

Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Mon - 10/02/2017																
Elementary Lunch-Traditional Orange Chicken	Total 10 pieces w sau	100														
		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*
Ham & Cheese Sub	Serving	1	476	83	2025	3.00	2.96	694.5	671	0.0	*7	26.28	41.71	21.41	11.13	*0.00
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
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			19	2	41	0.18	0.10	26.8	49	0.91	*1 *17.3%	0.82 17.8%	2.37 51.2%	0.66 32.0%	0.26 12.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/03/2017																
Elementary Lunch-Traditional Pretzel	Total Serving	1														
		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*
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
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	36	0	201	1.75	0.49	14.9	7	2.45	*0	1.97	5.83	0.78	0.08	*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
Ham & Cheese Sub	Serving	1	476	83	2025	3.00	2.96	694.5	671	0.0	*7	26.28	41.71	21.41	11.13	*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	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

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Hamilton-Wenham Regional Schools

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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 ¹ (g)
Weighted Daily Average			2084	172	4977	21.66	13.52	2959.3	19376	63.20	*66	89.47	286.65	68.86	32.44	*0.00
% of Calories											*12.7%	17.2%	55.0%	29.7%	14.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/04/2017																
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*
Ham & Cheese Sub	Serving	1	476	83	2025	3.00	2.96	694.5	671	0.0	*7	26.28	41.71	21.41	11.13	*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	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			1693	167	4430	19.28	9.95	3152.2	4840	71.45	*63	81.38	217.37	57.07	25.83	*0.00
% of Calories											*14.9%	19.2%	51.3%	30.3%	13.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 10/05/2017																
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
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	476	83	2025	3.00	2.96	694.5	671	0.0	*7	26.28	41.71	21.41	11.13	*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	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			18	2	47	0.16	0.11	29.4	72	0.66	*1 *14.4%	0.88 19.5%	2.05 45.5%	0.70 35.0%	0.33 16.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/10/2017																
Elementary Lunch-Traditional	Total	100														
CHICKEN DRUMSTICK CN IF 4.5	1 each	1	110	85	65	0.00	0.00	0.0	0	0.0	*N/A*	15.99	0.0	6.0	1.50	*N/A*
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: 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*
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*
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	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*

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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 ¹ (g)
Weighted Daily Average % of Calories			14	2	30	0.14	0.07	20.3	43	1.00	*1 *18.6%	0.72 20.6%	1.82 51.9%	0.48 30.7%	0.15 9.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/11/2017																
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*
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	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			17	1	45	0.14	0.08	23.6	53	0.76	*1 *13.6%	0.72 17.1%	2.23 52.7%	0.60 31.6%	0.22 11.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/12/2017																
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	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			18	2	40	0.17	0.13	23.1	66	0.68	*1	0.96	2.05	0.70	0.25	*0.00
% of Calories											*13.3%	21.2%	45.0%	34.6%	12.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/13/2017																
Elementary Lunch-Traditional	Total	1														
pizza - Gill's wtg nutr 6/17	slice	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*
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	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	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*

