

Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/01/2021																
Miles River Middle School	Total	1														
Pizza - Stuffed Crust 18 19	piece	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1647	145	3960	24.26	8.33	1355.3	*15891	*47.99	*73	82.64	196.75	59.67	24.00	*0.00
% of Calories											*17.7%	20.1%	47.8%	32.6%	13.1%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 10/04/2021																
Miles River Middle School	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
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
CORN: frozen, yellow	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1398	116	2149	26.43	7.89	665.9	*11577	*52.65	*70	61.88	196.79	45.32	16.42	*0.00
% of Calories											*19.9%	17.7%	56.3%	29.2%	10.6%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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

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

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/05/2021																
Miles River Middle School	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*
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1483	266	2583	23.95	7.38	646.5	*11609	*47.97	*73	74.40	187.13	50.77	20.86	*0.00
% of Calories											*19.7%	20.1%	50.5%	30.8%	12.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 10/06/2021																
Miles River Middle School	Total	1														
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
HUMMUS	1/2 CUP	1	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1539	131	2822	32.24	9.60	727.3	*15275	*55.55	*71	85.89	212.76	44.53	12.92	*0.00
% of Calories											*18.4%	22.3%	55.3%	26.0%	7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/07/2021																
Miles River Middle School	Total	1														
Teriyaki Chicken Dippers	5	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*
THREE BEAN SALAD	1/4 CUP	1	56	0	64	1.87	0.53	25.4	257	4.64	*3	1.41	6.51	3.08	0.47	*0.00
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1421	86	2333	25.81	7.21	648.8	*11671	*52.60	*68	57.69	203.64	45.35	13.81	*0.00
% of Calories											*19.2%	16.2%	57.3%	28.7%	8.7%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Fri - 10/08/2021																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1598	176	3169	27.95	9.20	1233.4	*12913	*56.36	*65	79.28	210.13	53.77	26.34	*0.00
% of Calories											*16.3%	19.8%	52.6%	30.3%	14.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 10/12/2021																
Miles River Middle School	Total	1														
Pancakes, Mini Maple	bag	1	210	10	320	4.00	2.70	60.0	500	0.0	11	4.0	35.0	6.0	1.00	0.00
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1429	126	2481	26.44	*8.72	*656.7	*11913	*49.59	*78	65.34	207.36	42.31	*12.07	*0.03
% of Calories											*21.9%	18.3%	58.0%	26.6%	*7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 10/13/2021																
Miles River Middle School	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
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
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1249	156	2026	23.80	*6.42	*618.6	*12360	*81.29	*73	70.92	183.92	30.37	11.59	*0.00
% of Calories											*23.3%	22.7%	58.9%	21.9%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<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)
Thu - 10/14/2021																
Miles River Middle School	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
Meatsauce	1 Serving	1	84	15	399	2.27	0.86	12.8	588	7.84	*N/A*	5.24	6.23	4.72	1.34	*N/A*
Garlic Knot - Tasty	1 garlic kno	1	170	0	270	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	23.0	7.0	1.50	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1418	101	2602	30.08	*9.34	*609.8	*12002	*52.20	*69	66.52	214.71	38.82	13.45	*0.00
% of Calories											*19.4%	18.8%	60.5%	24.6%	8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/15/2021																
Miles River Middle School	Total	1														
Pizza - Stuffed Crust 18 19	1 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
THREE BEAN SALAD	1/4 CUP	1	56	0	64	1.87	0.53	25.4	257	4.64	*3	1.41	6.51	3.08	0.47	*0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1375	101	2473	24.81	7.93	908.8	*11971	*49.00	*72	66.69	189.64	42.85	15.31	*0.00
% of Calories											*21.0%	19.4%	55.2%	28.1%	10.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/18/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1600	146	3218	31.85	6.01	1224.1	*12433	*65.79	*69	76.13	211.76	54.27	23.37	*0.00
