

Hamilton-Wenham Regional Schools

Feb 1, 2021 thru Feb 26, 2021

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/01/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1382	139	2482	20.15	5.24	1216.6	10861	53.25	*102 *29.6%	*59.32 *17.2%	189.18 54.7%	47.05 30.6%	19.65 12.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/02/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem hot dog w bns	1	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	meal servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1488	113	2582	24.61	8.34	1353.2	10833	58.74	*130 *35.0%	59.66 16.0%	226.41 60.9%	43.94 26.6%	21.74 13.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 02/04/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1382	139	2482	20.15	5.24	1216.6	10861	53.25	*102 *29.6%	*59.32 *17.2%	189.18 54.7%	47.05 30.6%	19.65 12.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 02/05/2021																
Elementary Lunch-Traditiona	Total	1														
20 21 meal elem hot dog w bns	complete meal	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1488	113	2582	24.61	8.34	1353.2	10833	58.74	*130	59.66	226.41	43.94	21.74	*0.00
% of Calories											*35.0%	16.0%	60.9%	26.6%	13.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 02/08/2021																
Elementary Lunch-Traditiona	Total	1														
20 21 meal elem meatballs w tt	complete meal	1	559	46	742	9.57	3.55	427.0	*4793	*27.22	50	28.29	81.08	15.64	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1217	115	2013	19.15	6.40	1261.6	*11100	*53.25	*101	60.32	170.73	37.55	18.65	*0.00
% of Calories											*33.2%	19.8%	56.1%	27.8%	13.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 02/09/2021																
Elementary Lunch-Traditiona	Total	1														
20 21 meal elem pizza Inch a r	complete meal	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1432	163	2571	17.65	8.97	1554.0	11334	56.30	*108	59.51	205.44	45.22	21.73	*0.00
% of Calories											*30.1%	16.6%	57.4%	28.4%	13.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 02/11/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem meatballs w tt	1	1	559	46	742	9.57	3.55	427.0	*4793	*27.22	50	28.29	81.08	15.64	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1217	115	2013	19.15	6.40	1261.6	*11100	*53.25	*101 *33.2%	60.32 19.8%	170.73 56.1%	37.55 27.8%	18.65 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/12/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem pizza Inch a r	1	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	meal servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1432	163	2571	17.65	8.97	1554.0	11334	56.30	*108 *30.1%	59.51 16.6%	205.44 57.4%	45.22 28.4%	21.73 13.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 02/22/2021																
Elementary Lunch-Traditiona	Total complete meal	1														
20 21 meal elem FTS saus pot	1	1	794	141	872	9.07	2.29	433.0	4647	29.03	72	26.29	125.58	17.14	3.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1452	210	2143	18.65	5.14	1267.6	10954	55.06	*123 *33.9%	58.32 16.1%	215.23 59.3%	39.05 24.2%	16.65 10.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 02/23/2021																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem pretz	complete meal	1	556	41	1149	8.51	2.79	786.6	5993	27.2	*46	29.18	88.42	11.63	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			659	56	1274	9.29	3.06	814.3	6158	28.74	*54	31.20	99.39	17.85	10.86	*0.00
% of Calories											*33.0%	18.9%	60.3%	24.4%	14.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 02/25/2021																
Elementary Lunch-Traditiona	Total	1														
20 21 meal elem FTS saus pot	complete meal	1	794	141	872	9.07	2.29	433.0	4647	29.03	72	26.29	125.58	17.14	3.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1452	210	2143	18.65	5.14	1267.6	10954	55.06	*123	58.32	215.23	39.05	16.65	*0.00
% of Calories											*33.9%	16.1%	59.3%	24.2%	10.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/26/2021																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem pretz	complete meal	1	556	41	1149	8.51	2.79	786.6	5993	27.2	*46	29.18	88.42	11.63	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			659	56	1274	9.29	3.06	814.3	6158	28.74	*54	31.20	99.39	17.85	10.86	*0.00
% of Calories											*33.0%	18.9%	60.3%	24.4%	14.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1272	133	2177	18.25	6.19	1244.5	*10207	*50.89	*103	*54.72	184.40	38.44	18.21	*0.00
											*72.9%	*17.2%	58.0%	27.2%	12.9%	*0.0%

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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)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1272		550 - 650	196%			622	Correction Required - Calories too High
Cholesterol (mg)	133							
Sodium 1 (mg)	2177		1230				947	Correction Required - Sodium too High
Sodium 2 (mg)	2177		935				1242	Correction Required - Sodium too High
Fiber (g)	18.25							
Iron (mg)	6.19							
Calcium (mg)	1244.5							
Vitamin A (IU)	10207				Missing			
Sugars (g)	103	32.42%			Missing			
Vitamin C (mg)	50.89				Missing			
Protein (g)	54.72	17.21%			Missing			
Carbohydrate (g)	184.40	58.01%						
Total Fat (g)	38.44	27.21%						
Saturated Fat (g)	18.21	12.89%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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