

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 1

Generated on: 2/9/2023 8:43:14 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)
Wed - 03/01/2023																
Miles River Middle School	Total	1														
Hamburger on a Bun	sandwich	1	279	54	279	3.00	2.93	62.0	0	2.4	*2	22.29	24.0	11.17	3.66	0.68
Hamburger on a Bun w cheese	sandwich	1	332	67	426	3.00	3.02	208.5	158	2.4	*2	25.09	24.65	15.47	6.16	0.68
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average % of Calories			3679	308	5707	55.58	*26.92	*2288.0	*41967	*73.79	*158	181.81	476.90	118.27	38.25	*1.57
											*17.2%	19.8%	51.9%	28.9%	9.4%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/02/2023																
Miles River Middle School	Total	1														
Nacho Chips w/ Cheese Sauce	Boat	1	456	60	1261	2.80	0.00	628.0	600	0.0	0	18.8	36.0	26.4	12.70	0.00
Turkey Taco Filling USDA	1.72 oz	1	86	21	131	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.96	1.99	4.98	1.00	0.00
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*
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 2

Generated on: 2/9/2023 8:43:14 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)
Weighted Daily Average % of Calories			3577	*266	6669	55.38	*20.97	*2645.5	*42409	*68.99	*149 *16.6%	163.19 18.3%	457.24 51.1%	121.50 30.6%	*42.12 *10.6%	*0.21 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Fri - 03/03/2023																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average % of Calories			3550	278	6464	55.62	*25.08	*2715.0	*47418	*82.87	*147 *16.6%	161.12 18.2%	461.43 52.0%	118.70 30.1%	45.00 11.4%	*0.21 *0.1%
Nutrient Guideline			600-700		1360											<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 3

Generated on: 2/9/2023 8:43:14 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 - 03/06/2023																
Miles River Middle School	Total	1														
Mozzarella Sticks - Rich's	6 pieces	1	240	20	280	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	11.0	22.0	12.0	4.50	0.00
Marinara Cup - Red Gold	1 cup	1	40	0	200	2.00	0.00	20.0	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3209	205	5330	51.71	*21.14	*2056.9	*45461	*71.76	*153	141.93	429.49	102.76	32.97	*0.21
% of Calories											*19.1%	17.7%	53.5%	28.8%	9.2%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/07/2023																
Miles River Middle School	Total	1														
Mini Confetti Pancakes	pouch	1	210	10	210	4.00	*N/A*	*N/A*	*N/A*	*N/A*	11	4.0	36.0	7.0	1.00	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 4

Generated on: 2/9/2023 8:43:14 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			3469	270	5536	52.58	*21.85	*2024.6	*41850	*68.99	*158	150.56	456.25	117.13	38.96	*0.21
% of Calories											*18.2%	17.4%	52.6%	30.4%	10.1%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 03/08/2023																
Miles River Middle School	Total	1														
Rib Pork Honey BBQ	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
Garbonzo 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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3392	235	6049	55.57	*24.45	*2144.2	*42126	*72.70	*156	155.01	446.55	110.34	34.66	*0.21
% of Calories											*18.4%	18.3%	52.7%	29.3%	9.2%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 5

Generated on: 2/9/2023 8:43:14 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)
Thu - 03/09/2023																
Miles River Middle School	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3391	*245	5545	54.08	*21.26	*2017.5	*41809	*72.59	*156	154.93	446.99	110.61	*35.43	*0.21
% of Calories											*18.4%	18.3%	52.7%	29.4%	*9.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/10/2023																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
GARDEN SALAD	1.25 CUP	1	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 6

Generated on: 2/9/2023 8:43:14 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)
Weighted Daily Average			3555	275	6423	57.36	*25.50	*2706.5	*54548	*89.80	*150	160.95	465.71	118.00	44.49	*0.21
% of Calories											*16.8%	18.1%	52.4%	29.9%	11.3%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

