

Hamilton-Wenham Regional Schools

Aug 29, 2017 thru Sep 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 - 08/30/2017																
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 - 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			1880	162	2993	*19.47	10.16	2066.3	*3591	60.54	*59	84.45	235.39	68.86	18.22	*0.00
% of Calories											*12.6%	18.0%	50.1%	33.0%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 08/31/2017																
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*

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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 2

Generated on: 8/15/2017 10:59:04 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			1812	188	3624	21.22	12.34	2491.9	15671	74.99	*64 *14.0%	86.96 19.2%	211.49 46.7%	72.12 35.8%	28.74 14.3%	*0.50 *0.2%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/05/2017																
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*
Rib Pork Honey BBQ sandwich	1	1	356	45	914	4.00	2.88	80.0	300	1.2	11	19.0	41.0	12.0	4.50	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			17	2	30	0.19	0.10	20.7	45	0.92	*1 *19.3%	0.75 17.3%	2.37 54.5%	0.57 29.3%	0.19 10.0%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 3

Generated on: 8/15/2017 10:59:04 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 - 09/06/2017																
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
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*
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
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			1574	129	3318	20.28	9.87	2537.7	4469	72.65	*67	74.10	216.66	47.66	19.20	*0.00
% of Calories											*17.0%	18.8%	55.1%	27.3%	11.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/07/2017																
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
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
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
 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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 4

Generated on: 8/15/2017 10:59:04 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			17	2	36	0.17	0.11	23.2	68	0.67	*1 *16.3%	0.81 19.1%	2.05 48.5%	0.61 32.5%	0.26 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/08/2017																
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*
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
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			1832	204	3795	23.60	11.49	2667.4	16256	76.91	*79 *17.2%	83.01 18.1%	238.25 52.0%	64.49 31.7%	31.80 15.6%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 5

Generated on: 8/15/2017 10:59:04 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 - 09/11/2017																
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*
Weighted Daily Average			14	2	30	0.14	0.07	20.3	43	1.00	*1	0.72	1.82	0.48	0.15	*0.00
% of Calories											*18.6%	20.6%	51.9%	30.7%	9.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/12/2017																
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
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
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*

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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 6

Generated on: 8/15/2017 10:59:04 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			19	2	38	0.20	0.27	23.0	88	0.71	*1 *12.2%	0.96 19.6%	2.08 42.8%	0.84 39.1%	0.36 16.6%	*0.01 *0.3%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/13/2017																
Elementary Lunch-Traditional	Total	100														
Pancakes Th 98963	package of	1	160	7	267	2.00	0.96	26.7	0	0.0	*N/A*	3.33	28.0	4.67	0.67	0.00
PORK, HAM, CURED, SLICED, PREC	2 slices	1	73	37	732	0.00	0.00	0.0	0	0.0	*N/A*	10.98	3.66	1.84	0.62	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
Pancake Syrup - Thurston #2156	.25 cup	1	30	0	0	0.00	0.00	0.0	0	0.0	5	0.0	7.75	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	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			15	2	37	0.14	0.08	19.5	32	0.68	*1 *16.5%	0.66 17.5%	2.10 55.4%	0.50 29.9%	0.16 9.6%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 7

Generated on: 8/15/2017 10:59:04 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 - 09/14/2017																
Elementary Lunch-Traditional	Total	100														
Pork pulled sandwich 16 17	sandwich	1	3664	100	6825	69.64	*41.88	*1396.2	*423	*6.48	*46	160.72	687.21	10.16	4.03	*2.00
Cole Slaw	Servings	1	215	7	112	5.32	1.02	85.3	4027	69.85	27	2.73	33.49	9.01	1.01	*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
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			51	2	97	0.91	*0.51	*34.6	*78	*1.36	*2	2.19	8.91	0.57	0.18	*0.02
% of Calories											*11.8%	17.2%	70.1%	10.0%	3.2%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/15/2017																
Elementary Lunch-Traditional	Total	1														
pizza - Sal's	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*
Weighted Daily Average			1579	150	3446	14.24	9.23	2281.3	14972	70.95	*71	77.95	205.53	52.74	19.51	*0.00
% of Calories											*18.1%	19.7%	52.1%	30.1%	11.1%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 8

