

Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

Generated on: 10/7/2021 6:52:43 AM

	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 - 10/01/2021																
Elementary Lunch-Traditional	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
GARDEN SALAD	1/2 CUP	1	18	0	24	1.36	0.56	25.6	4021	7.58	2	0.97	3.77	0.18	0.03	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1302	141	2087	20.28	7.68	1020.7	*16080	*84.49	*86	46.02	188.84	42.68	20.65	0.00
% of Calories											*26.6%	14.1%	58.0%	29.5%	14.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/04/2021																
Elementary Lunch-Traditional	Total	1														
Pretzel	1 each	1	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
Cheese Sauce, RF, Nacho, Pouch	2 oz	1	100	20	230	0.00	0.00	200.0	200	0.0	2	7.0	3.0	7.0	4.50	0.00
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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			929	71	896	15.05	5.48	584.5	*14411	*68.88	89	27.55	159.31	22.13	9.16	0.00
% of Calories											38.4%	11.9%	68.6%	21.4%	8.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 10/7/2021 6:52:43 AM

	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 - 10/05/2021																
Elementary Lunch-Traditional	Total	1														
French Toast Sticks 20 21	3 sticks	1	160	105	270	2.00	0.90	56.0	154	0.01	8	8.0	23.0	3.5	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*
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1209	231	1178	15.42	5.72	421.5	*10754	*70.15	*93	40.24	168.31	42.54	14.88	*0.03
% of Calories											*30.6%	13.3%	55.7%	31.7%	11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/06/2021																
Elementary Lunch-Traditional	Total	1														
Teriyaki Chicken Dippers	4	1	246	0	370	2.00	1.08	40.0	*N/A*	0.0	*N/A*	5.0	33.0	10.5	2.00	*N/A*
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
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1022	51	872	16.45	5.33	413.5	*10842	*71.28	*86	22.55	173.17	28.11	6.65	*0.00
% of Calories											*33.5%	8.8%	67.8%	24.8%	5.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

Generated on: 10/7/2021 6:52:43 AM

	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 - 10/07/2021																
Elementary Lunch-Traditional	Total	1														
Hamburger on a Bun	sandwich	1	279	54	279	3.00	2.93	62.0	0	2.4	*2	22.29	24.0	11.17	3.66	0.68
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
CORN: frozen, yellow	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1352	171	1188	18.90	9.85	618.1	*10881	*72.60	*91	64.53	187.64	41.69	14.53	1.36
% of Calories											*26.8%	19.1%	55.5%	27.8%	9.7%	0.9%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/08/2021																
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
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1333	110	2854	15.23	6.25	1117.0	*15037	*68.54	*92	48.41	171.69	48.40	18.29	*0.00
% of Calories											*27.7%	14.5%	51.5%	32.7%	12.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/12/2021																
Elementary Lunch-Traditional	Total	1														
Pancakes made with whl grain	2 pancakes	1	2	0	4	0.03	0.01	0.4	0	0.0	*N/A*	0.05	0.39	0.06	0.01	0.00
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			907	81	1058	13.45	*3.95	*358.8	*10559	*70.14	*87 *38.2%	27.16 12.0%	147.70 65.1%	25.10 24.9%	*5.36 *5.3%	0.03 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/13/2021																
Elementary Lunch-Traditional	Total	1														
BBQ Teriyaki Chicken - Yang	2.4 oz	1	115	70	330	0.00	*N/A*	*N/A*	*N/A*	*N/A*	6	16.0	6.0	3.5	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average % of Calories			935	121	920	14.78	*4.34	*380.4	*11505	*101.83	*92 *39.4%	36.69 15.7%	158.87 68.0%	19.10 18.4%	5.88 5.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/14/2021																
Elementary Lunch-Traditional	Total	1														
Nacho chips w/ cheese 18 19	Boat	1	456	60	1261	2.80	0.00	628.0	600	0.0	0	18.8	36.0	26.4	12.70	0.00
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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average % of Calories			1286	111	2112	22.82	3.94	985.9	*11578	*86.34	*88 *27.4%	41.90 13.0%	186.71 58.1%	43.00 30.1%	17.65 12.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 10/15/2021																
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	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1315	141	2089	21.70	8.04	1034.1	*23298	*85.73	*88	46.57	191.53	42.87	20.68	0.00
% of Calories											*26.6%	14.2%	58.3%	29.3%	14.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/18/2021																
Elementary Lunch-Traditional	Total	1														
Tomato Soup - camp-mrms	6 oz	1	123	0	645	1.37	0.00	0.0	549	8.23	*N/A*	2.74	23.32	2.06	0.69	0.00
Mozzarella Bread Sticks	2 breadsticks	1	300	20	440	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	18.0	30.0	12.0	6.00	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1112	71	1600	13.42	*3.68	*364.5	*14760	*75.91	*88	36.29	179.63	28.69	11.34	0.00
% of Calories											*31.7%	13.1%	64.6%	23.2%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 31, 2021

