup - camp-mrms	6 oz	1	123	0	645	1.37	0.00	0.0	549	8.23	*N/A*	2.74	23.32	2.06	0.69	0.00
Grilled Cheese Sandwich	SERVINGS	1	306	30	1128	4.00	1.80	421.0	1622	0.01	*2	20.03	32.03	10.74	6.55	*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
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Fruit Crisp	SERVINGS	1	197	0	112	2.14	0.80	19.5	348	0.52	*14	1.94	31.01	7.94	1.58	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			22	*1	55	0.30	*0.11	*15.1	*222	*0.54	*2	0.76	3.32	*0.65	*0.23	*0.00
% of Calories											*27.8%	13.8%	60.7%	*26.8%	*9.6%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/16/2019																
Elementary Lunch-Traditional	Total	100														
Penne Barilla 17 18	1 cup	1	160	0	279	1.60	*0.00	0.2	0	0.0	2	5.6	33.6	0.8	0.00	*0.00
MEAT SAUCE	1/2 cup	1	216	53	292	1.28	2.25	40.5	939	12.12	*5	15.46	7.18	14.32	4.06	*2.03
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
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
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			22	*2	53	0.26	*0.11	*14.3	*236	*0.56	*1	0.85	2.98	*0.72	*0.25	*0.02
% of Calories											*26.9%	15.7%	55.1%	*30.1%	*10.3%	*0.9%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)
Fri - 05/17/2019																
Elementary Lunch-Traditional	Total	1														
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
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
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			2121	*210	5172	32.04	*12.15	*1762.6	*32419	*62.55	*139	80.85	301.83	*69.92	*30.64	*0.19
% of Calories											*26.2%	15.2%	56.9%	*29.7%	*13.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/20/2019																
Elementary Lunch-Traditional	Total	1														
Ch Nugget WG - Goldkist 6116 -	4 nuggets	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
CARROT STICKS	.5 CUP	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
salad - chicken ceasar Elem 19	1 each	1	194	66	351	3.97	*1.82	*76.1	*8205	*4.96	2	24.59	17.14	3.11	0.22	*0.01
BBQ PC 17 18	1 cup	1	45	0	240	0.00	0.72	0.0	0	0.0	9	0.0	10.0	0.0	0.00	0.00
Sweet & Sour PC 17 18	1 cup	1	45	0	105	0.00	0.00	0.0	0	0.0	10	0.0	11.0	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1800	*162	2826	27.32	*8.21	*796.1	*41752	*41.12	158	71.57	273.51	*50.21	*11.67	*0.01
% of Calories											35.0%	15.9%	60.8%	*25.1%	*5.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/21/2019																
Elementary Lunch-Traditional	Total	1														
Nacho chips 18 19 ~18chips	1.7oz (@ 23chps)	1	140	0	115	2.00	0.00	20.0	0	0.0	0	2.0	20.0	6.0	0.50	0.00
Turkey Taco Filling USDA	1.72 oz	1	86	21	131	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.96	1.99	4.98	1.00	0.00
Cheese Sauce, RF, Nacho, Pouch	1 oz	1	50	10	115	0.00	0.00	100.0	100	0.0	1	3.5	1.5	3.5	2.25	0.00
Nacho Toppings	Serving	1	114	27	103	0.76	0.33	136.0	756	6.89	2	4.57	3.16	9.53	5.75	*N/A*
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
SOUR CREAM	1 oz	1	25	0	30	0.00	0.00	60.7	202	0.0	2	2.03	4.05	0.0	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	*N/A*
BLACK BEAN SALAD	3/4 CUP	1	162	0	417	9.08	0.66	13.6	424	24.27	*3	8.19	29.45	2.01	0.29	*0.00
