

# Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 1

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
<b>Wed - 06/01/2022</b>																
Miles River Middle School	Total	1														
Rib Pork Honey BBQ sandwich	1	1	377	50	917	4.00	2.08	87.0	300	3.6	10	20.0	34.0	18.5	6.00	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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1403	136	2441	22.91	7.48	646.0	*11335	*39.32	*73	68.91	187.07	46.23	16.16	0.00
% of Calories											*20.8%	19.6%	53.3%	29.7%	10.4%	0.0%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
<b>Thu - 06/02/2022</b>																
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	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
Chicken Patty on a Bun - MRHS	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
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			1555	146	3134	29.31	5.53	1199.7	*12055	*53.56	*67	74.26	203.96	53.24	23.19	*0.00
% of Calories											*17.2%	19.1%	52.5%	30.8%	13.4%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 2

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
Fri - 06/03/2022																
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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1572	176	3109	26.77	9.28	1234.6	*16556	*51.71	*65	78.38	206.09	52.91	26.19	0.00
% of Calories											*16.6%	20.0%	52.5%	30.3%	15.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 06/06/2022																
Miles River Middle School	Total	1														
Mini CornDog Bites (MS/HS)	6	1	170	30	370	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	7.0	18.0	7.0	1.50	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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1129	116	1935	18.41	*5.12	*559.0	*11035	*32.13	*71	54.41	162.32	31.74	11.66	0.00
% of Calories											*25.2%	19.3%	57.5%	25.3%	9.3%	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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Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 3

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
<b>Tue - 06/07/2022</b>																
Miles River Middle School	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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1478	171	2309	22.41	*6.00	*566.1	*11076	*32.13	*74	67.53	191.32	53.24	19.69	*0.00
% of Calories											*20.1%	18.3%	51.8%	32.4%	12.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 06/08/2022</b>																
Miles River Middle School	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
Edamame, shelled 31565	1/2 cup	1	160	0	20	5.33	3.60	200.0	0	32.0	*N/A*	14.67	12.0	8.0	0.67	0.00
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1188	106	1632	23.74	9.05	764.0	*11056	*64.13	*63	67.74	157.32	37.40	11.83	0.00
% of Calories											*21.3%	22.8%	52.9%	28.3%	9.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 4

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
Thu - 06/09/2022																
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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1569	206	2242	24.53	11.23	848.9	*14846	*39.69	*68	95.29	192.22	51.51	20.02	1.36
% of Calories											*17.5%	24.3%	49.0%	29.5%	11.5%	0.8%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 06/10/2022																
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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1579	178	3152	26.45	9.22	1256.5	*16645	*46.01	*64	79.09	204.50	53.81	26.73	*0.00
% of Calories											*16.2%	20.0%	51.8%	30.7%	15.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 5

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
<b>Mon - 06/13/2022</b>																
Miles River Middle School	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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1224	106	1985	21.41	*5.12	*579.0	*11035	*32.13	*68	59.41	169.32	37.74	14.66	0.00
% of Calories											*22.3%	19.4%	55.3%	27.8%	10.8%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Tue - 06/14/2022</b>																
Miles River Middle School	Total	1														
Breakfast Mashup	pouch	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1184	251	1985	18.41	*5.12	*559.0	*11035	*32.13	*63	55.41	156.32	40.74	13.66	0.00
% of Calories											*21.4%	18.7%	52.8%	31.0%	10.4%	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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# Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 6

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
<b>Wed - 06/15/2022</b>																
Miles River Middle School	Total	1														
Popcorn Chicken (Tyson)	12 pieces	1	230	20	350	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1	14.0	14.0	13.0	2.50	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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1236	106	2098	21.19	*5.40	*574.7	*11035	*34.94	*64	62.97	167.63	38.52	12.66	0.00
% of Calories											*20.8%	20.4%	54.2%	28.0%	9.2%	0.0%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
<b>Thu - 06/16/2022</b>																
Miles River Middle School	Total	1														
Manager's Special	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			944	86	1505	17.41	5.12	559.0	*11035	*32.13	*63	47.41	140.32	24.74	10.16	0.00
% of Calories											*26.8%	20.1%	59.5%	23.6%	9.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 7

Generated on: 6/1/2022 7:18:27 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 <sup>1</sup> (g)
Fri - 06/17/2022																
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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1572	176	3109	26.77	9.28	1234.6	*16556	*51.71	*65	78.38	206.09	52.91	26.19	0.00
% of Calories											*16.6%	20.0%	52.5%	30.3%	15.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 06/21/2022																
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
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
Protein Pack	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
Chicken Patty on a Bun - MRHS	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
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			1579	178	3152	26.45	9.22	1256.5	*16645	*46.01	*64	79.09	204.50	53.81	26.73	*0.00
% of Calories											*16.2%	20.0%	51.8%	30.7%	15.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			1372	153	2413	23.30	*7.30	*845.5	*12996	*41.98	*67	69.16	182.07	44.90	18.54	*0.10
											*43.7%	20.2%	53.1%	29.4%	12.2%	*0.1%

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# Hamilton-Wenham Regional Schools

Jun 1, 2022 thru Jun 30, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 8

Generated on: 6/1/2022 7:18:27 AM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1372		600 - 700	196%			672	Correction Required - Calories too High									
Cholesterol (mg)	153																
Sodium 1 (mg)	2413		1360						1053	Correction Required - Sodium too High							
Sodium 2 (mg)	2413		1035						1378	Correction Required - Sodium too High							
Fiber (g)	23.30																
Iron (mg)	7.30					Missing											
Calcium (mg)	845.5					Missing											
Vitamin A (IU)	12996					Missing											
Sugars (g)	67	19.44%				Missing											
Vitamin C (mg)	41.98					Missing											
Protein (g)	69.16	20.16%															
Carbohydrate (g)	182.07	53.07%															
Total Fat (g)	44.90	29.44%															
Saturated Fat (g)	18.54	12.16%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.10	0.06%				Missing											

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