

# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
Wed - 03/01/2023																
Elementary Lunch-Traditional	Total	1														
ABC Shaped Nuggets	4 nuggets	1	180	30	500	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	13.0	16.0	7.0	1.50	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
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
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			1361	70	2252	22.64	*4.02	*319.0	*5242	*31.53	*69	60.95	172.40	48.93	8.31	*0.00
% of Calories											*20.3%	17.9%	50.7%	32.4%	5.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/02/2023																
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
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			1860	161	2215	26.99	*11.16	*604.6	*1750	*29.30	*83	98.05	221.68	67.59	16.44	*1.36
% of Calories											*17.8%	21.1%	47.7%	32.7%	8.0%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

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

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Elementary Lunch-Traditional

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)
Fri - 03/03/2023																
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
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			1729	133	2965	24.07	*6.97	*967.4	*7186	*37.75	*66	75.20	205.69	69.31	23.18	*0.00
% of Calories											*15.2%	17.4%	47.6%	36.1%	12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/06/2023																
Elementary Lunch-Traditional	Total	1														
Turkey Pretzel Dog	pretzel dog	1	270	50	260	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	11.0	30.0	11.0	3.50	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
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
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
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			1617	112	1992	20.03	*2.86	*469.9	*1776	*23.86	*82	66.52	205.51	60.23	14.61	*0.00
% of Calories											*20.3%	16.5%	50.8%	33.5%	8.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 03/07/2023</b>																
Elementary Lunch-Traditional	Total	1														
Mini Pancake Bites Bake Crafte	1 pouch	1	250	40	290	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	4.0	37.0	12.0	1.00	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
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			1509	175	1917	18.03	*2.86	*269.9	*1576	*23.86	*78	51.52	194.51	61.23	8.61	*0.00
% of Calories											*20.7%	13.7%	51.6%	36.5%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 03/08/2023</b>																
Elementary Lunch-Traditional	Total	1														
Pork Rib Patty Sandwich	sandwich	1	377	50	917	4.00	2.08	87.0	300	3.6	10	20.0	34.0	18.5	6.00	0.00
Garbanzo Beans	.5 cup	1	100	0	315	4.99	1.39	39.7	17	0.11	*N/A*	5.58	15.3	2.21	0.23	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
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			1571	90	2550	24.02	*6.34	*396.6	*1893	*27.58	*75	69.10	190.80	60.94	12.84	*0.00
% of Calories											*19.0%	17.6%	48.6%	34.9%	7.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 03/09/2023																
Elementary Lunch-Traditional	Total	1														
Pesto Sauce - No Nuts	2 oz	1	260	9	210	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	3.0	3.0	26.0	0.00	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
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
Garlic Knot - Tasty	1 garlic kno	1	170	0	270	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	23.0	7.0	1.50	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
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
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			1793	86	2293	25.66	*6.31	*313.9	*2506	*60.76	*70	70.98	209.78	77.88	9.99	*0.00
% of Calories											*15.6%	15.8%	46.8%	39.1%	5.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/10/2023																
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
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			1734	130	2923	25.81	*7.39	*958.9	*14315	*44.68	*68	75.04	209.96	68.61	22.67	*0.00
% of Calories											*15.7%	17.3%	48.4%	35.6%	11.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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<b>Tue - 03/14/2023</b>																
Elementary Lunch-Traditional	Total	1														
Manager's Special	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
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			1094	40	1317	15.03	*2.86	*269.9	*1576	*23.86	*65	43.52	141.51	40.23	6.61	*0.00
% of Calories											*23.7%	15.9%	51.7%	33.1%	5.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 03/15/2023</b>																
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
Popcorn Chicken (Tyson) 6pcs	6 pieces	1	115	10	175	1.50	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	7.0	6.5	1.25	0.00
Cheese Sauce, RF, Pouch, Frzn,	2 oz	1	190	20	799	0.01	0.01	306.0	812	0.0	*N/A*	12.2	5.6	14.2	8.10	0.00
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
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			1539	71	2441	19.54	*4.68	*595.9	*2388	*25.06	*66	67.72	184.11	61.43	15.96	*0.00
% of Calories											*17.3%	17.6%	47.9%	35.9%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
Thu - 03/16/2023																
Elementary Lunch-Traditional	Total	1														
Jerk Turkey Street Tacos	2 tacos	1	355	56	861	5.00	*N/A*	*N/A*	*N/A*	*N/A*	4	23.0	40.0	12.0	4.00	0.00
THREE BEAN SALAD	1/4 CUP	1	56	0	64	1.87	0.53	25.4	257	4.64	*3	1.41	6.51	3.08	0.47	*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
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			1505	96	2242	21.90	*3.40	*295.4	*1834	*28.50	*72	67.93	188.02	55.32	11.08	*0.00
% of Calories											*19.1%	18.1%	50.0%	33.1%	6.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/17/2023																
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
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			1729	133	2965	24.07	*6.97	*967.4	*7186	*37.75	*66	75.20	205.69	69.31	23.18	*0.00
% of Calories											*15.2%	17.4%	47.6%	36.1%	12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
<b>Mon - 03/20/2023</b>																
Elementary Lunch-Traditional	Total	1														
Fish Fillet w/ Cheese Sandwich	1 sandwich	1	397	40	867	5.00	*1.00	*47.0	*0	*2.4	3	20.0	45.0	16.5	6.00	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
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
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			1644	82	2369	23.03	*3.86	*316.9	*1576	*26.26	*76	68.52	217.51	58.73	12.61	*0.00
% of Calories											*18.4%	16.7%	52.9%	32.2%	6.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Tue - 03/21/2023</b>																
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
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*
Potato - Emoji Fries	5 pieces	1	140	0	95	2.00	*N/A*	*N/A*	*N/A*	*N/A*	0	2.0	23.0	5.0	1.00	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
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			1528	118	1976	17.53	*3.75	*277.1	*1617	*23.86	*66	62.64	178.01	63.73	16.88	*0.00
% of Calories											*17.3%	16.4%	46.6%	37.5%	9.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
<b>Wed - 03/22/2023</b>																
Elementary Lunch-Traditional	Total	1														
Chicken and Vegetable Dumpling	6 pieces	1	240	30	540	1.50	*N/A*	*N/A*	*N/A*	*N/A*	3	16.5	31.5	6.75	0.00	0.00
Edamame	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
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			1494	70	1877	21.86	*6.47	*469.9	*1576	*55.86	*68	74.69	185.00	54.98	7.27	*0.00
% of Calories											*18.2%	20.0%	49.5%	33.1%	4.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Thu - 03/23/2023</b>																
Elementary Lunch-Traditional	Total	1														
Philly Cheese Steak Sub	sub	1	394	*60	709	6.00	*N/A*	*N/A*	*N/A*	*N/A*	9	24.0	37.0	17.98	*7.00	*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
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			1570	*100	2045	22.53	*3.15	*269.9	*1576	*27.46	*74	69.02	191.25	61.21	*13.61	*0.00
% of Calories											*18.8%	17.6%	48.7%	35.1%	*7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
Fri - 03/24/2023																
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
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			1734	130	2923	25.81	*7.39	*958.9	*14315	*44.68	*68	75.04	209.96	68.61	22.67	*0.00
% of Calories											*15.7%	17.3%	48.4%	35.6%	11.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/27/2023																
Elementary Lunch-Traditional	Total	1														
Cheese Quesadilla - TheMax	1 quesadilla	1	370	15	750	1.00	*N/A*	*N/A*	*N/A*	*N/A*	3	15.0	40.0	16.0	4.00	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
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			1551	55	2502	20.64	*4.02	*319.0	*5242	*31.53	*70	62.95	196.40	57.93	10.81	*0.00
% of Calories											*18.0%	16.2%	50.7%	33.6%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
<b>Tue - 03/28/2023</b>																
Elementary Lunch-Traditional	Total	1														
French Toast Sticks	3 sticks	1	160	105	270	2.00	0.90	56.0	154	0.01	8	8.0	23.0	3.5	1.00	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
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*
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
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			1459	240	2107	19.03	*3.76	*325.9	*1731	*27.47	*73	56.52	189.51	52.73	9.11	*0.00
% of Calories											*20.0%	15.5%	52.0%	32.5%	5.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

