

Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Mon - 09/30/2019																
Elementary Lunch-Traditional	Total	1														
Ch Patty 6616 WG - Goldkist -	patty	1	254	59	321	*N/A*	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Hamburger Rolls - Fantini - Wh	roll	1	146	0	271	3.00	1.80	60.0	0	2.4	2	6.0	29.0	0.0	0.00	0.00
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
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1649	*124	2450	*23.64	*9.98	*491.1	*9584	*29.38	*101	66.91	225.75	*53.64	*12.33	*0.00
% of Calories											*24.5%	16.2%	54.7%	*29.3%	*6.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/01/2019																
Elementary Lunch-Traditional	Total	1														
Macaroni and Cheese 11 17	6 oz	1	235	33	608	3.04	1.82	332.4	331	0.0	1	12.88	24.16	10.7	6.63	0.00
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Hummus	1/4 CUP	1	36	0	201	1.75	0.49	14.9	7	2.45	*0	1.97	5.83	0.78	0.08	0.00
roll dinner white wht fantini	roll	1	73	0	110	2.00	0.90	30.0	0	1.2	1	3.0	14.0	0.0	0.00	0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00

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

Sep 30, 2019 thru Nov 1, 2019

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)
Weighted Daily Average			1585	*98	2836	26.59	*10.10	*794.6	*9912	*30.16	*101	61.27	223.59	*51.14	*16.04	*0.00
% of Calories											*25.5%	15.5%	56.4%	*29.0%	*9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/02/2019																
Elementary Lunch-Traditional	Total	100														
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
Grilled Cheese Sandwich	SERVINGS	1	306	30	1128	4.00	1.80	421.0	1622	0.01	*2	20.03	32.03	10.74	6.55	*0.00
Fruit Crisp	SERVINGS	1	197	0	112	2.14	0.80	19.5	348	0.52	*14	1.94	31.01	7.94	1.58	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*0.04	*0.00
MILK - Variety all schools	8 oz	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			26	*1	49	0.40	*0.12	*14.2	*216	*0.59	*2	0.92	4.07	*0.76	*0.24	*0.00
% of Calories											*31.7%	13.9%	61.6%	*25.8%	*8.2%	*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

Sep 30, 2019 thru Nov 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

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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 - 10/03/2019																
Elementary Lunch-Traditional	Total	100														
French Toast Sticks 18 19	3 sticks	1	149	105	269	1.99	1.36	70.3	154	0.01	8	7.97	21.91	3.49	1.00	0.00
Sausage Links lite 10/11	2 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Hummus	1/4 CUP	1	36	0	201	1.75	0.49	14.9	7	2.45	*0	1.97	5.83	0.78	0.08	0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Pancake Syrup - Thurston #2156	1 cup	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			17	*2	24	0.27	*0.09	*5.2	*241	*0.37	*1	0.56	2.67	*0.53	*0.11	*0.00
% of Calories											*29.6%	12.8%	61.2%	*27.4%	*5.7%	*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

