

Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Page 1

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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 - 04/30/2018																
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
RICE,UB par boiled 17 18	1/2 cup	1	120	0	97	1.10	0.26	4.9	16	0.03	*0	2.79	24.88	1.0	0.24	*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*
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*
Pork pulled sandwich 16 17	sandwiche	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			20	2	33	0.23	*0.10	*19.7	*46	*0.65	*2	0.74	2.97	0.56	0.18	*0.01
% of Calories											*31.2%	14.8%	59.5%	25.4%	8.0%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
Tue - 05/01/2018																
Elementary Lunch-Traditional	Total	1														
Pretzel	Serving	1	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
Cheese Sauce, RF, Pouch, Frzn,	2 oz	1	190	20	799	0.01	0.01	306.0	812	0.0	*N/A*	12.2	5.6	14.2	8.10	0.00
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
Pork pulled sandwich 16 17	sandwiche	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1994	143	3743	25.88	*9.15	*2270.0	*18894	*36.70	*137	72.62	293.96	61.04	24.62	*1.01
% of Calories											*27.6%	14.6%	59.0%	27.5%	11.1%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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

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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)
Wed - 05/02/2018																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks RSP 13 14	6 sticks	1	330	15	660	4.00	1.89	520.0	581	0.94	*N/A*	20.0	36.0	12.0	3.50	0.00
Marinara cup Red Gold 17 18	1 cup	1	40	0	200	2.00	0.00	20.0	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
CELERY STICKS	1/2 CUP	1	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
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*
Pork pulled sandwich 16 17	sandwiche	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1941	137	3380	25.60	*8.69	*2484.7	*4223	*39.67	*138	74.61	292.15	52.25	18.01	*1.01
% of Calories											*28.4%	15.4%	60.2%	24.2%	8.4%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

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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 ¹ (g)
Thu - 05/03/2018																
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
Pork pulled sandwich 16 17	sandwich	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			20	2	38	0.20	*0.10	*22.8	*67	*0.38	*1	0.80	2.75	0.64	0.25	*0.01
% of Calories											*26.6%	15.8%	54.5%	28.6%	11.0%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/04/2018																
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
Pork pulled sandwich 16 17	sandwich	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
cookie spanish english	bag	1	100	0	70	2.00	7.20	100.0	400	*N/A*	*N/A*	2.0	18.0	3.0	1.00	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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Weighted Daily Average			2175	212	3916	28.65	*18.36	*2702.7	*16474	*47.33	*134	83.06	307.81	69.47	31.52	*1.01
% of Calories											*24.6%	15.3%	56.6%	28.7%	13.0%	*0.4%
Nutrient Guideline			550-650		1230											<10.00

Mon - 05/07/2018																
Elementary Lunch-Traditional	Total	100														
Ch 4pc roasted Goldkist 17 18	breast or t high	1	166	100	95	0.00	1.00	1.0	105	1.0	0	19.0	0.0	10.0	3.50	0.00
bbq sauce	1 oz	1	39	0	250	0.32	0.24	8.1	211	3.24	*N/A*	0.36	10.11	0.08	0.01	*N/A*
CORN ON THE COB: frozen,boiled	1 EACH	1	59	0	151	1.76	0.38	1.9	146	3.02	2	1.96	14.07	0.47	0.07	*N/A*
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
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			21	3	49	0.25	*0.12	*23.4	*48	*0.44	*2	0.84	3.06	0.67	0.25	*0.00
% of Calories											*29.1%	15.9%	58.0%	28.4%	10.6%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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 - 05/08/2018																
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
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			24	3	53	0.25	*0.29	*26.3	*48	*0.38	*1	1.03	2.90	0.98	0.42	*0.01
% of Calories											*22.4%	17.0%	48.0%	36.3%	15.8%	*0.3%
Nutrient Guideline			550-650		1230											<10.00

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

Apr 30, 2018 thru May 25, 2018

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 - 05/09/2018																
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*
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			22	2	61	0.21	*0.10	*27.1	*63	*0.53	*1	0.78	3.16	0.75	0.29	*0.00
% of Calories											*23.7%	14.0%	56.6%	30.2%	11.8%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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)
Thu - 05/10/2018																
Elementary Lunch-Traditional	Total	100														
Pasta - Penne - wh gr ckd	1 cup	1	200	0	342	3.81	1.72	32.6	0	0.0	2	6.67	39.07	1.43	0.00	*0.00
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
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			24	3	59	0.23	*0.15	*26.7	*76	*0.45	*1	1.01	2.97	0.86	0.32	*0.00
% of Calories											*23.1%	17.0%	50.0%	32.6%	12.0%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Fri - 05/11/2018																
Elementary Lunch-Traditional	Total	1														
Pizza - Stuffed Crust 17 18	piece	1	303	25	724	3.37	0.00	378.8	631	0.0	5	17.68	36.2	10.1	5.05	0.00
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
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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Apr 30, 2018 thru May 25, 2018