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)
Tue - 10/19/2021																
Elementary Lunch-Traditional	Total	1														
Mini Eggo Bites	1 pouch	1	190	0	220	4.00	*N/A*	*N/A*	*N/A*	*N/A*	11	4.0	36.0	5.0	1.50	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*
Tater Tots 16 17	8 tots	1	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1199	126	1427	16.92	*4.40	*352.3	*10600	*68.51	*95	36.17	175.07	41.00	15.65	*0.00
% of Calories											*31.9%	12.1%	58.4%	30.8%	11.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/20/2021																
Elementary Lunch-Traditional	Total	1														
chicken nug 12 13	5 pieces	1	240	85	400	1.00	1.08	20.0	0	0.0	*N/A*	10.0	10.0	17.0	5.00	*N/A*
Potato Smiles - McCain	5 smiles	1	160	0	390	2.00	0.00	0.0	*N/A*	3.6	*N/A*	2.0	24.0	6.0	0.50	*N/A*
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1074	136	1273	13.92	4.60	365.2	*10559	*68.51	*84	27.05	157.07	37.50	10.12	*0.00
% of Calories											*31.4%	10.1%	58.5%	31.4%	8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/21/2021																
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
BAKED BEANS (VEGETARIAN)	2/3 cup	1	155	0	193	5.96	2.35	64.2	16	0.64	*14	7.15	31.52	0.72	0.01	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 10/7/2021 6:52:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1089	81	1216	19.88	7.49	489.4	*10574	*67.35	*101	31.20	174.59	31.22	10.63	*0.00
% of Calories											*37.0%	11.5%	64.1%	25.8%	8.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/22/2021																
Elementary Lunch-Traditional	Total	1														
pizza - Wild Mike's	1 pizza	1	400	40	540	1.00	*N/A*	*N/A*	*N/A*	*N/A*	5	19.0	36.0	15.0	8.00	0.00
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1403	135	2574	13.23	*4.45	*817.0	*14737	*68.54	*93	51.41	172.70	49.40	21.78	*0.00
% of Calories											*26.6%	14.7%	49.2%	31.7%	14.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/25/2021																
Elementary Lunch-Traditional	Total	1														
PizzaBoli	1 PizzaBoli	1	310	35	640	0.00	*N/A*	*N/A*	*N/A*	*N/A*	6	14.0	34.0	12.0	6.00	0.00
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
Hummus	1/2 CUP	1	73	0	402	3.49	0.99	29.7	14	4.9	*0	3.93	11.66	1.56	0.17	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1071	86	1558	15.54	*4.67	*394.2	*14225	*72.58	*92	33.48	171.97	28.19	10.82	0.00
% of Calories											*34.5%	12.5%	64.2%	23.7%	9.1%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 8

Generated on: 10/7/2021 6:52:43 AM

	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 - 10/27/2021																
Elementary Lunch-Traditional	Total	1														
Omelet Cheese	1 omelet	1	120	165	300	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.0	1.0	10.0	3.50	0.00
Dinner Roll	EACH 2 oz	1	176	0	291	1.14	1.56	29.1	0	0.13	*4	4.44	29.69	4.22	0.57	*0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1141	216	1085	14.55	*5.50	*387.5	*10559	*70.26	*89	28.55	176.00	37.76	9.42	*0.03
% of Calories											*31.2%	10.0%	61.7%	29.8%	7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/28/2021																
Elementary Lunch-Traditional	Total	1														
Pasta - Penne - wh gr ckd	1 cup	1	176	0	344	5.87	2.88	13.6	0	0.0	2	8.0	37.35	1.33	0.27	0.00
Meatballs and Sauce	5 meatballs	1	179	35	831	2.84	2.98	57.2	633	9.77	5	15.47	10.5	9.37	3.55	0.00
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
GARDEN SALAD	1.25 CUP	1	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1230	86	1954	24.41	*10.30	*454.9	*22431	*83.50	97	44.04	200.39	32.57	10.00	0.00
% of Calories											31.4%	14.3%	65.2%	23.8%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 9

Generated on: 10/7/2021 6:52:43 AM

	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 - 10/29/2021																
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	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1315	141	2089	21.70	8.04	1034.1	*23298	*85.73	*88	46.57	191.53	42.87	20.68	0.00
% of Calories											*26.6%	14.2%	58.3%	29.3%	14.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1170	121	1581	17.25	*5.99	*610.2	*14036	*75.83	*90	38.76	175.41	36.04	*13.38	*0.08
											*69.6%	13.3%	60.0%	27.7%	*10.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1170		550 - 650	180%			520	Correction Required - Calories too High
Cholesterol (mg)	121							
Sodium 1 (mg)	1581		1230				351	Correction Required - Sodium too High
Sodium 2 (mg)	1581		935				646	Correction Required - Sodium too High
Fiber (g)	17.25							
Iron (mg)	5.99				Missing			
Calcium (mg)	610.2				Missing			
Vitamin A (IU)	14036				Missing			
Sugars (g)	90	30.93%			Missing			
Vitamin C (mg)	75.83				Missing			
Protein (g)	38.76	13.25%						
Carbohydrate (g)	175.41	59.99%						
Total Fat (g)	36.04	27.73%						
Saturated Fat (g)	13.38	10.29%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.08	0.06%			Missing			

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