

Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 1

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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 - 03/01/2023																
HWRHS	Total	1														
General Tso's Chicken	3.9 ounce	1	200	45	510	2.00	1.44	0.0	0	*N/A*	*N/A*	14.0	26.0	4.0	1.00	0.00
Chow Mein Noodles w/ Veggies	4.8 oz	1	190	0	270	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4	7.0	27.0	7.0	1.00	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
Protein Box	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			4332	412	8518	*56.37	*27.78	*3612.3	*40438	*104.67	*126	252.65	514.74	139.24	44.94	*0.11
% of Calories											*11.6%	23.3%	47.5%	28.9%	9.3%	*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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Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

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 ¹ (g)
Thu - 03/02/2023																
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
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 Box	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			4476	487	8442	*54.53	*28.97	*3682.8	*40597	*81.07	*125	265.87	511.14	149.88	52.09	*1.47
% of Calories											*11.2%	23.8%	45.7%	30.1%	10.5%	*0.3%
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

Mar 1, 2023 thru Mar 31, 2023

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2023																
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 Box	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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Mar 1, 2023 thru Mar 31, 2023

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)
Mon - 03/06/2023																
HWRHS	Total	1														
Chicken Quesadilla	1 slice	1	320	15	880	1.00	*N/A*	*N/A*	*N/A*	*N/A*	3	15.0	35.0	14.0	*N/A*	3.00
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 Box	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			4117	382	8631	*49.16	*22.90	*3431.6	*44091	*75.44	*126	232.49	487.99	134.37	*42.31	*3.11
% of Calories											*12.3%	22.6%	47.4%	29.4%	*9.2%	*0.7%
Nutrient Guideline			750-850		1420										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2023																
HWRHS	Total	1														
Mini Eggo Bites	1 pouch	1	190	0	220	4.00	*N/A*	*N/A*	*N/A*	*N/A*	11	4.0	36.0	5.0	1.50	0.00
Sausage Links	2 each	1	204	75	414	0.00	0.88	7.1	41	0.0	*N/A*	15.13	0.0	15.5	8.53	*N/A*
Hash Brown Patty	piece	1	120	0	180	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	15.0	6.0	0.00	0.00
Protein Box	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			4297	441	8532	*52.03	*23.62	*3419.4	*40479	*72.67	*133	237.11	500.75	146.74	52.30	*0.11
% of Calories											*12.4%	22.1%	46.6%	30.7%	11.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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HWRHS

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Wed - 03/08/2023																
HWRHS	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
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 Box	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			4242	417	8654	*52.53	*25.10	*3499.3	*40738	*79.87	*132	238.49	496.49	141.74	48.27	*0.11
% of Calories											*12.4%	22.5%	46.8%	30.1%	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

Mar 1, 2023 thru Mar 31, 2023

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 - 03/09/2023																
HWRHS	Total	1														
Mandarin Orange Chicken - Yang	3.6 oz	1	150	40	280	0.00	*N/A*	*N/A*	*N/A*	*N/A*	10	11.0	19.0	3.0	0.50	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
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*
Protein Box	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			4392	*407	8688	*57.03	*22.74	*3412.3	*40438	*72.67	*148	240.99	559.75	128.24	42.77	*2.61
% of Calories											*13.5%	21.9%	51.0%	26.3%	8.8%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/10/2023																
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 Box	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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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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)	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 - 03/14/2023																
HWRHS	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
Protein Box	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			4317	*441	8322	*50.04	*23.62	*3419.4	*40479	*72.67	*134	237.11	501.75	147.74	51.80	*0.11
% of Calories											*12.4%	22.0%	46.5%	30.8%	10.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 10

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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 - 03/15/2023																
HWRHS	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
Protein Box	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			4182	397	8278	*53.87	*26.34	*3612.3	*40438	*104.67	*125	248.15	493.24	134.99	42.94	*0.11
% of Calories											*11.9%	23.7%	47.2%	29.1%	9.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 11

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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 - 03/16/2023																
HWRHS	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
Protein Box	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			4481	412	8694	*57.66	*26.18	*3456.2	*41368	*109.56	*127	244.44	518.02	157.89	45.66	*0.11
% of Calories											*11.3%	21.8%	46.2%	31.7%	9.2%	*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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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/17/2023																
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 Box	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

