

Hamilton-Wenham Regional School District

Nutritional Information

Food Items	Portion Size	Calories	Total Fat	Sodium	Carbs	Protein	Allergens
Fruits & Veggies							
Apple Slices	2 oz	30	0	0	7	0	
Blueberries	1/2 cup	60	0	0	14	1	
Cantaloupe	1/2 cup	27	0.15	12	6.5	1	
Carrots Sticks	1/2 cup	30	0	65	7	0	
Celery Sticks	1/2 cup	15	0	90	3	1	
Craisins	1.16 oz	130	0	0	33	0	
Cucumber Wheels	1/2 cup	8	0.06	1	1.89	0.34	
Edamame	1/2 cup	100	3	10	10	8	
Grapes	1/2 cup	55	0.13	2	12	0.58	
Honeydew	1/2 cup	30	0	15	8	0	
Hummus	2.5 oz	180	14	310	10	4	Sesame
Peaches in syrup	1/2 cup	80	0	0	19	1	
Pineapple	1/2 cup	37	0.09	1	9.79	0.42	
Raisin Box	1 oz	90	0	5	22	1	
Strawberries	1/2 cup	74	1.3	0	8	1	
Strawberries in syrup	1/2 cup	90	0	0	22	1	
Watermelon	1/2 cup	23	0.11	1	5.7	0.46	
Whole Apple	1 each	72	0.23	1	19	0.36	
Whole Orange	1 each	62	0.16	0	15.39	1.23	
Milk & Juice							
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
Dressings & Condiments							
Ranch	1 oz	70	7	230	1	1	Egg, Milk
Italian	1 oz	60	5	310	3	0	
Caesar	1 oz	130	12	400	5	1	Egg, Fish, Milk
Ketchup	1 packet	10	0	90	2	0	
Mayo	1 packet	70	8	70	0	0	Egg
Mustard	1 packet	0	0	65	0	0	
Relish	1 packet	5	0	60	2	0	
Honey Mustard	1 oz	120	12	200	4	0	Egg
BBQ Sauce	1 packet	45	0	210	10	0	