

# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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 <sup>1</sup> (g)
<b>Mon - 11/27/2017</b>																
Elementary Lunch-Traditional meatball sub hs 12 13	Total EACH 5 balls	100 1	310	35	768	4.85	4.18	107.4	346	5.17	5	20.75	36.05	9.1	3.52	*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	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			17	2	36	0.24	*0.11	*23.2	*42	*0.35	1 29.2%	0.78 18.0%	2.45 56.8%	0.53 27.6%	0.23 11.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

<b>Tue - 11/28/2017</b>																
Elementary Lunch-Traditional American Chop Suey	Total 3/4 cup	100 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	1022	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	*0.0	5	21.14	34.36	12.71	7.12	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			18	2	39	0.19	*0.10	*25.4	*69	*0.37	*1 *23.2%	0.83 18.3%	2.28 50.2%	0.66 32.7%	0.29 14.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 11/29/2017																
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	324	30	1232	1.00	1.44	441.0	1622	0.01	*N/A*	18.03	30.03	13.74	6.55	*0.00
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*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			19	2	47	0.19	*0.08	*26.1	*57	*0.42	*1 *21.6%	0.76 16.1%	2.64 56.1%	0.63 29.8%	0.28 13.3%	*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.

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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 <sup>1</sup> (g)
Thu - 11/30/2017																
Elementary Lunch-Traditional Pretzel	Total Serving	1														
		1	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
Cheddar Cheese Stick	2 oz sticks	1	229	60	352	0.00	0.39	408.8	568	0.0	0	14.12	0.73	18.79	11.96	*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
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1826	196	3463	24.72	*8.87	*2624.9	*18887	*35.46	109	77.37	241.82	67.24	32.56	*0.00
% of Calories											23.8%	16.9%	53.0%	33.1%	16.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Elementary Lunch-Traditional

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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 <sup>1</sup> (g)
Fri - 12/01/2017																
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*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1957	226	4098	25.88	*10.63	*2878.3	*16388	*46.81	*115	85.18	261.25	69.45	34.78	*0.00
% of Calories											*23.5%	17.4%	53.4%	31.9%	16.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 12/04/2017																
Elementary Lunch-Traditional	Total	100														
Orange Chicken	10 pieces w sau	1	383	81	647	3.00	2.00	18.0	167	0.0	17	18.0	38.0	17.0	3.00	0.00
BROCCOLI: frozen, boiled	1/2 cup	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
RICE,Cooked Brown	1/2 cup	1	94	0	96	0.89	0.38	7.0	0	0.0	*0	2.03	19.71	0.75	0.15	*N/A*
Turkey Sub	Serving	1	293	45	1086	1.64	2.32	43.9	67	4.85	3	17.94	23.03	14.0	1.83	*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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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

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Weighted Daily Average % of Calories			18	2	33	0.21	*0.10	*19.3	*44	*0.67	*1 *29.6%	0.73 16.1%	2.49 54.8%	0.62 30.6%	0.17 8.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 12/05/2017																
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*
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Turkey Sub	Serving	1	293	45	1086	1.64	2.32	43.9	67	4.85	3	17.94	23.03	14.0	1.83	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			22	2	42	0.27	*0.29	*22.8	*41	*0.35	*1 *22.6%	1.03 19.1%	2.57 47.6%	0.87 36.1%	0.35 14.8%	*0.01 *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  
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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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 <sup>1</sup> (g)
Wed - 12/06/2017																
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
POTATOES, ROUNDS	8 pieces	1	134	0	214	2.00	0.32	0.0	0	1.06	*N/A*	2.0	18.0	6.0	2.00	2.00
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*
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*
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
Turkey Sub	Serving	1	293	45	1086	1.64	2.32	43.9	67	4.85	3	17.94	23.03	14.0	1.83	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1836	132	3626	24.76	*9.48	*2416.2	*6292	*45.51	*107	75.73	254.48	60.50	18.86	*2.00
% of Calories											*23.2%	16.5%	55.5%	29.7%	9.2%	*1.0%
Nutrient Guideline			550-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/07/2017																
Elementary Lunch-Traditional	Total	100														
Rotini	1 serving/cup	1	189	0	4	4.51	1.97	21.7	0	0.0	*N/A*	7.94	40.73	0.76	0.14	*N/A*
MEAT SAUCE	1/2 cup	1	287	81	624	0.69	3.84	58.4	468	6.55	*0	24.82	7.43	16.81	5.51	*0.00
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
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
Turkey Sub	Serving	1	293	45	1086	1.64	2.32	43.9	67	4.85	3	17.94	23.03	14.0	1.83	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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

