

Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

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 - 06/01/2022																
Elementary Lunch-Traditional	Total	1														
Chicken Tenders	3 each	1	85	20	107	1.00	0.33	5.0	20	0.0	*N/A*	5.67	5.0	4.67	1.00	0.00
Pickled Beets	4 slices	1	15	0	60	0.00	*N/A*	*N/A*	*N/A*	*N/A*	4	0.0	4.0	0.0	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1553	120	2024	20.03	*6.34	*1754.1	*3600	*23.86	*74	69.19	181.51	63.90	17.61	*0.00
% of Calories											*19.0%	17.8%	46.7%	37.0%	10.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 06/02/2022																
Elementary Lunch-Traditional	Total	1														
Meatballs and Sauce	5 meatballs slice	1	179	35	831	2.84	2.98	57.2	633	9.77	5	15.47	10.5	9.37	3.55	0.00
Texas Toast	1 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
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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1723	135	2798	22.87	*9.70	*1806.3	*4413	*33.64	*75	81.99	198.01	71.10	20.16	*0.00
% of Calories											*17.5%	19.0%	46.0%	37.1%	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
 * - 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.

Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 6/1/2022 7:19:56 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 - 06/03/2022																
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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2082	190	3462	28.39	*10.16	*2424.7	*9101	*43.45	*72	94.49	238.28	87.41	32.64	*0.00
% of Calories											*13.8%	18.2%	45.8%	37.8%	14.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	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 - 06/06/2022																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks - Rich's	3 pieces	1	240	20	280	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	11.0	22.0	12.0	4.50	0.00
Marinara Cup - Red Gold	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
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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1748	120	2370	24.15	*6.17	*1788.5	*7232	*26.63	*77	76.02	204.75	72.36	21.14	*0.00
% of Calories											*17.5%	17.4%	46.8%	37.3%	10.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

Generated on: 6/1/2022 7:19:56 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)
Tue - 06/07/2022																
Elementary Lunch-Traditional	Total	1														
Mini Confetti Pancakes	pouch	1	210	10	210	4.00	*N/A*	*N/A*	*N/A*	*N/A*	11	4.0	36.0	7.0	1.00	0.00
Sausage Links	2 each	1	204	75	414	0.00	0.88	7.1	41	0.0	*N/A*	15.13	0.0	15.5	8.53	*N/A*
Hash Brown Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1988	185	2661	24.03	*6.89	*1756.2	*3621	*23.86	*81	83.64	223.50	87.73	26.13	*0.00
% of Calories											*16.3%	16.8%	45.0%	39.7%	11.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 06/08/2022																
Elementary Lunch-Traditional	Total	1														
Chicken Nuggets (Tyson)	5 pieces	1	240	25	440	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1	14.0	16.0	14.0	2.50	0.00
Roasted Chickpeas	0.5 cup	1	210	*N/A*	524	5.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	7.6	26.0	9.2	1.20	*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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1904	*125	2821	27.03	*6.00	*1749.1	*3580	*23.86	*71	85.12	214.51	82.43	20.31	*0.00
% of Calories											*14.9%	17.9%	45.1%	39.0%	9.6%	*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
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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 4

Generated on: 6/1/2022 7:19:56 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)
Thu - 06/09/2022																
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
Macaroni Salad	6 oz	1	153	2	185	3.00	*N/A*	*N/A*	*N/A*	*N/A*	8	5.0	31.0	2.0	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2218	223	2747	28.03	*11.95	*2019.6	*3738	*28.66	*82	115.90	252.15	87.87	26.43	*1.36
% of Calories											*14.7%	20.9%	45.5%	35.7%	10.7%	*0.6%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/10/2022																
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
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2089	193	3505	28.07	*10.11	*2446.6	*9189	*37.75	*71	95.20	236.69	88.31	33.18	*0.00
% of Calories											*13.5%	18.2%	45.3%	38.0%	14.3%	*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
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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 5

Generated on: 6/1/2022 7:19:56 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)
Mon - 06/13/2022																
Elementary Lunch-Traditional	Total	1														
Jumbo Soft 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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1708	120	2270	23.15	*7.97	*1988.5	*7432	*27.83	*75	76.02	208.75	66.86	21.14	*0.00
% of Calories											*17.5%	17.8%	48.9%	35.2%	11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 06/14/2022																
Elementary Lunch-Traditional	Total	1														
Dutch Waffles	waffle	1	330	15	330	3.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	38.0	19.0	3.00	0.00
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
Hash Brown Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2024	280	2667	23.03	*6.00	*1749.1	*3580	*23.86	*82	75.52	226.51	94.23	23.11	*0.00
% of Calories											*16.2%	14.9%	44.8%	41.9%	10.3%	*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
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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

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)
Wed - 06/15/2022																
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
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
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*
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
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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2444	190	3937	31.25	*11.11	*2463.4	*8749	*38.66	*72	101.81	295.62	98.86	34.88	*0.00
% of Calories											*11.8%	16.7%	48.4%	36.4%	12.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 06/16/2022																
Elementary Lunch-Traditional	Total	1														
Hot Dog on Bun	hot dog w / bun	1	260	30	540	3.00	1.62	80.0	0	1.8	2	9.0	20.0	16.0	6.00	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1869	130	2591	27.99	*9.98	*1893.3	*3595	*26.30	*86	79.67	224.03	75.96	22.62	*0.00
% of Calories											*18.4%	17.1%	48.0%	36.6%	10.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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

* - 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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 6/1/2022 7:19:56 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 - 06/17/2022																
Elementary Lunch-Traditional	Total	1														
Mini Choco. Chip French Toast	1 pouch	1	192	0	212	4.05	*N/A*	*N/A*	*N/A*	*N/A*	10	4.05	35.41	5.06	1.52	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 Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1970	175	2663	24.08	*6.89	*1756.2	*3621	*23.86	*80	83.69	222.92	85.79	26.65	*0.00
% of Calories											*16.2%	17.0%	45.3%	39.2%	12.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 06/21/2022																
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
Bagel and Cheese	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2082	190	3462	28.39	*10.16	*2424.7	*9101	*43.45	*72	94.49	238.28	87.41	32.64	*0.00
% of Calories											*13.8%	18.2%	45.8%	37.8%	14.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1957	*170	2856	25.75	*8.53	*2001.5	*5754	*30.41	*76	86.63	226.11	82.16	25.62	*0.10
											*35.1%	17.7%	46.2%	37.8%	11.8%	*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

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 8

Generated on: 6/1/2022 7:19:56 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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1957		550 - 650	301%				1307	Correction Required - Calories too High								
Cholesterol (mg)	170				Missing												
Sodium 1 (mg)	2856		1230					1626	Correction Required - Sodium too High								
Sodium 2 (mg)	2856		935					1921	Correction Required - Sodium too High								
Fiber (g)	25.75																
Iron (mg)	8.53				Missing												
Calcium (mg)	2001.5				Missing												
Vitamin A (IU)	5754				Missing												
Sugars (g)	76	15.59%			Missing												
Vitamin C (mg)	30.41				Missing												
Protein (g)	86.63	17.70%															
Carbohydrate (g)	226.11	46.21%															
Total Fat (g)	82.16	37.78%															
Saturated Fat (g)	25.62	11.78%	<10.00%						Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	0.10	0.04%			Missing												

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.