salad - chicken ceasar Elem 19	1 each	1	194	66	351	3.97	*1.82	*76.1	*8205	*4.96	2	24.59	17.14	3.11	0.22	*0.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1923	*156	2716	35.92	*7.33	*1101.5	*28747	*72.17	*147	81.60	292.01	*52.19	*17.13	*0.01
% of Calories											*30.5%	17.0%	60.7%	*24.4%	*8.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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 ¹ (g)
Wed - 05/22/2019																
Elementary Lunch-Traditional	Total	1														
Hot Dog 14 15	hot dog	1	170	30	340	0.00	0.54	0.0	0	1.8	0	6.0	2.0	15.0	6.00	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
Sweet Pot Fries - McCain 04566	1/2 cup	1	148	0	168	2.96	0.36	19.8	4941	9.49	*N/A*	0.99	21.74	5.93	0.99	0.00
Fruit Crisp	SERVINGS	1	197	0	112	2.14	0.80	19.5	348	0.52	*14	1.94	31.01	7.94	1.58	*0.00
salad - chicken ceasar Elem 19	1 each	1	194	66	351	3.97	*1.82	*76.1	*8205	*4.96	2	24.59	17.14	3.11	0.22	*0.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1857	*128	2559	29.21	*8.72	*851.4	*32206	*47.74	*150	63.18	285.03	*55.49	*15.83	*0.01
% of Calories											*32.2%	13.6%	61.4%	*26.9%	*7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/23/2019																
Elementary Lunch-Traditional	Total	1														
Penne Barilla 17 18	1 cup	1	160	0	279	1.60	*0.00	0.2	0	0.0	2	5.6	33.6	0.8	0.00	*0.00
Meatballs and Sauce	5 meatballs	1	179	35	892	2.84	3.05	55.9	630	9.77	6	15.62	10.59	9.22	3.54	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
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
salad - chicken ceasar Elem 19	1 each	1	194	66	351	3.97	*1.82	*76.1	*8205	*4.96	2	24.59	17.14	3.11	0.22	*0.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1900	*162	4043	27.42	*10.35	*1102.8	*30533	*48.13	*144	87.04	280.55	*51.40	*16.91	*0.01
% of Calories											*30.3%	18.3%	59.1%	*24.3%	*8.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)
Fri - 05/24/2019																
Elementary Lunch-Traditional	Total	1														
pizza - Sal's	slice	1	270	20	710	3.00	1.80	250.0	500	1.2	2	16.0	34.0	10.0	4.50	*N/A*
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
salad - chicken ceasar Elem 19	1 each	1	194	66	351	3.97	*1.82	*76.1	*8205	*4.96	2	24.59	17.14	3.11	0.22	*0.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1553	*118	2475	26.89	*8.68	*1021.1	*38684	*45.95	139	68.77	252.74	*35.99	*11.81	*0.01
% of Calories											35.7%	17.7%	65.1%	*20.9%	*6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/28/2019																
Elementary Lunch-Traditional	Total	1														
Ch Patty 6616 WG - Goldkist -	patty	1	254	59	321	*N/A*	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Hamburger Rolls - Fantini - Wh	roll	1	146	0	254	3.00	1.80	60.0	0	0.0	2	6.0	29.0	0.0	0.00	0.00
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*
GREEN BEANS: frozen,boiled	1/2 cup	1	19	0	1	2.03	0.45	28.4	376	2.77	1	1.01	4.35	0.11	0.03	*N/A*
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			2061	*124	3031	*28.16	*10.33	*787.3	*19192	*37.34	*136	77.89	297.44	*64.61	*13.67	*0.00
% of Calories											*26.4%	15.1%	57.7%	*28.2%	*6.0%	*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

