

Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2022																
Elementary Lunch-Traditional	Total	1														
Potato Crunch Pollock Sticks	4 sticks	1	240	30	520	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	10.0	19.0	14.0	2.00	0.00
Macaroni Salad	6 oz	1	153	2	185	3.00	*N/A*	*N/A*	*N/A*	*N/A*	8	5.0	31.0	2.0	0.00	0.00
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average % of Calories			1929	132	2581	24.53	*6.29	*1749.1	*3580	*27.46	*78	80.02	235.25	78.23	18.61	*0.00
											*16.2%	16.6%	48.8%	36.5%	8.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/04/2022																
Elementary Lunch-Traditional	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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average % of Calories			1970	175	2663	24.08	*6.89	*1756.2	*3621	*23.86	*80	83.69	222.92	85.79	26.65	*0.00
											*16.2%	17.0%	45.3%	39.2%	12.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

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)
Wed - 10/05/2022																
Elementary Lunch-Traditional	Total	1														
Mini Corndog Bites	3	1	85	15	185	0.50	*N/A*	*N/A*	*N/A*	*N/A*	2	3.5	9.0	3.5	0.75	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*
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1713	115	2465	22.65	*6.17	*1768.5	*7232	*30.23	*74	69.52	208.75	68.86	17.89	*0.00
% of Calories											*17.2%	16.2%	48.7%	36.2%	9.4%	*0.0%
Nutrient Guideline			550-650		1230										<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 ¹ (g)
Thu - 10/06/2022																
Elementary Lunch-Traditional	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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2220	221	2755	30.99	*14.30	*2083.8	*3754	*29.30	*88	118.05	252.68	86.59	26.44	*1.36
% of Calories											*15.8%	21.3%	45.5%	35.1%	10.7%	*0.6%
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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/11/2022																
Elementary Lunch-Traditional	Total	1														
Eggoji Waffles	1 waffle	1	90	3	150	0.50	*N/A*	*N/A*	*N/A*	*N/A*	1	2.0	13.5	3.0	0.75	0.00
Turkey Bacon	3 pieces	1	60	20	300	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	5.0	1.0	4.0	1.00	*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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1724	123	2487	20.53	*6.00	*1749.1	*3580	*23.86	*72	71.52	202.01	72.23	18.36	*0.00
% of Calories											*16.7%	16.6%	46.9%	37.7%	9.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/12/2022																
Elementary Lunch-Traditional	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
Orange Sauce	1 oz	1	67	0	119	0.00	0.00	0.0	0	0.0	13	0.0	15.67	0.0	0.00	0.00
Veggie Fried Rice	1 cup	1	270	0	440	4.00	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	54.0	2.5	0.00	2.50
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2018	137	2578	28.36	*9.61	*1949.1	*3580	*55.86	*86	93.79	254.17	72.93	18.87	*2.50
% of Calories											*17.0%	18.6%	50.4%	32.5%	8.4%	*1.1%
Nutrient Guideline			550-650		1230											<10.00

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Thu - 10/13/2022																
Elementary Lunch-Traditional	Total	1														
Cheesy Italian Rice & Meatball	1/2 cup	1	550	85	990	4.25	3.82	513.9	1001	15.33	*10	31.6	38.35	29.69	12.58	*0.48
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average % of Calories			2029	186	2858	26.04	*10.39	*2293.3	*5511	*76.09	*81	97.97	215.77	89.03	29.20	*0.48
											*16.0%	19.3%	42.5%	39.5%	13.0%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/14/2022																
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
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average % of Calories			2089	193	3505	28.07	*10.11	*2446.6	*9189	*37.75	*71	95.20	236.69	88.31	33.18	*0.00
											*13.5%	18.2%	45.3%	38.0%	14.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/17/2022																
Elementary Lunch-Traditional	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
Muffin Cornbread	1 muffin	1	150	0	240	1.00	1.00	13.0	*N/A*	*N/A*	14	3.0	31.0	1.5	0.00	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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1733	100	2367	26.15	*7.17	*1781.5	*7232	*26.63	*89	72.02	223.75	63.86	16.64	*0.00
% of Calories											*20.4%	16.6%	51.6%	33.2%	8.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/18/2022																
Elementary Lunch-Traditional	Total	1														
Belgian Waffle (Square) Elem	1 waffle	1	180	35	370	1.00	*N/A*	*N/A*	*N/A*	*N/A*	6	4.0	27.0	9.0	5.00	0.00
Scrambled Eggs	1,5oz	1	45	95	130	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	3.0	1.0	3.0	1.00	0.00
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1799	230	2537	21.03	*6.00	*1749.1	*3580	*23.86	*76	71.52	215.51	77.23	22.61	*0.00
% of Calories											*16.9%	15.9%	47.9%	38.6%	11.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