<b>Wed - 03/29/2023</b>																
Elementary Lunch-Traditional	Total	1														
Chicken Sliders	2 sliders	1	300	40	760	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	18.0	42.0	7.0	2.00	0.00
Mashed Potatoes	1/2 cup	1	63	0	243	0.78	0.28	15.7	0	2.82	*N/A*	1.57	13.3	0.78	0.00	0.00
CORN: frozen, yellow	1/2 cup	1	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	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
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			1523	80	2321	19.79	*3.53	*288.1	*1740	*29.57	*69	65.19	212.73	48.57	8.69	*0.00
% of Calories											*18.2%	17.1%	55.9%	28.7%	5.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 <sup>1</sup> (g)
Thu - 03/30/2023																
Elementary Lunch-Traditional	Total	1														
Tangerine Chicken	3.9 oz	1	190	45	380	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	14.0	25.0	4.0	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	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
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			1714	85	2157	26.36	*6.47	*469.9	*1576	*55.86	*81	78.19	232.51	54.73	8.27	*2.50
% of Calories											*18.9%	18.2%	54.3%	28.7%	4.3%	*1.3%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/31/2023																
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
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			1729	133	2965	24.07	*6.97	*967.4	*7186	*37.75	*66	75.20	205.69	69.31	23.18	*0.00
% of Calories											*15.2%	17.4%	47.6%	36.1%	12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1590	*109	2333	22.20	*5.24	*504.2	*3971	*34.31	*71	68.62	197.65	60.52	*13.93	*0.18
											*40.4%	17.3%	49.7%	34.3%	*7.9%	*0.1%

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# Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1590		550 - 650	245%			940	Correction Required - Calories too High									
Cholesterol (mg)	109				Missing												
Sodium 1 (mg)	2333		1230						1103	Correction Required - Sodium too High							
Sodium 2 (mg)	2333		935						1398	Correction Required - Sodium too High							
Fiber (g)	22.20																
Iron (mg)	5.24				Missing												
Calcium (mg)	504.2				Missing												
Vitamin A (IU)	3971				Missing												
Sugars (g)	71	17.94%			Missing												
Vitamin C (mg)	34.31				Missing												
Protein (g)	68.62	17.26%															
Carbohydrate (g)	197.65	49.71%															
Total Fat (g)	60.52	34.25%															
Saturated Fat (g)	13.93	7.89%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.18	0.10%			Missing												

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