May 6, 2019 thru Jun 14, 2019

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 ¹ (g)
Wed - 05/29/2019																
Elementary Lunch-Traditional	Total	100														
Nacho chips 18 19 ~18chips	1oz (@16 chips)	1	140	0	115	2.00	0.00	20.0	0	0.0	0	2.0	20.0	6.0	0.50	0.00
Turkey Taco Filling USDA	1.72 oz	1	86	21	131	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.96	1.99	4.98	1.00	0.00
Cheese Sauce, RF, Nacho, Pouch	1 oz	1	50	10	115	0.00	0.00	100.0	100	0.0	1	3.5	1.5	3.5	2.25	0.00
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
Nacho Toppings	Serving	1	114	27	103	0.76	0.33	136.0	756	6.89	2	4.57	3.16	9.53	5.75	*N/A*
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	*N/A*
BLACK BEAN SALAD	1/2 CUP	1	108	0	278	6.05	0.44	9.0	283	16.18	*2	5.46	19.64	1.34	0.19	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			21	*1	29	0.33	*0.08	*9.9	*202	*0.59	*1	0.77	2.91	*0.70	*0.20	*0.00
% of Calories											*27.7%	14.9%	56.1%	*30.5%	*8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 05/30/2019																
Elementary Lunch-Traditional	Total	100														
French Toast Sticks 18 19	3 sticks	1	151	105	265	2.40	1.37	70.5	154	0.01	8	7.66	22.28	33.02	10.18	0.00
Sausage Links lite 10/11	2 each	1	100	30	260	*N/A*	3.96	*N/A*	*N/A*	*N/A*	*N/A*	6.0	2.0	8.0	*N/A*	*N/A*
HASH BROWN POTATOES	1/2 CUP	1	170	0	12	2.50	0.42	13.3	0	4.91	0	2.07	21.92	8.97	0.73	*N/A*
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
apples, spiced	1/2 cup	1	83	0	1	4.10	0.43	31.8	58	0.33	*4	0.44	21.72	0.49	0.08	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Pancake Syrup - Thurston #2156	1 cup	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Veggie Dip	Servings	1	85	5	274	0.00	0.00	18.9	0	0.0	*N/A*	0.0	5.67	6.61	0.94	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			22	*2	30	*0.34	*0.14	*8.8	*341	*0.44	*2	0.69	3.40	*1.02	*0.22	*0.00
% of Calories											*30.4%	12.4%	60.8%	*41.0%	*8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)
Fri - 05/31/2019																
Elementary Lunch-Traditional	Total	1														
5" Lunch aRound Cheese Pizza-l	1 each	1	390	80	990	2.00	4.60	345.0	517	0.0	*N/A*	16.0	40.0	18.0	6.00	*N/A*
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1903	*145	3082	25.91	*12.61	*1067.9	*30539	*39.79	*136	69.41	271.54	*62.87	*16.19	*0.00
% of Calories											*28.7%	14.6%	57.1%	*29.7%	*7.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 06/03/2019																
Elementary Lunch-Traditional	Total	100														
Ch Smackers 110458 Goldkist 15	10 pieces	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Orange Sauce	1 oz	1	67	0	119	0.00	0.00	0.0	0	0.0	13	0.0	15.67	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			19	*2	33	0.27	*0.09	*10.7	*201	*0.68	*2	0.71	2.92	*0.53	*0.17	*0.00
% of Calories											*31.8%	15.1%	61.9%	*25.4%	*8.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/04/2019																
Elementary Lunch-Traditional	Total	1														
Pretzel	Serving	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, Pouch, Frzn,	2 oz	1	190	20	799	0.01	0.01	306.0	812	0.0	*N/A*	12.2	5.6	14.2	8.10	0.00
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*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*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1963	*117	4110	30.14	*8.20	*1368.5	*34620	*43.37	*143	70.87	306.10	*57.14	*22.79	*0.00
% of Calories											*29.1%	14.4%	62.4%	*26.2%	*10.5%	*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