Mar 1, 2023 thru Mar 31, 2023

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)
Mon - 03/20/2023																
HWRHS	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
Potato Smiles - McCain	5 smiles	1	160	0	390	2.00	0.00	0.0	*N/A*	3.6	*N/A*	2.0	24.0	6.0	0.50	*N/A*
Protein Box	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			4339	407	8975	*54.04	*23.74	*3459.3	*40438	*78.67	*125	238.99	518.74	142.74	48.77	*0.11
% of Calories											*11.5%	22.0%	47.8%	29.6%	10.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/21/2023																
HWRHS	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
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
Protein Box	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			4329	*429	8612	*56.04	*22.74	*3412.3	*40438	*72.67	*139	245.98	517.74	140.22	*49.27	*0.11
% of Calories											*12.8%	22.7%	47.8%	29.2%	*10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 15

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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 - 03/22/2023																
HWRHS	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
Protein Box	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			4142	387	8312	*52.80	*23.41	*3430.4	*40602	*78.37	*125	234.66	492.97	134.58	44.86	*0.11
% of Calories											*12.1%	22.7%	47.6%	29.2%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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)
Thu - 03/23/2023																
HWRHS	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
Protein Box	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			4193	423	8643	*53.90	*23.27	*3437.7	*40696	*77.31	*129	241.40	496.26	135.33	46.74	*0.11
% of Calories											*12.3%	23.0%	47.3%	29.0%	10.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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)
Fri - 03/24/2023																
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 Box	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	

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

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/27/2023																
HWRHS	Total	1														
Cheese Bites - Wild Mike's	4 pieces	1	280	20	540	4.00	*N/A*	*N/A*	*N/A*	*N/A*	0	16.0	28.0	12.0	4.00	0.00
Marinara Cup - Red Gold	1 cup	1	40	0	200	2.00	0.00	20.0	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
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 Box	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			4117	387	8491	*54.16	*22.90	*3451.6	*44091	*75.44	*127	234.49	487.99	133.37	46.31	*0.11
% of Calories											*12.4%	22.8%	47.4%	29.2%	10.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/28/2023																
HWRHS	Total	1														
Mini Eggo Bites	1 pouch	1	190	0	220	4.00	*N/A*	*N/A*	*N/A*	*N/A*	11	4.0	36.0	5.0	1.50	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
Protein Box	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			4137	462	8248	*52.03	*22.74	*3412.3	*40438	*72.67	*133	224.99	501.75	134.24	44.77	*0.11
% of Calories											*12.8%	21.8%	48.5%	29.2%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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 - 03/29/2023																
HWRHS	Total	1														
Chicken Patty on a Bun	1 EACH	1	254	59	321	*0.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
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 Box	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			4119	426	8058	*48.53	*24.02	*3427.3	*40499	*76.27	*122	235.49	477.49	137.24	45.27	*0.11
% of Calories											*11.8%	22.9%	46.4%	30.0%	9.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 21

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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 - 03/30/2023																
HWRHS	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*
Protein Box	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			4444	*447	9571	*55.83	*22.74	*4040.3	*41038	*72.67	*124	250.75	509.74	152.12	*55.97	*0.11
% of Calories											*11.1%	22.6%	45.9%	30.8%	*11.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

HWRHS

Portion Values - Detailed

Page 22

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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 - 03/31/2023																
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 Box	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			4307	*430	8746	*54.29	*24.90	*3643.1	*42809	*82.91	*128	243.05	507.49	142.54	*49.92	*0.42
											*26.7%	22.6%	47.1%	29.8%	*10.4%	*0.1%

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

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

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

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Hamilton-Wenham Regional Schools

Mar 1, 2023 thru Mar 31, 2023

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)	Calcm (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	4307		750 - 850	507%			3457	Correction Required - Calories too High									
Cholesterol (mg)	430				Missing												
Sodium 1 (mg)	8746		1420						7326	Correction Required - Sodium too High							
Sodium 2 (mg)	8746		1080						7666	Correction Required - Sodium too High							
Fiber (g)	54.29				Missing												
Iron (mg)	24.90				Missing												
Calcium (mg)	3643.1				Missing												
Vitamin A (IU)	42809				Missing												
Sugars (g)	128	11.89%			Missing												
Vitamin C (mg)	82.91				Missing												
Protein (g)	243.05	22.57%															
Carbohydrate (g)	507.49	47.13%															
Total Fat (g)	142.54	29.79%															
Saturated Fat (g)	49.92	10.43%	<10.00%		Missing					Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.42	0.09%			Missing												

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