

Hamilton-Wenham Regional Schools

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

Generated on: 5/26/2017 8:58:31 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)
Tue - 05/30/2017																
Elementary Lunch-Traditional	Total	1														
Mac and Cheese ESFoods 14 15	6 oz	1	290	40	550	2.00	1.44	400.2	400	1.2	6	17.01	28.02	12.01	8.00	0.00
Veggies - Elementary	3/4 cup	1	65	0	159	3.39	0.94	22.7	2421	5.89	*2	3.06	13.72	0.5	0.08	*N/A*
roll dinner honey wht fantini	roll	1	89	0	173	2.00	1.08	10.0	0	0.0	*N/A*	3.0	18.0	1.3	0.00	*N/A*
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			1869	202	3071	*19.83	11.38	2350.9	6037	61.26	*65	96.51	214.77	72.55	25.28	*0.00
% of Calories											*13.9%	20.7%	46.0%	34.9%	12.2%	*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.

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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 5/26/2017 8:58:32 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)
Wed - 05/31/2017																
Elementary Lunch-Traditional	Total	100														
french toast sticks 12 13	3 sticks	1	310	0	310	4.00	2.84	211.6	750	7.1	*N/A*	7.0	39.0	13.0	2.50	0.00
Sausage Links lite 10/11	2 each	1	100	30	260	*N/A*	3.96	*N/A*	*N/A*	*N/A*	*N/A*	6.0	2.0	8.0	*N/A*	*N/A*
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
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	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	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
Veggie Dip	Servings	1	85	5	274	0.00	0.00	18.9	0	0.0	*N/A*	0.0	5.67	6.61	0.94	0.00
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			22	2	32	*0.24	0.16	*22.4	*191	*0.69	*1	0.88	2.65	0.87	*0.21	*0.00
% of Calories											*15.7%	16.3%	48.8%	36.1%	*8.6%	*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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

Generated on: 5/26/2017 8:58:32 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 - 06/01/2017																
Elementary Lunch-Traditional	Total	100														
Taco, Soft, Chicken	1 EACH	1	341	68	806	1.25	2.49	323.6	418	1.85	*2	28.54	26.21	12.95	5.35	*N/A*
SALSA:COMMODITY	1/4 cup	1	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
SOUR CREAM	1 oz	1	55	15	13	0.00	0.05	31.2	177	0.26	1	0.59	0.82	5.59	3.26	*N/A*
BLACK BEAN SALAD	1/2 CUP	1	216	0	478	4.67	2.07	44.5	288	18.03	*2	7.12	19.73	1.67	0.28	*N/A*
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average % of Calories			21	2	37	*0.19	0.14	23.2	44	0.77	*1 *11.9%	1.11 21.5%	2.06 40.0%	0.79 34.6%	0.26 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/02/2017																
Elementary Lunch-Traditional	Total	1														
5" Lunch aRound Cheese Pizza-I	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	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*

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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 4

Generated on: 5/26/2017 8:58:32 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)
Weighted Daily Average % of Calories			1846	242	3205	*17.22	13.44	2301.9	14999	62.99	*60 *12.9%	90.96 19.7%	201.49 43.7%	77.12 37.6%	23.24 11.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 06/05/2017																
Elementary Lunch-Traditional	Total	100														
Hamburger on a Bun w cheese	sandwich	1	351	67	453	3.00	3.82	221.5	158	0.0	*2	24.09	29.65	13.97	6.16	0.68
Hamburger on a Bun	sandwich	1	268	54	267	3.00	10.21	15.0	0	0.0	*N/A*	21.29	22.0	11.32	3.66	0.68
Cucumber Wheels	.75 cup	1	11	0	2	0.62	0.20	12.5	64	2.86	1	0.53	1.93	0.14	0.01	*N/A*
Potato Wedges	.75c,4oz, 10-14e	1	183	0	59	2.83	2.37	18.1	0	26.65	*N/A*	5.58	41.03	0.37	0.09	*N/A*
Meatloaf Sand APF 16/17	1 each	1	336	40	644	4.00	3.24	120.0	200	9.0	7	17.0	37.0	12.0	6.00	0.50
pudding - choc - pocoh	1/2 cup	1	130	0	160	0.00	0.00	60.0	0	0.0	*N/A*	2.0	23.0	4.0	0.50	*N/A*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average % of Calories			23	3	31	*0.22	0.25	23.4	36	0.93	*1 *11.3%	1.19 20.8%	2.80 49.1%	0.79 31.0%	0.31 12.0%	*0.02 *0.7%
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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 5