May 6, 2019 thru Jun 14, 2019

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)	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 - 06/05/2019																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks RSP 13 14	6 sticks	1	330	15	660	4.00	1.89	520.0	581	0.94	*N/A*	20.0	36.0	12.0	3.50	0.00
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
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
Jello	Serving 4o	1	85	0	131	0.00	0.01	2.4	0	12.76	*19	1.06	19.14	0.0	0.00	*N/A*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1904	*111	3761	29.86	*8.18	*1585.6	*19949	*49.39	*162	73.43	302.43	*49.36	*17.69	*0.00
% of Calories											*34.1%	15.4%	63.5%	*23.3%	*8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)
Thu - 06/06/2019																
Elementary Lunch-Traditional	Total	100														
American Chop Suey	3/4 cup	1	275	38	396	2.47	2.35	55.1	388	9.41	*1	15.82	29.35	10.3	4.17	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			20	*2	41	0.24	*0.10	*13.8	*224	*0.43	*1	0.78	2.83	*0.61	*0.24	*0.00
% of Calories											*28.4%	15.9%	57.6%	*28.1%	*11.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 06/07/2019																
Elementary Lunch-Traditional	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
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			1743	*111	3393	25.91	*8.84	*1351.2	*30600	*39.79	143	65.32	270.96	*49.58	*18.70	*0.00
% of Calories											32.8%	15.0%	62.2%	*25.6%	*9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 06/10/2019																
Elementary Lunch-Traditional	Total	100														
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
CHICKEN DRUMSTICK CN 18 19	1 each	1	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Ch Nugget WG - Goldkist 6116 -	4 nuggets	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Ch Smackers 110458 Goldkist 15	10 pieces	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
Mashed Potatoes	1/2 cup	1	63	0	243	0.78	0.28	15.7	0	2.82	*N/A*	1.57	13.3	0.78	0.00	0.00
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
CATSUP	1 oz	1	32	0	257	0.09	0.12	4.5	145	1.16	6	0.35	7.44	0.05	0.01	*N/A*
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			26	*4	57	*0.32	*0.14	*11.9	*211	*0.83	*1	1.22	3.11	*0.98	*0.26	*0.00
% of Calories											*22.1%	18.8%	48.0%	*34.2%	*9.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/11/2019																
Elementary Lunch-Traditional	Total	100														
Pork pulled sandwich 16 17	sandwiche	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	1	155	0	193	5.96	2.35	64.2	15	0.64	*14	7.15	31.49	0.72	0.01	*0.00
chips - cape cod 18 19	bag	1	70	0	60	1.00	0.00	0.0	0	0.0	0	1.0	9.0	3.0	0.00	0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			21	*2	47	0.33	*0.12	*12.5	*201	*0.46	*2	0.76	3.11	*0.57	*0.18	*0.01
% of Calories											*30.0%	14.8%	60.1%	*25.0%	*7.7%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/12/2019																
Elementary Lunch-Traditional	Total	100														
Hot Dog 14 15	hot dog	1	170	30	340	0.00	0.54	0.0	0	1.8	0	6.0	2.0	15.0	6.00	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
POTATOES, ROUNDS 14 15 U	8 each	1	139	0	330	2.00	0.42	0.0	0	1.39	0	2.0	20.0	7.0	2.00	0.00
SDA fo																
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*
Potato Wedges	.75c,4oz, 10-14e	1	122	0	39	1.89	1.58	12.1	0	17.77	*N/A*	3.72	27.35	0.25	0.06	*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
POTATOES, ROUNDS	8 pieces	1	134	0	214	2.00	0.32	0.0	0	1.06	*N/A*	2.0	18.0	6.0	2.00	2.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
APPLE CRISP	SERVINGS	1	200	0	113	2.30	0.99	20.0	350	0.49	*N/A*	1.94	31.75	7.97	1.59	*N/A*
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			26	*1	52	0.36	*0.13	*11.9	*200	*0.71	*1	0.71	3.87	*0.88	*0.27	*0.02
% of Calories											*21.4%	11.1%	60.1%	*30.6%	*9.3%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

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)	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 - 06/13/2019																
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	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Carrots, Bagged, Baby, Fresh	Bag	1	30	*N/A*	35	2.00	0.36	20.0	5000	6.0	5	1.0	9.0	*N/A*	*N/A*	*N/A*
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
Weighted Daily Average			2121	*210	5172	32.04	*12.15	*1762.6	*32419	*62.55	*139	80.85	301.83	*69.92	*30.64	*0.19
% of Calories											*26.2%	15.2%	56.9%	*29.7%	*13.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			1024	*76	1932	*15.80	*5.13	*685.2	*16425	*26.15	*79	39.90	155.38	*29.58	*10.24	*0.02
											*69.3%	15.6%	60.7%	*26.0%	*9.0%	*0.0%

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Hamilton-Wenham Regional Schools

May 6, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1024		550 - 650	158%					374	Correction Required - Calories too High							
Cholesterol (mg)	76				Missing												
Sodium (mg)	1932		1230						702	Correction Required - Sodium too High							
Fiber (g)	15.80				Missing												
Iron (mg)	5.13				Missing												
Calcium (mg)	685.2				Missing												
Vitamin A (IU)	16425				Missing												
Sugars (g)	79	30.78%			Missing												
Vitamin C (mg)	26.15				Missing												
Protein (g)	39.90	15.59%															
Carbohydrate (g)	155.38	60.70%															
Total Fat (g)	29.58	26.00%				Missing											
Saturated Fat (g)	10.24	9.00%	<10.00%		Missing												
Trans Fat ¹ (g)	0.02	0.02%			Missing												

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