Generated on: 8/15/2017 10:59:04 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)
Mon - 09/18/2017																
Elementary Lunch-Traditional	Total	1														
Ch Nugget WG - Goldkist 6116 - POTATOES, FRENCH FRIED, McCain	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
CARROT STICKS	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
CHICK ON BUN elem 15 16	.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
pudding - choc - pocoh	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	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*
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	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	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
Fruit - Canned Commodity	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*
Ketchup - Heinz - 15 16	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*
RANCH DRESSING	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
Weighted Daily Average	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*
% of Calories			1503	187	2072	*15.40	6.52	1994.0	18008	62.95	*59	69.53	184.25	57.96	17.62	*0.00
Nutrient Guideline			550-650		1230						*15.6%	18.5%	49.0%	34.7%	10.5%	*0.0%
																<10.00

Tue - 09/19/2017																
Elementary Lunch-Traditional	Total	1														
Soup - Campbell HR Tomato	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	sandwiche	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
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	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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 9

Generated on: 8/15/2017 10:59:04 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			1588	158	3718	*12.81	6.83	2331.0	5343	63.80	*54 *13.7%	70.99 17.9%	198.44 50.0%	59.55 33.8%	23.33 13.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/20/2017																
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
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
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	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			1623	158	2641	*19.28	9.46	2052.6	3678	57.10	*76 *18.6%	65.58 16.2%	213.95 52.7%	61.36 34.0%	21.78 12.1%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 10

Generated on: 8/15/2017 10:59:04 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)
Thu - 09/21/2017																
Elementary Lunch-Traditional meatball sub hs 12 13	Total EACH 5 balls	1														
		1	310	35	768	4.85	4.18	107.4	346	5.17	*4	20.75	36.05	9.1	3.52	*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
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	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			1530	192	3302	*14.17	9.77	2311.9	6303	61.76	*61 *16.1%	80.54 21.1%	170.22 44.5%	59.12 34.8%	23.71 14.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/22/2017																
Elementary Lunch-Traditional Max Stuffed Crust Cheese Pizza	Total 1 each	1														
		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	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			1480	158	2482	*15.60	12.01	2303.4	15279	63.70	*68 *18.3%	72.01 19.5%	193.25 52.2%	50.49 30.7%	20.30 12.3%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 11

Generated on: 8/15/2017 10:59:04 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)
Mon - 09/25/2017																
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 - 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			1880	162	2993	*19.47	10.16	2066.3	*3591	60.54	*59	84.45	235.39	68.86	18.22	*0.00
% of Calories											*12.6%	18.0%	50.1%	33.0%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/26/2017																
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*

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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 12

Generated on: 8/15/2017 10:59:04 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			1576	143	2601	19.20	10.00	2343.5	4484	92.26	*64 *16.2%	79.30 20.1%	190.97 48.5%	58.16 33.2%	22.21 12.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/27/2017																
Elementary Lunch-Traditional	Total	100														
Waffle Sticks	3 ea	1	180	30	400	1.00	1.80	20.0	800	0.0	*N/A*	4.0	21.0	7.0	1.50	*N/A*
PORK, HAM, CURED, SLICED, PREC	2 slices	1	73	37	732	0.00	0.00	0.0	0	0.0	*N/A*	10.98	3.66	1.84	0.62	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
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
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	34	0.21	0.10	20.3	191	0.62	*1 *19.4%	0.73 16.6%	2.34 53.1%	0.61 31.2%	0.17 8.9%	*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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 13

Generated on: 8/15/2017 10:59:04 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)
Thu - 09/28/2017																
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	

Fri - 09/29/2017																
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*

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

Aug 29, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 14

Generated on: 8/15/2017 10:59:04 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			1812	188	3624	21.22	12.34	2491.9	15671	74.99	*64 *14.0%	86.96 19.2%	211.49 46.7%	72.12 35.8%	28.74 14.3%	*0.50 *0.2%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			1040	104	1950	*11.34	*6.26	*1434.5	*6091	*42.85	*41 *35.1%	48.74 18.7%	129.95 50.0%	38.02 32.9%	14.05 12.2%	*0.05 *0.0%
------------------	--	--	------	-----	------	--------	-------	---------	-------	--------	---------------	----------------	-----------------	----------------	----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1040		550 - 650	160%			390	Correction Required - Calories too High
Cholesterol (mg)	104							
Sodium (mg)	1950		1230				720	Correction Required - Sodium too High
Fiber (g)	11.34				Missing			
Iron (mg)	6.26				Missing			
Calcium (mg)	1434.5				Missing			
Vitamin A (IU)	6091				Missing			
Sugars (g)	41	15.58%			Missing			
Vitamin C (mg)	42.85				Missing			
Protein (g)	48.74	18.75%						
Carbohydrate (g)	129.95	49.98%						
Total Fat (g)	38.02	32.91%						
Saturated Fat (g)	14.05	12.16%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.05	0.04%			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.