

# Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/03/2022</b>																
Miles River Middle School	Total	1														
Mozzarella Sticks - Rich's	6 pieces	1	240	20	280	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	11.0	22.0	12.0	4.50	0.00
Marinara Cup - Red Gold	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
Pizza Green Beans	4 oz	1	35	0	15	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	1.0	7.0	0.0	0.00	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1259	106	2000	24.41	*5.12	*579.0	*11035	*32.13	*71	60.41	176.32	37.74	14.66	0.00
% of Calories											*22.6%	19.2%	56.0%	27.0%	10.5%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Tue - 10/04/2022</b>																
Miles River Middle School	Total	1														
Belgian Waffle (Square)	2 waffle	1	360	70	740	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	8.0	54.0	18.0	10.00	0.00
Strawberries	1/2 cup	1	90	0	0	3.00	0.35	20.0	0	54.0	17	0.0	22.99	0.0	0.00	0.00
Blueberries	1/2 cup	1	34	0	0	2.00	0.86	12.0	128	1.8	*N/A*	0.54	8.12	0.0	0.00	0.00
Yogurt, 4oz stony	Serving	1	100	5	65	2.00	*N/A*	200.0	*N/A*	*N/A*	*N/A*	4.0	19.0	1.0	0.50	*N/A*
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1528	161	2310	26.40	*6.33	*791.0	*11163	*87.93	*92	59.95	244.43	43.74	20.66	*0.00
% of Calories											*24.1%	15.7%	64.0%	25.8%	12.2%	*0.0%
Nutrient Guideline			600-700		1360										<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

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/05/2022																
Miles River Middle School	Total	1														
Chicken Tenders	3 each	1	85	20	107	1.00	0.33	5.0	20	0.0	*N/A*	5.67	5.0	4.67	1.00	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
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1111	106	1631	19.91	5.74	564.0	*11056	*35.72	*63	54.57	158.07	32.40	11.16	0.00
% of Calories											*22.8%	19.7%	56.9%	26.2%	9.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/06/2022																
Miles River Middle School	Total	1														
Pulled Pork Nachos	boat	1	486	42	1321	3.88	1.92	425.5	883	0.75	*10	25.02	61.39	14.05	6.04	*0.01
Fiesta Beans	1/2 cup	1	120	*N/A*	460	5.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	22.0	0.5	*N/A*	*N/A*
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1550	*128	3286	26.28	*7.04	*984.5	*11918	*32.87	*74	79.43	223.71	39.28	*16.20	*0.01
% of Calories											*19.1%	20.5%	57.7%	22.8%	*9.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 10/11/2022</b>																
Miles River Middle School	Total	1														
Eggoji Waffles MS/HS	2 waffles	1	180	5	300	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	27.0	6.0	1.50	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*
Hash Brown Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	0.00	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1448	166	2399	19.41	*6.00	*566.1	*11076	*32.13	*65	67.53	182.32	52.24	20.19	*0.00
% of Calories											*18.0%	18.7%	50.4%	32.5%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 10/12/2022</b>																
Miles River Middle School	Total	1														
Chicken Patty on a Bun	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
Orange Glazed Carrots	1/3 cup	1	137	0	55	3.00	*N/A*	*N/A*	*N/A*	*N/A*	26	1.0	31.0	2.0	0.00	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1335	145	1881	*20.41	*6.12	*574.0	*11096	*32.13	*89	65.41	186.32	40.74	13.16	0.00
% of Calories											*26.7%	19.6%	55.8%	27.5%	8.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Oct 1, 2022 thru Oct 31, 2022