Sep 30, 2019 thru Nov 1, 2019

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)
Fri - 10/04/2019																
Elementary Lunch-Traditional	Total	1														
5" Lunch aRound Cheese Pizza-l	1 each	1	390	80	990	2.00	4.60	345.0	517	0.0	*N/A*	16.0	40.0	18.0	6.00	*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*
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
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Fruit Juice Cup-Emoji	1 Each	1	99	0	15	0.00	0.00	0.0	0	*N/A*	25	0.0	25.0	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1910	*145	3278	25.40	*12.26	*771.7	*20997	*36.63	*126	62.43	272.86	*63.90	*15.86	*0.00
% of Calories											*26.3%	13.1%	57.1%	*30.1%	*7.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/07/2019																
Elementary Lunch-Traditional	Total	1														
Ch Smackers 110458 Goldkist 15	10 pieces	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	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
BROCCOLI: fresh, boiled	1/2 cup	1	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*2.4	5	21.14	34.36	12.71	7.12	0.32
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Weighted Daily Average			1496	*171	3080	23.97	*8.57	*780.8	*10893	*80.05	*101	60.24	219.66	*48.56	*16.27	*0.32
% of Calories											*27.1%	16.1%	58.7%	*29.2%	*9.8%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/08/2019																
Elementary Lunch-Traditional	Total	100														
Nacho chips 18 19 ~18chips	1.4 oz	1	196	0	161	2.80	0.00	28.0	0	0.0	0	2.8	28.0	8.4	0.70	0.00
Turkey Taco Filling USDA	1.72 oz	1	86	21	131	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.96	1.99	4.98	1.00	0.00
Cheese Sauce, RF, Nacho, Pouch	1 oz	1	50	10	115	0.00	0.00	100.0	100	0.0	1	3.5	1.5	3.5	2.25	0.00
SALSA:COMMODITY	1/4 cup	1	27	0	64	0.00	0.00	36.6	183	2.19	2	0.0	3.66	0.0	0.00	0.00
Nacho Toppings	Serving	1	115	28	104	0.76	0.23	132.3	748	6.89	2	4.37	3.87	9.46	5.11	*0.19
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
BLACK BEAN SALAD	1/2 CUP	1	104	0	245	6.07	0.28	8.5	280	14.29	*2	5.37	18.42	1.4	0.22	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*2.4	5	21.14	34.36	12.71	7.12	0.32
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			18	*1	31	0.30	*0.07	*10.2	*110	*0.53	*1	0.65	2.57	*0.59	*0.23	*0.01
% of Calories											*25.4%	14.8%	58.5%	*30.1%	*11.6%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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 - 10/09/2019																
Elementary Lunch-Traditional	Total	1														
Pretzel	Serving	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, Pouch, Frzn,	2 oz	1	190	20	799	0.01	0.01	306.0	812	0.0	*N/A*	12.2	5.6	14.2	8.10	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	0.00
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
POTATOES, ROUNDS 14 15 U	8 each	1	139	0	330	2.00	0.42	0.0	0	1.39	0	2.0	20.0	7.0	2.00	0.00
SDA fo																
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*2.4	5	21.14	34.36	12.71	7.12	0.32
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1708	*130	3858	25.09	*8.26	*1271.0	*25313	*34.39	*105	65.83	247.77	*59.37	*27.83	*0.32
% of Calories											*24.7%	15.4%	58.0%	*31.3%	*14.7%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Thu - 10/10/2019																
Elementary Lunch-Traditional	Total	100														
American Chop Suey	3/4 cup	1	275	38	396	2.47	2.35	55.1	388	9.41	*1	15.82	29.35	10.3	4.17	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1034	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*2.4	5	21.14	34.36	12.71	7.12	0.32
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			17	*2	39	0.22	*0.09	*10.9	*129	*0.38	*1	0.69	2.37	*0.57	*0.23	*0.00
% of Calories											*24.5%	16.3%	55.9%	*30.0%	*12.5%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Tue - 10/15/2019																
Elementary Lunch-Traditional	Total	100														
HAMBURGER ON A BUN	Sandwich	1	319	45	334	3.00	3.44	65.9	0	2.4	*2	18.44	29.0	13.34	5.38	*0.00
CHEESEBURGER ON A BUN	1 EACH	1	402	82	797	3.00	3.91	371.3	321	2.4	*3	26.43	30.36	18.38	8.78	1.00
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	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
chips - cape cod 18 19	bag	1	70	0	60	1.00	0.00	0.0	0	0.0	0	1.0	9.0	3.0	0.00	0.00
Sub - Jenni O combo	sandwich	1	421	88	2304	4.12	3.49	417.6	939	13.16	*4	22.67	39.01	19.04	7.56	*0.51
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			22	*2	49	0.33	*0.17	*13.1	*108	*0.45	*1	0.94	2.90	*0.72	*0.28	*0.02
% of Calories											*22.1%	17.3%	53.6%	*30.1%	*11.6%	*0.6%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Wed - 10/16/2019																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks RSP 13 14	6 sticks	1	330	15	660	4.00	1.89	520.0	581	0.94	*N/A*	20.0	36.0	12.0	3.50	0.00
Marinara cup Red Gold 17 18	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
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Sub - Jenni O combo	sandwich	1	421	88	2304	4.12	3.49	417.6	939	13.16	*4	22.67	39.01	19.04	7.56	*0.51
cookies - Farmers Market	bag	1	120	0	65	2.00	1.08	4.0	400	4.8	6	2.0	22.0	4.0	1.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1710	*128	4447	27.93	*10.39	*1351.1	*11452	*45.41	*111	63.86	255.61	*53.92	*18.18	*0.51
% of Calories											*26.0%	14.9%	59.8%	*28.4%	*9.6%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Thu - 10/17/2019																
Elementary Lunch-Traditional	Total	100														
Penne Barilla 17 18	1 cup	1	160	0	279	1.60	*0.00	0.2	0	0.0	2	5.6	33.6	0.8	0.00	0.00
MEAT SAUCE	1/2 cup	1	216	53	292	1.28	2.25	40.5	939	12.12	*5	15.46	7.18	14.32	4.06	*2.03
Salad Caesar Secondary	1 cup	1	219	30	1034	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
Sub - Jenni O combo	sandwich	1	421	88	2304	4.12	3.49	417.6	939	13.16	*4	22.67	39.01	19.04	7.56	*0.51
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			19	*2	52	0.23	*0.11	*11.3	*141	*0.52	*1	0.76	2.53	*0.68	*0.24	*0.03
% of Calories											*23.2%	16.0%	53.4%	*32.1%	*11.3%	*1.2%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/18/2019																
Elementary Lunch-Traditional	Total	1														
pizza - Sal's	slice	1	270	20	710	3.00	1.80	250.0	500	1.2	2	16.0	34.0	10.0	4.50	*N/A*
Chicken Pepperoni - Tyson 14 1	4 slices	1	20	6	70	0.00	0.09	0.0	50	0.0	0	2.0	0.25	1.25	0.38	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
Sub - Jenni O combo	sandwich	1	421	88	2304	4.12	3.49	417.6	939	13.16	*4	22.67	39.01	19.04	7.56	*0.51
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00