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Weighted Daily Average % of Calories			1579	150	3446	14.24	9.23	2281.3	14972	70.95	*71 *18.1%	77.95 19.7%	205.53 52.1%	52.74 30.1%	19.51 11.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/16/2017																
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
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
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 - 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*
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
ORANGES,RAW,ALL COMM VAR	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*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
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			1869	187	2335	*22.79	9.13	2116.2	19811	144.44	*91 *19.6%	77.69 16.6%	269.69 57.7%	58.63 28.2%	17.74 8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Tue - 10/17/2017																
Elementary Lunch-Traditional	Total	1														
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*
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*
guacamole - thurston - 11/13	ounce	1	43	0	128	0.94	0.34	0.0	94	2.27	*N/A*	0.0	1.89	3.78	0.47	0.00
BLACK BEAN SALAD	3/4 CUP	1	324	0	718	7.01	3.10	66.8	432	27.04	*3	10.68	29.6	2.51	0.42	*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
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
ORANGES,RAW,ALL COMM VAR	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*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
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			2116	238	3532	*26.59	13.37	2516.5	7165	176.22	*93	95.61	247.17	71.89	29.48	*0.00
% of Calories											*17.6%	18.1%	46.7%	30.6%	12.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Wed - 10/18/2017																
Elementary Lunch-Traditional french toast sticks 12 13	Total	1														
	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	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*
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*
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
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
ORANGES,RAW,ALL COMM VAR	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*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
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			1745	203	2246	*20.46	9.70	2183.3	5832	145.61	*86	73.03	222.45	66.06	25.25	*0.00
% of Calories											*19.8%	16.7%	51.0%	34.1%	13.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Thu - 10/19/2017																
Elementary Lunch-Traditional	Total	1														
Rib Pork Honey BBQ sandwich		1	356	45	914	4.00	2.88	80.0	300	1.2	11	19.0	41.0	12.0	4.50	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
Potato Sweet Waffle 16 17	1/2 cup	1	130	0	140	4.00	0.65	30.8	1081	0.46	8	1.0	21.0	8.0	1.00	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
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
ORANGES,RAW,ALL COMM VAR	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*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
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			1868	173	3051	*29.37	11.20	2125.6	6513	137.95	*123	76.80	280.64	58.06	19.81	*0.00
% of Calories											*26.4%	16.4%	60.1%	28.0%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Fri - 10/20/2017																
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	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
GRAPES,Fresh	.5 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*
ORANGES,RAW,ALL COMM VAR	1 each	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
MANDARIN ORANGES,CND,LT SYRUP,	1/2 cup	1	71	0	7	1.36	0.42	9.1	1467	22.23	*N/A*	0.61	18.21	0.16	0.01	*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
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			1729	208	2621	*20.99	11.43	2359.6	16838	145.19	*99	69.18	246.69	57.16	20.42	*0.00
% of Calories											*22.8%	16.0%	57.1%	29.7%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 2017

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 - 10/23/2017																
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
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 - 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*
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	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			1734	162	2739	19.47	8.36	2006.3	*3591	60.54	*57	78.45	206.39	68.86	18.22	*0.00
% of Calories											*13.2%	18.1%	47.6%	35.7%	9.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Wed - 10/25/2017																
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
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	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			1576	143	2601	19.20	10.00	2343.5	4484	92.26	*64	79.30	190.97	58.16	22.21	*0.00
% of Calories											*16.2%	20.1%	48.5%	33.2%	12.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Thu - 10/26/2017																
Elementary Lunch-Traditional	Total	100														
Nacho chips 12 13	1oz (@16 chips)	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	96	10	400	0.01	0.01	153.0	407	0.0	*N/A*	6.1	2.9	7.1	4.05	0.00
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*
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*
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
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			19	2	34	0.21	*0.11	*23.1	*49	*0.81	*1	0.87	2.03	0.80	0.27	*0.00
% of Calories											*12.6%	17.8%	41.8%	37.2%	12.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 2, 2017 thru Oct 27, 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 ¹ (g)
Fri - 10/27/2017																
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
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	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			1812	188	3624	21.22	12.34	2491.9	15671	74.99	*64	86.96	211.49	72.12	28.74	*0.50
% of Calories											*14.0%	19.2%	46.7%	35.8%	14.3%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1171	118	2108	*13.90	*6.99	*1569.5	*7025	*69.86	*52	52.40	152.80	40.80	15.36	*0.03
											*39.9%	17.9%	52.2%	31.4%	11.8%	*0.0%

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)	118							
Sodium (mg)	2108		1230				878	Correction Required - Sodium too High
Fiber (g)	13.90				Missing			
Iron (mg)	6.99				Missing			
Calcium (mg)	1569.5				Missing			
Vitamin A (IU)	7025				Missing			
Sugars (g)	52	17.72%			Missing			
Vitamin C (mg)	69.86				Missing			
Protein (g)	52.40	17.90%						
Carbohydrate (g)	152.80	52.19%						
Total Fat (g)	40.80	31.35%						
Saturated Fat (g)	15.36	11.80%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.03	0.02%			Missing			

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