

## Hamilton-Wenham Regional School District

### Nutritional Information

Food Items	Portion Size	Calories	Total Fat	Sodium	Carbs	Protein	Allergens
Crispy Chicken Sandwich	1 sandwich	357	11	667	43	26	Wheat Dairy
Hot Dog	1 Sandwich	330	17.5	590	31	12	Wheat Soy
Mac & Cheese	6oz	282	8.5	290	41	13	Wheat Dairy
French Bread Pizza	1 each	300	11	430	32	13	Wheat Soy Dairy
Popcorn Chicken	6 oz	270	13	630	20	19	Wheat Soy Dairy
BBQ Rib Slider	1 Sandwich	397	21	857	33	20	Wheat Soy Dairy
Pancakes	5 mini	220	7	210	36	4	Egg Wheat Soy Dairy
Chicken Tenders	3 each	226	10	350	14	19	Wheat Soy
Nachos	1 portion	429	23	692	28	16	Dairy
Flatbread Pizza	1 portion	336	16	435	27	20	Wheat Soy Soybean oil Dairy
Grilled Cheese	1 sandwich	314	12	820	32	18	Wheat Dairy
Pasta Alfredo	6oz	308	9	646	26	31	Wheat Soy Dairy
French Toast	6 oz	156	3	271	23	7	Egg Wheat Soy Dairy
Chicken Bites	5 each	190	9	380	13	15	Wheat Soy
Veggie Burger	1 sandwich	300	6.5	830	51	12	Milk Soy Wheat
Domino's Cheese Pizza	1 slice	310	14	730	30	15	Wheat Soy Dairy

Domino's Pepperoni Pizza	1 slice	320	16	810	29	15	Wheat Soy Dairy Sesame
Bagel & Cream Cheese	1 each	250	7.5	375	30	13	Wheat Soy Dairy Sesame
Meatballs & Marinara	1 serving	321	10	680	16	15	Egg
Mozzarella Sticks	1 serving	210	8	360	22	13	Wheat Dairy
Pizza Bites	1 serving	420	20	770	41	20	Wheat Dairy
Cheese Ravioli	6oz	560	8.5	700	91	37	Wheat Dairy
Chicken & Waffles	1 serving	308	10	710	36	17	Wheat Dairy Soy
Quesadillas	1 each	300	100	660	38	17	Wheat Soybean Oil Dairy
Pasta & Meatballs	1 serving	392	16	165	38	24	Wheat Egg Dairy
Lo Mein	1.5 cups	500	11	644	83	19	Wheat Soy
<b>Sides</b>							
Oven Fries	1/2 cup	145	5	189	22	2	
Cheesy Broccoli	1/2 cup	105	5	250	6	7	Milk
Fiesta Beans	1/2 cup	38	2	139	6	2	
Side Salads	1/2 cup	125	10	270	4	3	
Tater Tots	1/2 cup	130	6	310	16	2	
Smiley Potatoes	1/2 cup	160	8	170	22	2	Soybean oil
Mashed Potatoes	1/2 cup	204	10	345	14	3	
Cole Slaw	1/2 cup	155	11	430	12	1	Soybean Oil Egg
Mixed Veggies	1/2 cup	45	0	130	8	1	
Hash Browns	1 each	121	6	280	12	1	
Bean Salad	1/2 cup	136	3	198	21	3	
Garlic Bread	1 each	100	3.5	125	14	3	Wheat Soy
Sweet Potato Tots	1/2 cup	90	2.5	250	17	1	
Hummus	2.5 oz	180	14	310	10	4	Sesame
Yogurt Cups	1/2 cup	100	1	50	20	3	Dairy
Veggie Rice	1/2 cup	184	4	409	30	6.7	
Baked Beans	1/2 cup	263	0	183	60	8	

<b>Milk &amp; Juice</b>							
100% Juice Cup	4oz	60	0	15	14	0	
1% Milk	1 carton	110	2.5	120	13	8	Dairy
Fat Free Chocolate Milk	1 carton	120	0	180	20	8	Dairy
Vanilla Soy Milk	1 carton	140	4.5	110	17	8	Soy
Lactaid Milk	1 carton	90	0	125	13	8	Dairy