## Base Menu Spreadsheet

Miles River Middle School

### 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 <sup>1</sup> (g)
Thu - 10/13/2022																
Miles River Middle School	Total	1														
Hamburger on a Bun	sandwich	1	279	54	279	3.00	2.93	62.0	0	2.4	*2	22.29	24.0	11.17	3.66	0.68
Hamburger on a Bun w cheese	sandwich	1	332	67	426	3.00	3.02	208.5	158	2.4	*2	25.09	24.65	15.47	6.16	0.68
Baked Beans (vegetarian)	2/3 cup	1	155	0	193	5.96	2.35	64.2	16	0.64	*14	7.15	31.52	0.72	0.01	*0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1710	206	2403	29.37	13.42	893.7	*11209	*37.56	*81	101.94	220.49	52.10	19.99	*1.36
% of Calories											*18.9%	23.9%	51.6%	27.4%	10.5%	*0.7%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 10/14/2022																
Miles River Middle School	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
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1579	178	3152	26.45	9.22	1256.5	*16645	*46.01	*64	79.09	204.50	53.81	26.73	*0.00
% of Calories											*16.2%	20.0%	51.8%	30.7%	15.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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## Base Menu Spreadsheet

Miles River Middle School

### 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 <sup>1</sup> (g)
<b>Mon - 10/17/2022</b>																
Miles River Middle School	Total	1														
Three Bean Chili (Vegetarian)	3.53 oz	1	115	0	237	5.00	*N/A*	*N/A*	*N/A*	*N/A*	3	5.0	17.0	3.0	0.00	0.00
Mini Cornbread Loaf	1 loaf	1	180	15	90	1.00	*N/A*	*N/A*	*N/A*	*N/A*	15	3.0	29.0	6.0	0.50	0.00
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1253	101	1864	24.53	*5.28	*578.4	*14688	*34.89	*83	55.91	189.57	33.87	10.69	0.00
% of Calories											*26.5%	17.8%	60.5%	24.3%	7.7%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Tue - 10/18/2022</b>																
Miles River Middle School	Total	1														
Mini Choco. Chip French Toast	1 pouch	1	192	0	212	4.05	*N/A*	*N/A*	*N/A*	*N/A*	10	4.05	35.41	5.06	1.52	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*
Hash Brown Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	0.00	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1460	161	2311	22.45	*6.00	*566.1	*11076	*32.13	*73	67.58	190.73	51.29	20.20	*0.00
% of Calories											*20.1%	18.5%	52.2%	31.6%	12.5%	*0.0%
Nutrient Guideline			600-700		1360										<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

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 10/19/2022</b>																
Miles River Middle School	Total	1														
Rib Pork Honey BBQ sandwich	1	1	377	50	917	4.00	2.08	87.0	300	3.6	10	20.0	34.0	18.5	6.00	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*
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1481	136	2812	23.41	7.20	646.0	*11335	*39.33	*73	69.41	198.32	49.24	16.66	*0.00
% of Calories											*19.7%	18.7%	53.6%	29.9%	10.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 10/20/2022</b>																
Miles River Middle School	Total	1														
Chicken Stripes	2 oz	1	67	37	141	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	9.6	0.0	3.2	1.60	0.00
Pasta Penne	1 cup	1	176	0	344	5.87	2.88	13.6	0	0.0	2	8.0	37.35	1.33	0.27	0.00
Alfredo Sauce	3 oz	1	282	43	875	0.04	0.42	443.9	228	0.11	*3	14.11	4.62	20.57	10.36	*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	0.02	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1495	165	2876	26.08	*8.98	*1046.8	*12194	*69.13	*69	81.97	187.22	49.95	22.40	*0.00
% of Calories											*18.5%	21.9%	50.1%	30.1%	13.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/21/2022																
Miles River Middle School	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	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1584	176	3111	28.19	9.64	1248.0	*23774	*52.94	*66	78.93	208.78	53.11	26.22	0.00
% of Calories											*16.7%	19.9%	52.7%	30.2%	14.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 10/24/2022																
Miles River Middle School	Total	1														
Ciabatta Melts	sandwich	1	260	30	670	2.00	*N/A*	*N/A*	*N/A*	*N/A*	6	18.0	28.0	10.0	5.00	*N/A*
Tomato Soup	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
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1342	116	2852	21.90	*5.28	*578.4	*15237	*43.12	*71	68.65	194.89	36.92	15.88	*0.00
% of Calories											*21.1%	20.5%	58.1%	24.8%	10.7%	*0.0%
Nutrient Guideline			600-700		1360										<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