Generated on: 5/26/2017 8:58:32 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)
Tue - 06/06/2017																
Elementary Lunch-Traditional Pretzel	Total	1														
Cheese Sauce, RF, Pouch, Frzn, CARROT STICKS	Serving	1	460	0	370	4.00	5.40	40.0	0	0.0	*N/A*	15.0	95.0	2.5	0.00	*N/A*
Hummus - elem 9 15	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
POTATOES, ROUNDS 14 15 U SDA fo	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Meatloaf Sand APF 16/17	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	*N/A*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 each	1	336	40	644	4.00	3.24	120.0	200	9.0	7	17.0	37.0	12.0	6.00	0.50
Assorted Fresh Fruit	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
MILK - Variety all schools	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Juice Variety	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
Fruit - Canned Commodity	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Ketchup - Heinz - 15 16	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
RANCH DRESSING	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Weighted Daily Average	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
% of Calories	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Nutrient Guideline			2198	188	3916	*22.66	14.80	2399.8	18965	72.20	*66	97.20	296.94	73.45	30.30	*0.50
			550-650		1230						*12.0%	17.7%	54.0%	30.1%	12.4%	*0.2%
															<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

May 29, 2017 thru Jun 29, 2017

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 - 06/07/2017																
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
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Hummus - elem 9 15	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	*N/A*
Jello	Serving 4o	1	70	0	57	0.00	0.00	0.0	0	7.5	*N/A*	0.5	17.0	0.0	0.00	*N/A*
spaghetti sauce Angela Mia	2 oz	1	23	0	236	0.91	0.49	18.1	136	4.08	*N/A*	0.91	4.54	0.0	0.00	*N/A*
Meatloaf Sand APF 16/17	1 each	1	336	40	644	4.00	3.24	120.0	200	9.0	7	17.0	37.0	12.0	6.00	0.50
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			1808	183	3369	*20.28	11.23	2592.7	4430	80.45	*63	89.10	227.66	61.66	23.70	*0.50
% of Calories											*13.9%	19.7%	50.4%	30.7%	11.8%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 06/08/2017																
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
Veggies - Elementary	3/4 cup	1	65	0	159	3.39	0.94	22.7	2421	5.89	*2	3.06	13.72	0.5	0.08	*N/A*
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
Meatloaf Sand APF 16/17	1 each	1	336	40	644	4.00	3.24	120.0	200	9.0	7	17.0	37.0	12.0	6.00	0.50
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*

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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 5/26/2017 8:58:32 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)
Weighted Daily Average % of Calories			18	2	28	*0.19	0.12	20.9	64	0.78	*1 *14.7%	0.87 19.7%	2.20 49.8%	0.62 31.6%	0.24 12.4%	*0.00 *0.3%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/09/2017																
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	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Dessert	servings	1	88	0	84	0.38	0.12	23.5	77	0.72	*10	1.28	18.7	1.36	0.17	*N/A*
Meatloaf Sand APF 16/17	1 each	1	336	40	644	4.00	3.24	120.0	200	9.0	7	17.0	37.0	12.0	6.00	0.50
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average % of Calories			2066	258	3846	*23.60	12.85	2722.4	16217	84.70	*75 *14.5%	98.01 19.0%	249.25 48.3%	78.49 34.2%	36.30 15.8%	*0.50 *0.2%
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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 8

Generated on: 5/26/2017 8:58:32 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 - 06/12/2017																
Elementary Lunch-Traditional	Total	100														
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
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
Ch Popcorn Goldkist 691600	14 pieces	1	193	34	420	2.00	2.00	15.0	108	0.0	0	15.0	13.0	9.0	2.00	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
Veggies - Elementary	3/4 cup	1	65	0	159	3.39	0.94	22.7	2421	5.89	*2	3.06	13.72	0.5	0.08	*N/A*
pudding - choc - pocoh	1/2 cup	1	130	0	160	0.00	0.00	60.0	0	0.0	*N/A*	2.0	23.0	4.0	0.50	*N/A*
CATSUP	1 oz	1	32	0	257	0.09	0.12	4.5	145	1.16	6	0.35	7.44	0.05	0.01	*N/A*
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			20	3	36	*0.21	0.11	20.4	61	0.64	*1	1.05	2.28	0.82	0.23	*0.00
% of Calories											*12.4%	20.7%	44.8%	36.4%	10.1%	*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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 9

Generated on: 5/26/2017 8:58:32 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)
Tue - 06/13/2017																
Elementary Lunch-Traditional	Total	100														
HAMBURGER ON A BUN	Sandwich	1	289	45	278	3.00	9.92	5.9	0	0.0	*N/A*	18.44	22.0	14.99	12.24	*0.00
CHEESEBURGER ON A BUN	1 EACH	1	372	82	741	3.00	10.39	311.3	321	0.0	*1	26.43	23.36	20.03	8.78	*0.68
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Veggie Dip	Servings	1	85	5	274	0.00	0.00	18.9	0	0.0	*N/A*	0.0	5.67	6.61	0.94	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	1	162	0	477	5.54	1.88	62.7	156	0.64	*19	6.42	37.11	0.64	0.10	*0.00
chips - cape cod 9 09	bag	1	60	0	55	1.00	0.36	0.0	0	2.4	*N/A*	1.0	9.0	3.0	0.00	0.00
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			20	3	34	*0.22	0.28	23.2	40	0.60	*1	1.01	2.24	0.82	0.36	*0.01
% of Calories											*15.3%	20.4%	45.3%	37.3%	16.4%	*0.3%
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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 10