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

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Weighted Daily Average			1530	*140	4269	24.52	*10.09	*1066.3	*21926	*47.38	*106	59.87	229.11	*48.42	*18.58	*0.51
% of Calories											*27.6%	15.6%	59.9%	*28.5%	*10.9%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/21/2019																
Elementary Lunch-Traditional	Total	1														
Ch Nugget WG - Goldkist 6116 -	4 nuggets	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
CARROT STICKS	.5 CUP	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
Pork pulled sandwich 16 17	sandwiche	1	280	51	608	3.14	*1.91	*64.1	*84	*3.64	*3	17.31	33.62	5.1	2.03	*1.01
BBQ PC 17 18	1 cup	1	154	0	737	1.23	0.95	85.7	293	4.05	31	1.47	35.72	0.23	0.03	0.00
Sweet & Sour PC 17 18	1 cup	1	45	0	105	0.00	0.00	0.0	0	0.0	10	0.0	11.0	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1656	*135	3111	25.20	*8.19	*553.5	*24318	*37.09	*143	55.78	268.96	*40.68	*11.55	*1.01
% of Calories											*34.6%	13.5%	65.0%	*22.1%	*6.3%	*0.6%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Tue - 10/22/2019																
Elementary Lunch-Traditional	Total	1														
Waffle Sticks	3 ea	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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*
potatoes hash browns	1/2 cup	1	225	6	581	7.19	0.88	2.4	5	3.34	*0	2.45	16.92	8.32	3.13	*0.00
Pork pulled sandwich 16 17	sandwiche	1	280	51	608	3.14	*1.91	*64.1	*84	*3.64	*3	17.31	33.62	5.1	2.03	*1.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1501	*157	2766	24.98	*7.48	*433.7	*9328	*31.19	*98	52.61	200.33	*46.73	*19.78	*1.01
% of Calories											*26.2%	14.0%	53.4%	*28.0%	*11.9%	*0.6%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Wed - 10/23/2019																
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
Sweet Pot Fries - McCain 04566	1/2 cup	1	148	0	168	2.96	0.36	19.8	4941	9.49	*N/A*	0.99	21.74	5.93	0.99	0.00
Fruit Crisp	SERVINGS	1	197	0	112	2.14	0.80	19.5	348	0.52	*14	1.94	31.01	7.94	1.58	*0.00
Pork pulled sandwich 16 17	sandwiche	1	280	51	608	3.14	*1.91	*64.1	*84	*3.64	*3	17.31	33.62	5.1	2.03	*1.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1674	*106	2587	25.86	*8.47	*543.1	*14571	*39.65	*115	46.92	255.76	*52.72	*16.69	*1.01
% of Calories											*27.4%	11.2%	61.1%	*28.3%	*9.0%	*0.5%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Thu - 10/24/2019																
Elementary Lunch-Traditional	Total	1														
Penne Barilla 17 18	1 cup	1	160	0	279	1.60	*0.00	0.2	0	0.0	2	5.6	33.6	0.8	0.00	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
Salad Caesar Secondary	1 cup	1	219	30	1034	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
Pork pulled sandwich 16 17	sandwiche	1	280	51	608	3.14	*1.91	*64.1	*84	*3.64	*3	17.31	33.62	5.1	2.03	*1.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1717	*141	4021	24.08	*10.02	*795.7	*12901	*40.05	*108	70.63	251.20	*48.78	*17.78	*1.01
% of Calories											*25.1%	16.4%	58.5%	*25.6%	*9.3%	*0.5%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/25/2019																
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
Pork pulled sandwich 16 17	sandwiche	1	280	51	608	3.14	*1.91	*64.1	*84	*3.64	*3	17.31	33.62	5.1	2.03	*1.01
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Weighted Daily Average			1709	*166	3373	28.54	*10.22	*1112.8	*22021	*48.67	*101	66.51	251.47	*51.22	*24.18	*1.01
% of Calories											*23.7%	15.6%	58.8%	*27.0%	*12.7%	*0.5%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/28/2019																
Elementary Lunch-Traditional	Total	1														
Ch Patty 6616 WG - Goldkist -	patty	1	254	59	321	*N/A*	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Hamburger Rolls - Fantini - Wh	roll	1	146	0	271	3.00	1.80	60.0	0	2.4	2	6.0	29.0	0.0	0.00	0.00
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*
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
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1809	*124	2840	*25.64	*9.98	*491.1	*9584	*32.98	*101	68.91	249.75	*59.64	*12.83	*0.00
% of Calories											*22.3%	15.2%	55.2%	*29.7%	*6.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Wed - 10/30/2019																
Elementary Lunch-Traditional meatball sub hs 12 13	Total EACH 5 balls	100 1	310	35	740	4.85	4.14	107.9	347	7.57	5	20.68	36.01	9.17	3.52	0.00
BLACK BEAN SALAD	1/2 CUP	1	104	0	245	6.07	0.28	8.5	280	14.29	*2	5.37	18.42	1.4	0.22	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			16	*1	28	0.30	*0.11	*5.0	*99	*0.46	*1	0.69	2.32	*0.50	*0.13	*0.00
% of Calories											*25.6%	16.8%	56.4%	*27.4%	*7.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Thu - 10/31/2019																
Elementary Lunch-Traditional	Total	100														
French Toast Sticks 18 19	3 sticks	1	149	105	269	1.99	1.36	70.3	154	0.01	8	7.97	21.91	3.49	1.00	0.00
Sausage Links lite 10/11	2 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
CELERY STICKS	1/2 CUP	1	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
apples, spiced	1/2 cup	1	83	0	1	4.10	0.43	31.8	58	0.33	*4	0.44	21.72	0.49	0.08	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Pancake Syrup - Thurston #2156	1 cup	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			18	*2	23	0.31	*0.09	*5.6	*245	*0.37	*1	0.55	2.85	*0.53	*0.11	*0.00
% of Calories											*29.8%	12.2%	63.3%	*26.4%	*5.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