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			1930	191	4647	22.99	*9.23	*2685.0	*16111	*44.84	*141	76.10	268.86	63.77	25.48	*0.19
% of Calories											*29.2%	15.8%	55.7%	29.7%	11.9%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Mon - 05/14/2018																
Elementary Lunch-Traditional	Total	1														
Ch Nugget WG - Goldkist 6116 -	4 nuggets	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
CARROT STICKS	.5 CUP	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
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
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1987	184	3521	21.94	*8.87	*2120.1	*18217	*30.46	*154	77.36	280.61	63.90	19.36	*0.00
% of Calories											*31.0%	15.6%	56.5%	28.9%	8.8%	*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)
Tue - 05/15/2018																
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
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			2171	193	3668	29.10	*9.56	*2413.7	*5150	*58.95	*138 *25.4%	86.20 15.9%	291.77 53.8%	77.28 32.0%	29.26 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

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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 - 05/16/2018																
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
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*
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1912	150	3302	25.08	*9.53	*2178.6	*10744	*42.45	*134	70.08	274.85	61.74	22.02	*0.00
% of Calories											*28.1%	14.7%	57.5%	29.1%	10.4%	*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

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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)
Thu - 05/17/2018																
Elementary Lunch-Traditional	Total	1														
Pasta - Penne - wh gr ckd	1 cup	1	200	0	342	3.81	1.72	32.6	0	0.0	2	6.67	39.07	1.43	0.00	*0.00
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
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2128	185	4800	24.25	*12.73	*2459.3	*6998	*37.47	*140	93.90	293.13	65.72	24.59	*0.00
% of Calories											*26.3%	17.7%	55.1%	27.8%	10.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 05/18/2018																
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
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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			2080	210	4040	26.51	*11.14	*2745.1	*16148	*46.09	*133	88.55	287.84	67.68	30.99	*0.00
% of Calories											*25.6%	17.0%	55.4%	29.3%	13.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 05/21/2018																
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*
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2157	164	3292	*23.75	*10.92	*1981.0	*3703	*31.64	*133	83.47	290.03	75.11	19.08	*0.00
% of Calories											*24.6%	15.5%	53.8%	31.3%	8.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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 - 05/22/2018																
Elementary Lunch-Traditional	Total	1														
Mac and Cheese ES	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	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1983	146	3059	23.49	*10.76	*2318.2	*4596	*63.37	*137	80.33	268.62	68.42	23.57	*0.00
% of Calories											*27.7%	16.2%	54.2%	31.0%	10.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 05/23/2018																
Elementary Lunch-Traditional	Total	100														
meatball sub hs 12 13	EACH 5 balls	1	310	35	768	4.85	4.18	107.4	346	5.17	5	20.75	36.05	9.1	3.52	*0.00
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
BLACK BEAN SALAD	1/2 CUP	1	108	0	278	6.05	0.44	9.0	283	16.18	*2	5.46	19.64	1.34	0.19	*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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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			21	1	35	0.28	*0.13	*19.9	*39	*0.47	*1	0.85	2.89	0.69	0.20	*0.00
% of Calories											*26.2%	16.3%	55.2%	29.6%	8.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 05/24/2018																
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*
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*
HASH BROWN POTATOES	1/2 CUP	1	170	0	12	2.50	0.42	13.3	0	4.91	0	2.07	21.92	8.97	0.73	*N/A*
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
apples, spiced	1/2 cup	1	83	0	1	4.10	0.43	31.8	58	0.33	*4	0.44	21.72	0.49	0.08	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Pancake Syrup - Thurston #2156	1 cup	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Veggie Dip	Servings	1	85	5	274	0.00	0.00	18.9	0	0.0	*N/A*	0.0	5.67	6.61	0.94	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			24	2	34	*0.28	*0.15	*20.2	*192	*0.38	*2	0.71	3.32	0.86	*0.19	*0.00
% of Calories											*26.9%	12.1%	56.1%	32.9%	*7.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

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 - 05/25/2018																
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	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
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
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2219	190	4082	25.50	*13.10	*2466.6	*15783	*46.09	*137	87.99	289.13	82.37	30.10	*0.50
% of Calories											*24.7%	15.9%	52.1%	33.4%	12.2%	*0.2%
Nutrient Guideline			550-650		1230											<10.00
Weighted Average			1243	106	2291	*15.23	*6.66	*1450.6	*6881	*26.44	*83	49.05	173.14	40.74	*15.04	*0.19
											*60.4%	15.8%	55.7%	29.5%	*10.9%	*0.1%

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Hamilton-Wenham Regional Schools

Apr 30, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1243		550 - 650	191%				593	Correction Required - Calories too High								
Cholesterol (mg)	106																
Sodium (mg)	2291		1230						1061	Correction Required - Sodium too High							
Fiber (g)	15.23					Missing											
Iron (mg)	6.66					Missing											
Calcium (mg)	1450.6					Missing											
Vitamin A (IU)	6881					Missing											
Sugars (g)	83	26.83%				Missing											
Vitamin C (mg)	26.44					Missing											
Protein (g)	49.05	15.79%															
Carbohydrate (g)	173.14	55.73%															
Total Fat (g)	40.74	29.50%															
Saturated Fat (g)	15.04	10.89%				Missing											
Trans Fat ¹ (g)	0.19	0.14%				Missing											
			<10.00%														

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