Generated on: 5/26/2017 8:58:32 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)
Wed - 06/14/2017																
Elementary Lunch-Traditional	Total	100														
Hot Dog 08 09	1 each	1	106	19	212	0.00	0.34	12.4	0	1.12	*N/A*	3.73	1.24	9.33	3.73	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
Cucumber Wheels	.75 cup	1	11	0	2	0.62	0.20	12.5	64	2.86	1	0.53	1.93	0.14	0.01	*N/A*
POTATOES, ROUNDS 14 15 U SDA fo	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
Jello	Serving 4o	1	70	0	57	0.00	0.00	0.0	0	7.5	*N/A*	0.5	17.0	0.0	0.00	*N/A*
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average % of Calories			14	1	23	*0.14	0.07	19.9	32	0.67	*1 *16.3%	0.58 16.4%	1.83 51.8%	0.54 34.5%	0.20 12.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 06/15/2017																
Elementary Lunch-Traditional meatball sub hs 12 13	Total EACH 5 b alls	100														
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*

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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 11

Generated on: 5/26/2017 8:58:32 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)
Weighted Daily Average % of Calories			15	2	33	*0.14	0.10	23.1	63	0.62	*1 *16.1%	0.81 21.1%	1.70 44.5%	0.59 34.8%	0.24 14.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/16/2017																
Elementary Lunch-Traditional	Total	1														
Stuffed Crust Pizza	Serving	1	380	15	940	4.00	5.40	350.0	500	0.0	*N/A*	18.0	46.0	15.0	4.50	*N/A*
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Dessert	servings	1	88	0	84	0.38	0.12	23.5	77	0.72	*10	1.28	18.7	1.36	0.17	*N/A*
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average % of Calories			1500	143	2562	*15.60	11.41	2302.4	15017	63.70	*68 *18.1%	69.01 18.4%	196.25 52.3%	53.49 32.1%	18.80 11.3%	*0.00 *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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 12

Generated on: 5/26/2017 8:58:32 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 - 06/19/2017																
Elementary Lunch-Traditional	Total	1														
Pizza - Papa Ginos Cheese	slice	1	240	25	660	3.00	1.80	200.0	500	6.0	2	11.0	32.0	8.0	4.50	0.00
Pizza - Papa Ginos Pepperoni	slice	1	370	60	1070	3.00	2.70	350.0	750	6.0	2	18.0	33.0	19.0	10.00	0.50
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Veggie Sticks	.5 cup	1	15	0	32	1.12	0.17	19.4	3675	2.77	2	0.5	3.24	0.13	0.02	*0.00
Sandwich ??	sandwich	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*
Bagel and Cheese Lunch	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
CHICK ON BUN elem 15 16	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	128	7	183	0.00	0.00	329.0	548	2.63	*3	8.77	19.96	0.62	0.37	0.00
Juice Variety	4 oz	1	43	0	5	0.17	0.10	7.1	51	26.96	9	0.22	10.45	0.08	0.01	*N/A*
Fruit - Canned Commodity	1/2 cup	1	67	0	4	1.56	0.33	7.1	131	2.98	*14	0.37	17.55	0.14	0.02	*N/A*
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
RANCH DRESSING	2 TBSP	1	39	2	193	0.09	0.06	33.3	26	0.45	*1	0.98	2.77	2.65	0.65	*N/A*
Weighted Daily Average			1657	213	3300	*18.34	10.56	2498.3	19364	77.75	*63	79.24	199.79	64.25	28.65	*0.50
% of Calories											*15.3%	19.1%	48.2%	34.9%	15.6%	*0.3%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			873	96	1568	*9.27	5.79	*1156.3	*6371	*33.92	*31	41.83	106.93	32.46	*12.55	*0.14
											*31.9%	19.2%	49.0%	33.5%	*12.9%	*0.1%

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

May 29, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 13

Generated on: 5/26/2017 8:58:32 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	873		550 - 650	134%					223	Correction Required - Calories too High							
Cholesterol (mg)	96																
Sodium (mg)	1568		1230						338	Correction Required - Sodium too High							
Fiber (g)	9.27				Missing												
Iron (mg)	5.79				Missing												
Calcium (mg)	1156.3				Missing												
Vitamin A (IU)	6371				Missing												
Sugars (g)	31	14.18%			Missing												
Vitamin C (mg)	33.92				Missing												
Protein (g)	41.83	19.17%															
Carbohydrate (g)	106.93	48.99%															
Total Fat (g)	32.46	33.46%															
Saturated Fat (g)	12.55	12.94%	<10.00%		Missing					Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.14	0.14%			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.