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)
Fri - 11/01/2019																
Elementary Lunch-Traditional	Total	1														
5" Lunch aRound Cheese Pizza-l	1 each	1	390	80	990	2.00	4.60	345.0	517	0.0	*N/A*	16.0	40.0	18.0	6.00	*N/A*
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
TUNA SALAD Sand Elem 15 16	SERVINGS	1	441	39	698	4.00	2.95	28.0	43	0.0	*2	25.23	28.0	21.78	3.21	0.00
Bagel Lenders 2 oz 15 16	1 each	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
cheese stick Thurston 18 19 98	stick	1	90	20	200	0.00	0.00	200.0	300	0.0	0	7.0	0.0	7.0	4.50	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
Carrots - elementary 19 20	.5 cup	1	25	*0	85	1.83	0.40	21.3	8504	3.22	3	0.63	6.23	*0.21	*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
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
Ketchup - Heinz - 18 19	ounce	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Dressings Elem 15 16	ounce	1	76	5	364	0.00	0.00	18.9	0	0.0	*0	0.47	5.2	6.14	0.94	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1651	*145	2873	23.40	*12.26	*771.7	*20997	*33.03	*101	60.43	223.86	*57.90	*15.36	*0.00
% of Calories											*24.4%	14.6%	54.2%	*31.6%	*8.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			1066	*87	2095	*16.24	*6.23	*513.8	*10231	*25.90	*69	39.45	154.45	*33.70	*11.13	*0.31
											*58.6%	14.8%	57.9%	*28.4%	*9.4%	*0.3%

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Hamilton-Wenham Regional Schools

Sep 30, 2019 thru Nov 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1066		550 - 650	164%			416	Correction Required - Calories too High									
Cholesterol (mg)	87				Missing												
Sodium 1 (mg)	2095		1230						865	Correction Required - Sodium too High							
Sodium 2 (mg)	2095		935						1160	Correction Required - Sodium too High							
Fiber (g)	16.24				Missing												
Iron (mg)	6.23				Missing												
Calcium (mg)	513.8				Missing												
Vitamin A (IU)	10231				Missing												
Sugars (g)	69	26.06%			Missing												
Vitamin C (mg)	25.90				Missing												
Protein (g)	39.45	14.80%															
Carbohydrate (g)	154.45	57.93%															
Total Fat (g)	33.70	28.45%			Missing												
Saturated Fat (g)	11.13	9.39%	<10.00%		Missing												
Trans Fat ¹ (g)	0.31	0.26%			Missing												

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