Tue - 03/14/2023																
Miles River Middle School	Total	1														
Mini Blueberry Waffles	pouch	1	210	*N/A*	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	37.0	6.0	1.00	*N/A*
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3449	*260	5421	49.58	*21.85	*2024.6	*41850	*68.99	*159	149.56	449.25	117.13	37.96	*0.21
% of Calories											*18.4%	17.3%	52.1%	30.6%	9.9%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 7

Generated on: 2/9/2023 8:43:14 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)
Wed - 03/15/2023																
Miles River Middle School	Total	1														
Popcorn Chicken (Tyson)	12 pieces	1	230	20	350	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1	14.0	14.0	13.0	2.50	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3274	205	5411	52.34	*21.64	*2035.6	*41973	*74.69	*150	147.10	440.48	103.96	31.01	*0.21
% of Calories											*18.3%	18.0%	53.8%	28.6%	8.5%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/16/2023																
Miles River Middle School	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 8

Generated on: 2/9/2023 8:43:14 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)
Weighted Daily Average			3326	241	5742	53.45	*21.50	*2043.0	*42066	*73.63	*154	153.84	443.76	104.71	32.90	*0.21
% of Calories											*18.5%	18.5%	53.4%	28.3%	8.9%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/17/2023																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3550	278	6464	55.62	*25.08	*2715.0	*47418	*82.87	*147	161.12	461.43	118.70	45.00	*0.21
% of Calories											*16.6%	18.2%	52.0%	30.1%	11.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 9

Generated on: 2/9/2023 8:43:14 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 - 03/20/2023																
Miles River Middle School	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
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
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3409	225	5735	54.21	*22.42	*2083.9	*45461	*77.75	*151	151.43	458.24	109.26	34.47	*0.21
% of Calories											*17.7%	17.8%	53.8%	28.8%	9.1%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/21/2023																
Miles River Middle School	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
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*
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 10

Generated on: 2/9/2023 8:43:14 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)
Weighted Daily Average % of Calories			3295	295	5332	51.58	*21.87	*2273.5	*41963	*69.00	*155 *18.8%	142.43 17.3%	454.25 55.1%	100.13 27.3%	29.93 8.2%	*0.21 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Wed - 03/22/2023																	
Miles River Middle School	Total	1															
Chicken Tenders	3 each	1	85	20	107	1.00	0.33	5.0	20	0.0	*N/A*	5.67	5.0	4.67	1.00	0.00	
POTATOES, FRENCH FRIED, McCain	1/2 cup	1	82	0	19	1.50	0.28	0.0	0	3.6	*N/A*	1.5	12.74	3.0	0.00	0.00	
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00	
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00	
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00	
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00	
Raisins/Craisins	1W	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00	
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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	
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20	
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	
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00	
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00	
Weighted Daily Average % of Calories			3082	205	4943	49.08	*21.59	*2022.5	*41829	*72.59	*147 *19.0%	136.60 17.7%	414.99 53.9%	97.29 28.4%	29.43 8.6%	*0.21 *0.1%	
Nutrient Guideline			600-700		1360											<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 11

Generated on: 2/9/2023 8:43:14 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)
Thu - 03/23/2023																
Miles River Middle School	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
Chicken Stripes	2 oz	1	67	37	141	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	9.6	0.0	3.2	1.60	0.00
Pasta Penne	1 cup	1	176	0	344	5.87	2.88	13.6	0	0.0	2	8.0	37.35	1.33	0.27	0.00
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3614	231	5792	57.21	*24.42	*2061.5	*42739	*105.88	*152	156.89	465.53	127.27	31.81	*0.21
% of Calories											*16.8%	17.4%	51.5%	31.7%	7.9%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 12

Generated on: 2/9/2023 8:43:14 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)
Fri - 03/24/2023																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
GARDEN SALAD	1.25 CUP	1	30	0	26	2.78	0.93	39.0	11239	8.81	3	1.52	6.46	0.37	0.06	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3555	275	6423	57.36	*25.50	*2706.5	*54548	*89.80	*150	160.95	465.71	118.00	44.49	*0.21
% of Calories											*16.8%	18.1%	52.4%	29.9%	11.3%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