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 - 10/19/2022																
Elementary Lunch-Traditional	Total	1														
Hot Dog on Bun	hot dog w / bun	1	260	30	540	3.00	1.62	80.0	0	1.8	2	9.0	20.0	16.0	6.00	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
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
Hummus	1/2 CUP	1	73	0	402	3.49	0.99	29.7	14	4.9	*0	3.93	11.66	1.56	0.17	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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1883	130	2851	28.14	*9.06	*1878.2	*7246	*36.93	*74	78.45	220.15	79.93	22.81	*0.00
% of Calories											*15.7%	16.7%	46.8%	38.2%	10.9%	*0.0%
Nutrient Guideline			550-650		1230										<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 ¹ (g)
Thu - 10/20/2022																
Elementary Lunch-Traditional	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
Ranch Roasted Potatoes	.5 cup	1	105	*N/A*	122	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.5	17.9	2.4	0.20	*N/A*
PEAS: frozen,boiled	1/2 cup	1	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	0.00
CARROTS:frozen, boiled	.5 cup	1	27	0	43	2.41	0.39	25.5	12357	1.68	3	0.42	5.64	0.5	0.09	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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1733	*120	2187	*26.04	*7.94	*1798.9	*17637	*33.46	*76	76.23	212.46	67.01	17.93	*0.00
% of Calories											*17.6%	17.6%	49.0%	34.8%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/21/2022																
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	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2094	190	3463	29.81	*10.53	*2438.1	*16319	*44.68	*73	95.04	240.96	87.61	32.67	*0.00
% of Calories											*14.0%	18.2%	46.0%	37.6%	14.0%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 10/24/2022																
Elementary Lunch-Traditional	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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1852	130	3205	23.53	*6.17	*1768.5	*7781	*34.86	*78	84.76	227.07	71.42	22.33	*0.00
% of Calories											*16.8%	18.3%	49.1%	34.7%	10.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/26/2022																
Elementary Lunch-Traditional	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
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1748	120	2370	24.15	*6.17	*1788.5	*7232	*26.63	*77	76.02	204.75	72.36	21.14	*0.00
% of Calories											*17.5%	17.4%	46.8%	37.3%	10.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/27/2022																
Elementary Lunch-Traditional	Total	1														
Chicken Fajita USDA	fajita	1	267	39	415	4.13	0.23	11.8	100	5.01	2	17.12	28.29	6.03	2.23	0.01
Mexicali Corn	.25 cup	1	40	0	72	1.12	0.28	3.1	325	14.1	2	1.13	8.38	0.86	0.17	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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1761	139	2345	24.28	*6.52	*1764.0	*4005	*42.97	*74	81.77	209.17	66.12	19.01	*0.01
% of Calories											*16.7%	18.6%	47.5%	33.8%	9.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/28/2022																
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
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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			2089	193	3505	28.07	*10.11	*2446.6	*9189	*37.75	*71	95.20	236.69	88.31	33.18	*0.00
% of Calories											*13.5%	18.2%	45.3%	38.0%	14.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 10/31/2022																
Elementary Lunch-Traditional	Total	1														
Jumbo Soft Pretzel	1 each	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, Nacho, Pouch	2 oz	1	100	20	230	0.00	0.00	200.0	200	0.0	2	7.0	3.0	7.0	4.50	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
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
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
Bagel and Cheese	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
Sunbutter and Grape Sandwich	sandwich	1	610	0	590	7.00	*N/A*	*N/A*	*N/A*	*N/A*	18	20.0	56.0	34.0	4.00	0.00
Turkey and Cheese Sub	Serving	1	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	2.50	*0.00
Weighted Daily Average			1708	120	2270	23.15	*7.97	*1988.5	*7432	*27.83	*75	76.02	208.75	66.86	21.14	*0.00
% of Calories											*17.5%	17.8%	48.9%	35.2%	11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1894	*153	2722	*25.53	*8.19	*1955.4	*7094	*35.56	*77	84.27	223.75	76.82	23.26	*0.24
											*36.7%	17.8%	47.3%	36.5%	11.1%	*0.1%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

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)	
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1894		550 - 650	291%				1244	Correction Required - Calories too High								
Cholesterol (mg)	153				Missing												
Sodium 1 (mg)	2722		1230					1492	Correction Required - Sodium too High								
Sodium 2 (mg)	2722		935					1787	Correction Required - Sodium too High								
Fiber (g)	25.53				Missing												
Iron (mg)	8.19				Missing												
Calcium (mg)	1955.4				Missing												
Vitamin A (IU)	7094				Missing												
Sugars (g)	77	16.30%			Missing												
Vitamin C (mg)	35.56				Missing												
Protein (g)	84.27	17.80%															
Carbohydrate (g)	223.75	47.25%															
Total Fat (g)	76.82	36.50%															
Saturated Fat (g)	23.26	11.05%	<10.00%						Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	0.24	0.11%			Missing												

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