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

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# Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 10/25/2022</b>																
Miles River Middle School	Total	1														
Dutch Waffles	waffle	1	330	15	330	3.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	38.0	19.0	3.00	0.00
Omelet Cheese	1 omelet	1	120	165	300	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	7.0	1.0	10.0	3.50	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*
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1554	266	2525	22.41	*5.12	*559.0	*11035	*35.73	*75	60.41	203.32	59.74	17.16	*0.00
% of Calories											*19.4%	15.6%	52.3%	34.6%	9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Wed - 10/26/2022</b>																
Miles River Middle School	Total	1														
Lasagna Roll Up Tasty 15 16	piece	1	230	35	400	2.00	1.08	300.0	500	6.0	5	14.0	27.0	7.0	4.00	0.00
Texas Toast	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
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1264	121	2015	20.41	6.92	859.0	*11735	*38.13	*68	64.41	182.32	34.24	14.16	0.00
% of Calories											*21.6%	20.4%	57.7%	24.4%	10.1%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

## Base Menu Spreadsheet

Miles River Middle School

### 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 <sup>1</sup> (g)
<b>Thu - 10/27/2022</b>																
Miles River Middle School	Total	1														
Honey Lime Chicken	1/4 cup	1	158	0	230	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13	14.0	14.0	5.0	1.00	0.00
Mandarin Orange Salad	1 cup	1	181	0	264	1.52	0.57	26.8	3046	15.72	*10	0.92	20.75	11.06	1.62	*0.00
Edamame, shelled 31565	1/2 cup	1	160	0	20	5.33	3.60	200.0	0	32.0	*N/A*	14.67	12.0	8.0	0.67	0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1442	86	2019	24.26	*9.29	*785.8	*14081	*79.85	*86	76.99	187.08	48.79	13.45	*0.00
% of Calories											*23.8%	21.4%	51.9%	30.4%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

<b>Fri - 10/28/2022</b>																
Miles River Middle School	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
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*0.00
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1579	178	3152	26.45	9.22	1256.5	*16645	*46.01	*64	79.09	204.50	53.81	26.73	*0.00
% of Calories											*16.2%	20.0%	51.8%	30.7%	15.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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# Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/31/2022																
Miles River Middle School	Total	1														
Pizza Pull Apart Southwest	1 pouch	1	300	30	580	2.00	*N/A*	*N/A*	*N/A*	*N/A*	5	14.0	33.0	17.0	6.00	0.00
Marinara Cup - Red Gold	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
Protein Pack	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chicken Patty on a Bun - MRHS	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	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
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Weighted Daily Average			1284	116	2285	21.41	*5.12	*579.0	*11035	*32.13	*72	62.41	180.32	42.74	16.16	0.00
% of Calories											*22.5%	19.4%	56.2%	30.0%	11.3%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			1435	*148	2468	*23.90	*7.21	*784.8	*13054	*44.20	*74	70.22	195.96	45.56	*18.02	*0.07
											*46.2%	19.6%	54.6%	28.6%	*11.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1435		600 - 700	205%			735	Correction Required - Calories too High
Cholesterol (mg)	148				Missing			
Sodium 1 (mg)	2468		1360				1108	Correction Required - Sodium too High
Sodium 2 (mg)	2468		1035				1433	Correction Required - Sodium too High
Fiber (g)	23.90				Missing			
Iron (mg)	7.21				Missing			
Calcium (mg)	784.8				Missing			
Vitamin A (IU)	13054				Missing			
Sugars (g)	74	20.55%			Missing			
Vitamin C (mg)	44.20				Missing			
Protein (g)	70.22	19.58%						
Carbohydrate (g)	195.96	54.64%						
Total Fat (g)	45.56	28.59%						
Saturated Fat (g)	18.02	11.31%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.07	0.05%			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

<sup>1</sup> - 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.