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

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			20	2	41	0.20	*0.13	*22.5	*67	*0.39	*1 *20.8%	0.97 19.5%	2.35 47.4%	0.74 33.8%	0.25 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 12/08/2017																
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
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*
Turkey Sub	Serving	1	293	45	1086	1.64	2.32	43.9	67	4.85	3	17.94	23.03	14.0	1.83	*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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			1926	202	4175	22.52	*11.87	*2465.9	*15884	*51.65	*118 *24.4%	80.97 16.8%	252.92 52.5%	69.74 32.6%	28.00 13.1%	*0.50 *0.2%
Nutrient Guideline			550-650		1230											<10.00

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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 <sup>1</sup> (g)
Mon - 12/11/2017																
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
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
SWEET POTATO,CND,MSHD	half cup	1	129	0	96	2.17	1.70	38.3	11091	6.63	7	2.52	29.57	0.26	0.05	*N/A*
CARROT STICKS	.5 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
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
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
BBQ PC 17 18	1 cup	1	45	0	240	0.00	0.72	0.0	0	0.0	9	0.0	10.0	0.0	0.00	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 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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1849	190	2835	*21.14	*9.69	*1942.5	*29211	*39.91	*143	71.14	266.02	59.25	18.04	*0.00
% of Calories											*30.9%	15.4%	57.5%	28.8%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 12/12/2017																
Elementary Lunch-Traditional	Total	1														
Nacho chips 12 13	1.7oz (@ 23chps)	1	245	0	210	1.75	0.63	70.0	0	0.0	*N/A*	3.5	31.5	12.25	1.75	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
Nacho Toppings	Serving	1	114	27	103	0.76	0.33	136.0	756	6.89	2	4.57	3.16	9.53	5.75	*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	3/4 CUP	1	162	0	417	9.08	0.66	13.6	424	24.27	*3	8.19	29.45	2.01	0.29	*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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1890	204	2803	*25.10	*7.95	*2182.2	*5053	*58.95	*105	77.40	227.12	78.98	28.76	*0.00
% of Calories											*22.2%	16.4%	48.1%	37.6%	13.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 12/13/2017																
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
APPLE CRISP	SERVINGS	1	200	0	113	2.30	0.99	20.0	350	0.49	*N/A*	1.94	31.75	7.97	1.59	*N/A*
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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			1766	161	2391	*19.99	*7.97	*1944.4	*8575	*37.05	*99	60.17	228.22	70.90	23.03	*0.00
% of Calories											*22.4%	13.6%	51.7%	36.1%	11.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 12/14/2017																
Elementary Lunch-Traditional	Total	1														
Rotini	3/4 cup	1	142	0	3	3.38	1.48	16.3	0	0.0	*N/A*	5.96	30.55	0.57	0.10	*N/A*
Meatballs and Sauce	5 meatballs	1	179	35	892	2.84	3.05	55.9	630	9.77	*5	15.62	10.59	9.22	3.54	*0.00
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
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
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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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