Mon - 03/27/2023																
Miles River Middle School	Total	1														
Lasagna Roll Up	piece	1	230	35	400	2.00	1.08	300.0	500	6.0	5	14.0	27.0	7.0	4.00	0.00
Texas Toast	slice	1	90	0	110	1.00	0.72	0.0	200	0.0	0	3.0	15.0	2.5	0.00	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 13

Generated on: 2/9/2023 8:43:14 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)
Weighted Daily Average			3235	220	5327	49.58	*22.77	*2317.5	*42509	*74.99	*152	146.43	439.25	99.13	32.43	*0.21
% of Calories											*18.8%	18.1%	54.3%	27.6%	9.0%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

Tue - 03/28/2023																
Miles River Middle School Manager's Special	Total	1														
	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 03/29/2023																
Miles River Middle School	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, 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
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3389	256	5909	49.72	*21.15	*2342.9	*46273	*71.76	*155	153.13	436.09	114.96	40.06	*0.21
% of Calories											*18.3%	18.1%	51.5%	30.5%	10.6%	*0.1%
Nutrient Guideline			600-700		1360											<10.00

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2023																
Miles River Middle School	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
Maple Sriracha Baked Chickpeas	.66 cup	1	190	*N/A*	250	6.00	*N/A*	*N/A*	*N/A*	*N/A*	13	7.0	37.0	2.5	0.00	*N/A*
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00
Weighted Daily Average			3345	*215	5607	54.08	*20.97	*2017.5	*41809	*68.99	*163	152.93	465.75	98.88	28.43	*0.21
% of Calories											*19.4%	18.3%	55.7%	26.6%	7.6%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/31/2023																
Miles River Middle School	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
Caesar Salad	1.5 cup	1	25	3	67	1.04	0.50	47.5	4110	1.88	*1	1.69	2.18	1.07	0.57	*0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
Raisins/Craisins	IW	1	210	0	5	5.00	*1.08	*20.0	*0	*0.0	51	1.0	57.0	0.0	0.00	0.00
Carrots/Cucumbers	serving	1	33	0	60	2.60	0.81	32.3	10441	3.9	*1	0.83	7.43	0.19	0.06	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
Wrap - Buffalo Chicken	wrap	1	315	35	341	3.04	2.22	47.9	2191	*6.08	*1	13.22	16.16	21.85	3.77	*0.20
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
Protein Box	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
Chocolate Hummus Box	box	1	416	0	400	7.47	*4.74	*33.8	*2745	*5.99	23	10.88	63.2	14.1	1.50	0.00

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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 15

Generated on: 2/9/2023 8:43:14 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			3550	278	6464	55.62	*25.08	*2715.0	*47418	*82.87	*147 *16.6%	161.12 18.2%	461.43 52.0%	118.70 30.1%	45.00 11.4%	*0.21 *0.1%
Nutrient Guideline			600-700		1360											<10.00

Weighted Average			3424	*251	5823	53.68	*23.00	*2283.7	*44545	*76.92	*153 *40.1%	154.43 18.0%	452.22 52.8%	111.69 29.4%	*36.89 *9.7%	*0.27 *0.1%
------------------	--	--	------	------	------	-------	--------	---------	--------	--------	----------------	-----------------	-----------------	-----------------	-----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3424		600 - 700	489%			2724	Correction Required - Calories too High
Cholesterol (mg)	251				Missing			
Sodium 1 (mg)	5823		1360				4463	Correction Required - Sodium too High
Sodium 2 (mg)	5823		1035				4788	Correction Required - Sodium too High
Fiber (g)	53.68							
Iron (mg)	23.00				Missing			
Calcium (mg)	2283.7				Missing			
Vitamin A (IU)	44545				Missing			
Sugars (g)	153	17.84%			Missing			
Vitamin C (mg)	76.92				Missing			
Protein (g)	154.43	18.04%						
Carbohydrate (g)	452.22	52.83%						
Total Fat (g)	111.69	29.36%						
Saturated Fat (g)	36.89	9.70%	<10.00%		Missing			
Trans Fat ¹ (g)	0.27	0.07%			Missing			

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.