

Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 1

Generated on: 9/27/2022 8:14:52 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2022																
HWRHS	Total	1														
Pizza - Stuffed Crust	piece	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	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
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4127	382	8571	*51.16	*24.70	*3731.6	*44391	*75.44	*127	233.49	487.99	134.37	46.81	*0.11
% of Calories											*12.4%	22.6%	47.3%	29.3%	10.2%	*0.0%
Nutrient Guideline			750-850		1420										<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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Oct 1, 2022 thru Oct 31, 2022

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HWRHS

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)
Tue - 10/04/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4366	442	8523	*56.03	*23.95	*3644.3	*40566	*128.47	*151	229.52	553.85	139.24	52.77	*0.11
% of Calories											*13.8%	21.0%	50.7%	28.7%	10.9%	*0.0%
Nutrient Guideline			750-850		1420										<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

HWRHS

Portion Values - Detailed

Page 3

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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																
HWRHS	Total	1														
Chicken Patty	1	1	244	37	452	0.25	0.81	16.1	0	0.0	0	12.62	10.91	16.64	3.11	*N/A*
Chicken Patty Spicy - Tyson	patty	1	240	50	510	2.00	1.80	20.0	100	0.0	*N/A*	22.0	15.0	10.0	2.00	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4349	453	8699	*50.79	*25.63	*3448.4	*40538	*76.27	*122	253.11	488.40	149.88	47.38	*0.11
% of Calories											*11.2%	23.3%	44.9%	31.0%	9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 4

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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 - 10/06/2022																
HWRHS	Total	1														
Beef Nachos	Serving	1	492	50	4788	5.17	7.13	143.1	3839	34.36	*0	21.64	58.12	19.83	5.03	*2.15
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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4395	*417	12966	*57.20	*29.87	*3555.4	*44277	*107.03	*123	245.63	529.87	140.57	*47.31	*2.26
% of Calories											*11.2%	22.4%	48.2%	28.8%	*9.7%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

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Tue - 10/11/2022																
HWRHS	Total	1														
Chicken Enchilada Empanada	1 empanad	1	300	35	650	3.00	*N/A*	*N/A*	*N/A*	*N/A*	4	19.0	32.0	11.0	5.00	0.00
Cilantro Lime Rice	.5 cup	1	136	*N/A*	134	1.16	*N/A*	*N/A*	*N/A*	*N/A*	0	2.52	23.34	3.16	0.49	*N/A*
Yucca Fries	3 yucca frie	1	160	0	170	2.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	25.0	6.0	1.00	0.00
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4378	*402	8672	*53.20	*22.74	*3412.3	*40438	*72.67	*126	238.51	530.08	140.40	48.76	*0.11
% of Calories											*11.5%	21.8%	48.4%	28.9%	10.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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HWRHS

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 - 10/12/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4548	487	8616	*58.99	*31.04	*3747.0	*40612	*78.11	*140	271.52	529.92	147.61	52.10	*1.47
% of Calories											*12.3%	23.9%	46.6%	29.2%	10.3%	*0.3%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 7

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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 - 10/13/2022																
HWRHS	Total	1														
Chicken Tikka Masala w/ Pita	1/2 cup	1	149	52	212	1.50	*N/A*	*N/A*	*N/A*	*N/A*	0	18.0	7.3	4.9	1.40	*N/A*
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			3931	418	7931	*48.54	*22.74	*3412.3	*40438	*72.67	*122	234.99	457.05	125.14	43.67	*0.11
% of Calories											*12.4%	23.9%	46.5%	28.7%	10.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 8

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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)
Fri - 10/14/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4417	459	9366	*56.07	*26.84	*4109.8	*46048	*86.55	*122	248.67	513.93	149.32	58.84	*0.11
% of Calories											*11.1%	22.5%	46.5%	30.4%	12.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 9

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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																
HWRHS	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
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4047	367	8195	*53.03	*23.74	*3425.3	*40438	*72.67	*139	224.99	497.75	124.74	42.27	*0.11
% of Calories											*13.7%	22.2%	49.2%	27.7%	9.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

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 - 10/18/2022																
HWRHS	Total	1														
Mini Cheese Ravioli	serving (7 pcs)	1	120	25	200	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	15.0	3.0	1.50	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			3992	392	8028	*49.04	*23.46	*3412.3	*40638	*72.67	*123	227.99	479.75	125.74	43.77	*0.11
% of Calories											*12.3%	22.8%	48.1%	28.3%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

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 - 10/19/2022																
HWRHS	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
Sweet Potato Fries	.5 cup	1	247	0	205	4.93	*N/A*	*N/A*	*N/A*	*N/A*	5	1.64	31.23	13.15	3.29	0.00
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4113	386	8031	*52.97	*23.07	*3417.3	*40459	*72.67	*127	224.30	485.97	138.06	46.56	*0.11
% of Calories											*12.3%	21.8%	47.3%	30.2%	10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

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 - 10/20/2022																
HWRHS	Total	1														
Chicken Alfredo Pasta	6 oz	1	551	45	379	12.47	*6.12	*0.0	*0	*0.0	5	28.42	85.73	14.65	7.20	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4359	412	8107	*62.27	*29.42	*3442.6	*41368	*109.56	*128	248.26	540.39	135.01	49.49	*0.11
% of Calories											*11.7%	22.8%	49.6%	27.9%	10.2%	*0.0%
Nutrient Guideline			750-850		1420										<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