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

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 11

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1788	195	3597	*19.82	*10.88	*2211.4	*6900	*37.47	*105 *23.4%	84.38 18.9%	219.95 49.2%	66.56 33.5%	24.20 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 12/15/2017																
Elementary Lunch-Traditional	Total	1														
Max Stuffed Crust Cheese Pizza	1 each	1	360	30	860	4.00	6.00	351.0	762	0.0	*N/A*	21.0	43.0	12.0	6.00	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*
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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			1637	161	2540	*18.88	*12.05	*2238.1	*15390	*34.81	*110 *27.0%	72.04 17.6%	222.89 54.5%	54.74 30.1%	20.66 11.4%	*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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 12/18/2017																
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	254	3.00	1.80	60.0	0	0.0	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	376	2.77	1	1.01	4.35	0.11	0.03	*N/A*
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
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average			2027	164	3092	*23.75	*10.92	*1961.0	*3703	*31.64	*118	83.47	266.03	72.11	18.58	*0.00
% of Calories											*23.2%	16.5%	52.5%	32.0%	8.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/19/2017																
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
BROCCOLI: frozen, boiled	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*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
Cookie - Otis - red fat	cookie	1	110	7	52	0.50	0.72	0.0	50	0.0	*N/A*	1.5	19.0	3.5	1.25	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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1843	153	2712	22.99	*10.76	*2278.2	*4646	*63.37	*106 *23.1%	80.83 17.5%	239.62 52.0%	65.92 32.2%	23.82 11.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 12/20/2017																
Elementary Lunch-Traditional	Total	100														
French Toast Sticks	4 each	1	503	194	1168	2.60	5.22	252.5	441	0.71	*N/A*	17.46	75.76	14.4	3.61	*N/A*
Waffles Mini Maple	pouch	1	210	*N/A*	170	3.00	0.00	0.0	*N/A*	*N/A*	13	4.0	38.0	6.0	1.00	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
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
POTATOES, ROUNDS	8 pieces	1	134	0	214	2.00	0.32	0.0	0	1.06	*N/A*	2.0	18.0	6.0	2.00	2.00
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*
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
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	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
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 PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	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
Weighted Daily Average % of Calories			24	*3	37	*0.23	*0.16	*20.9	*37	*0.27	*1 *21.8%	0.86 14.3%	3.35 55.9%	0.83 31.3%	*0.21 *7.9%	*0.02 *0.8%
Nutrient Guideline			550-650		1230											<10.00

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# Hamilton-Wenham Regional Schools

Nov 27, 2017 thru Dec 22, 2017

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/21/2017																
Elementary Lunch-Traditional pizza - Gill's wtg nutr 6/17	Total slice	1														
GARDEN SALAD	1.25 CUP	1	400	30	990	1.00	1.80	300.0	400	2.4	*N/A*	24.0	47.0	13.0	6.00	*N/A*
TUNA SALAD Sand Elem 15 16	SERVINGS	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Bagel and Cheese Lunch	bagel and chees	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Assorted Fresh Fruit	1 EACH	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	HALF PINT	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
Juice Variety	4 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
Fruit - Canned Commodity	1/2 cup	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Ketchup - Heinz - 15 16	ounce	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	*0.00
Ranch PC 17 18	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
Craisins individual USDA 17 18	package	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
		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
Weighted Daily Average			1759	135	2942	19.50	*9.68	*2176.6	*14933	*36.49	*102	81.99	223.14	62.37	20.60	*0.00
% of Calories											*23.2%	18.6%	50.7%	31.9%	10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1171	*112	2029	*14.24	*6.41	*1446.3	*7696	*27.47	*71	49.29	153.77	42.24	*15.46	*0.13
											*54.4%	16.8%	52.5%	32.5%	*11.9%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1171		550 - 650	180%			521	Correction Required - Calories too High
Cholesterol (mg)	112				Missing			
Sodium (mg)	2029		1230				799	Correction Required - Sodium too High
Fiber (g)	14.24				Missing			
Iron (mg)	6.41				Missing			
Calcium (mg)	1446.3				Missing			
Vitamin A (IU)	7696				Missing			
Sugars (g)	71	24.17%			Missing			
Vitamin C (mg)	27.47				Missing			
Protein (g)	49.29	16.84%						
Carbohydrate (g)	153.77	52.54%						
Total Fat (g)	42.24	32.48%						
Saturated Fat (g)	15.46	11.88%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.13	0.10%			Missing			

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