% of Calories											*17.2%	19.0%	52.9%	30.5%	13.1%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 10/19/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1513	161	2533	25.95	*6.48	*590.5	*11454	*47.96	*76	70.40	200.13	52.27	21.37	*0.00
% of Calories											*20.1%	18.6%	52.9%	31.1%	12.7%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/20/2021																
Miles River Middle School	Total	1														
chicken nug 12 13	5 pieces	1	240	85	400	1.00	1.08	20.0	0	0.0	*N/A*	10.0	10.0	17.0	5.00	*N/A*
CORN: frozen, yellow	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1295	171	1990	22.93	7.07	605.9	*11577	*47.25	*68	61.38	174.05	43.32	15.42	*0.00
% of Calories											*20.9%	19.0%	53.7%	30.1%	10.7%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 10/21/2021																
Miles River Middle School	Total	1														
Tomato Soup - camp-mrms	6 oz	1	123	0	645	1.37	0.00	0.0	549	8.23	*N/A*	2.74	23.32	2.06	0.69	0.00
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1412	106	2674	21.32	*5.60	*583.4	*11962	*52.59	*67	70.02	201.45	39.82	17.02	*0.00
% of Calories											*19.0%	19.8%	57.1%	25.4%	10.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/22/2021																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1927	220	4720	29.26	10.13	1705.3	*17091	*59.99	*69	96.64	223.75	73.67	35.50	*0.00
% of Calories											*14.3%	20.1%	46.4%	34.4%	16.6%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Mon - 10/25/2021																
Miles River Middle School	Total	1														
Hamburger on a Bun	sandwich	1	279	54	279	3.00	2.93	62.0	0	2.4	*2	22.29	24.0	11.17	3.66	0.68
Hamburger on a Bun w cheese	sandwich	1	332	67	426	3.00	3.02	208.5	158	2.4	*2	25.09	24.65	15.47	6.16	0.68
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1682	206	2312	27.45	11.83	853.9	*11572	*52.76	*69	98.16	209.52	55.40	20.16	*1.36
% of Calories											*16.3%	23.3%	49.8%	29.6%	10.8%	*0.7%
Nutrient Guideline			600-700		1360											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/26/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1455	251	2192	23.58	*7.58	*625.7	*11414	*49.72	*70	62.78	201.06	49.03	15.14	*0.03
% of Calories											*19.1%	17.3%	55.3%	30.3%	9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 10/27/2021																
Miles River Middle School	Total	1														
Chicken Parmesan	patty	1	315	62	741	2.85	1.61	235.9	582	3.97	*3	27.43	19.76	14.17	5.02	0.00
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.02	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1329	148	2340	25.56	7.77	849.7	*12925	*85.22	*69	79.56	172.81	40.05	15.38	*0.00
% of Calories											*20.9%	23.9%	52.0%	27.1%	10.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/28/2021																
Miles River Middle School	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
HUMMUS	1/2 CUP	1	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1436	106	2399	30.24	9.40	879.3	*15287	*54.35	*71	70.89	205.76	42.53	16.42	*0.00
% of Calories											*19.8%	19.8%	57.3%	26.7%	10.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/29/2021																
Miles River Middle School	Total	1														
Pizza - Stuffed Crust 18 19	piece	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
veggie bar - mrms - 18 19	1/2 cup serving	1	45	0	84	2.54	0.48	24.4	378	12.24	*2	1.87	7.8	1.03	0.18	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1349	101	2435	25.72	8.32	922.4	*22952	*53.18	*72	66.80	189.59	40.14	14.90	*0.00
% of Calories											*21.4%	19.8%	56.2%	26.8%	9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			1478	151	2671	26.48	*8.11	*845.6	*13292	*55.70	*71	73.20	199.63	47.21	*18.07	*0.07
											*43.0%	19.8%	54.0%	28.8%	*11.0%	*0.0%

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	1478		600 - 700	211%			778	Correction Required - Calories too High								
Cholesterol (mg)	151															
Sodium 1 (mg)	2671		1360				1311	Correction Required - Sodium too High								
Sodium 2 (mg)	2671		1035				1636	Correction Required - Sodium too High								
Fiber (g)	26.48															
Iron (mg)	8.11				Missing											
Calcium (mg)	845.6				Missing											
Vitamin A (IU)	13292				Missing											
Sugars (g)	71	19.09%			Missing											
Vitamin C (mg)	55.70				Missing											
Protein (g)	73.20	19.81%														
Carbohydrate (g)	199.63	54.04%														
Total Fat (g)	47.21	28.75%														
Saturated Fat (g)	18.07	11.01%	<10.00%		Missing			Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	0.07	0.04%			Missing											

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

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