HWRHS

Portion Values - Detailed

Page 13

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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)
Fri - 10/21/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4423	457	9324	*57.81	*27.26	*4101.3	*53177	*93.49	*125	248.51	518.20	148.62	58.33	*0.11
% of Calories											*11.3%	22.5%	46.9%	30.2%	11.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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* - 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

HWRHS

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 - 10/24/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4180	397	9066	*51.53	*22.90	*3431.6	*44640	*83.67	*129	238.23	504.31	132.43	47.99	*0.11
% of Calories											*12.4%	22.8%	48.3%	28.5%	10.3%	*0.0%
Nutrient Guideline			750-850		1420										<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

HWRHS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/25/2022																
HWRHS	Total	1														
Teriyaki Chicken	3 oz	1	150	60	370	0.00	*N/A*	*N/A*	*N/A*	*N/A*	10	16.0	10.0	5.0	1.00	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
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4362	427	8548	*56.37	*26.34	*3612.3	*40438	*104.67	*135	253.65	525.74	135.74	43.94	*2.61
% of Calories											*12.4%	23.3%	48.2%	28.0%	9.1%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 16

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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 - 10/26/2022																
HWRHS	Total	1														
Mini CornDog Bites (MS/HS)	6	1	170	30	370	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	7.0	18.0	7.0	1.50	0.00
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
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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4402	412	8598	*52.04	*22.74	*3412.3	*40438	*72.67	*138	228.99	520.74	152.24	46.77	*0.11
% of Calories											*12.5%	20.8%	47.3%	31.1%	9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 17

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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 - 10/27/2022																
HWRHS	Total	1														
Chicken Fajita	Serving	1	130	90	695	0.00	1.08	10.8	64	0.72	*N/A*	18.72	1.08	5.36	1.44	0.00
Cilantro Lime Rice	.5 cup	1	136	*N/A*	134	1.16	*N/A*	*N/A*	*N/A*	*N/A*	0	2.52	23.34	3.16	0.49	*N/A*
Black Bean Salad	3/4 CUP	1	155	0	368	9.10	0.42	12.7	420	21.43	*4	8.05	27.64	2.1	0.33	*0.00
Protein Pack	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4203	*457	8915	*57.30	*24.23	*3435.8	*40922	*94.82	*125	246.28	501.80	130.87	44.53	*0.11
% of Calories											*11.9%	23.4%	47.8%	28.0%	9.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

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)
Fri - 10/28/2022																
HWRHS	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	wrap	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Yogurt Parfait	cup+	1	383	12	162	5.09	0.99	464.1	186	3.9	*40	14.65	66.46	7.3	2.24	*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
Wrap - Chicken Ceasar	wrap	1	387	52	397	2.49	1.82	118.3	2088	0.94	*0	24.06	47.71	7.64	1.52	*0.01
Wrap - Buffalo Chicken	.5 cup	1	158	17	170	1.52	1.11	24.0	1095	*3.04	*0	6.61	8.08	10.92	1.88	*0.10
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
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
Garden Salad	container	1	308	20	655	7.12	2.69	506.1	*9351	*18.04	7	22.09	36.71	6.53	4.14	0.00
Caesar Salad	container	1	645	37	2257	6.46	4.50	768.1	*4146	*4.31	*4	36.95	68.72	24.1	8.28	*0.00
Chicken Caesar Salad	container	1	753	88	2306	6.46	5.18	776.6	*4177	*4.31	*4	53.27	68.72	28.43	9.47	*0.00
Veggie Sticks	pack	1	29	0	65	2.25	0.33	38.7	7305	5.53	3	1.0	6.49	0.26	0.07	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
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
Weighted Daily Average			4417	459	9366	*56.07	*26.84	*4109.8	*46048	*86.55	*122	248.67	513.93	149.32	58.84	*0.11
% of Calories											*11.1%	22.5%	46.5%	30.4%	12.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			4278	*423	8862	*54.47	*25.42	*3603.4	*42549	*86.70	*129	241.41	509.98	138.85	*48.90	*0.44
											*27.2%	22.6%	47.7%	29.2%	*10.3%	*0.1%

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Hamilton-Wenham Regional Schools

Oct 1, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	4278		750 - 850	503%			3428	Correction Required - Calories too High									
Cholesterol (mg)	423				Missing				Correction Required - Sodium too High								
Sodium 1 (mg)	8862		1420				7442	Correction Required - Sodium too High									
Sodium 2 (mg)	8862		1080				7782	Correction Required - Sodium too High									
Fiber (g)	54.47				Missing												
Iron (mg)	25.42				Missing												
Calcium (mg)	3603.4				Missing												
Vitamin A (IU)	42549				Missing												
Sugars (g)	129	12.07%			Missing												
Vitamin C (mg)	86.70				Missing												
Protein (g)	241.41	22.57%															
Carbohydrate (g)	509.98	47.68%															
Total Fat (g)	138.85	29.21%															
Saturated Fat (g)	48.90	10.29%	<10.00%		Missing				Correction Required - Sat. Fat too High								
Trans Fat ¹ (g)	0.44	0.09%			Missing												

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