

# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/02/2019																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks RSP 13 14	6 sticks	1	330	15	660	4.00	1.89	520.0	581	0.94	*N/A*	20.0	36.0	12.0	3.50	0.00
Marinara cup Red Gold 17 18	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
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2015	120	3409	26.45	*9.73	*2448.6	*4181	*30.93	*137	82.03	271.47	69.15	19.09	*0.00
% of Calories											*27.2%	16.3%	53.9%	30.9%	8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/03/2019																
Elementary Lunch-Traditional	Total	100														
American Chop Suey	3/4 cup	1	275	38	396	2.47	2.35	55.1	388	9.41	*1	15.82	29.35	10.3	4.17	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	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.

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Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			22	2	39	0.21	*0.11	*22.5	*66	*0.37	*1	0.88	2.71	0.81	0.26	*0.00
Nutrient Guideline			550-650		1230						*24.7%	16.3%	50.2%	33.7%	10.8%	*0.0%

Fri - 01/04/2019																
Elementary Lunch-Traditional	Total	1														
Pizza - Stuffed Crust 17 18	piece	1	303	25	724	3.37	0.00	378.8	631	0.0	5	17.68	36.2	10.1	5.05	0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
TUNA SALAD Sand Elem 15 16	SERVINGS	1	424	34	677	4.00	2.95	28.0	43	0.0	*2	25.23	29.94	21.99	3.10	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			1912	131	3076	22.87	*8.60	*2295.4	*15164	*34.09	*138	76.66	260.33	65.47	20.65	*0.00
Nutrient Guideline			550-650		1230						*28.9%	16.0%	54.5%	30.8%	9.7%	*0.0%

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Jan 1, 2019 thru Feb 1, 2019

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### 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 <sup>1</sup> (g)
<b>Mon - 01/07/2019</b>																
Elementary Lunch-Traditional	Total	100														
Lasag Roll Up Tasty 1516 w sau	each w sauce	1	310	35	790	4.00	1.80	340.0	500	6.0	13	16.0	37.0	11.0	4.00	0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			20	2	46	0.21	*0.09	*28.6	*68	*0.34	*1	0.81	2.68	0.70	0.30	*0.00
Nutrient Guideline			550-650		1230						*29.5%	16.1%	53.5%	31.4%	13.3%	*0.0%
																<10.00

<b>Tue - 01/08/2019</b>																
Elementary Lunch-Traditional	Total	100														
Pork pulled sandwich 16 17	sandwiche	1	280	51	591	3.14	*1.91	*64.1	*84	*1.24	*3	17.31	33.62	5.1	2.03	*1.01
Potato Sweet Waffle 16 17	1/2 cup	1	130	0	140	4.00	0.65	30.8	1081	0.46	8	1.0	21.0	8.0	1.00	0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Rice Krispie Treats Mini	bar	1	50	0	45	0.00	0.36	0.0	0	0.0	*N/A*	*N/A*	9.0	1.0	0.00	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			19	2	36	0.24	*0.10	*23.3	*50	*0.29	*1	*0.72	2.88	0.60	0.23	*0.01
Nutrient Guideline			550-650		1230						*29.7%	*14.8%	59.1%	27.7%	10.4%	<10.00

Wed - 01/09/2019																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Elementary Lunch-Traditional	Total	100														
HAMBURGER ON A BUN	Sandwich	1	289	45	278	3.00	9.92	5.9	0	0.0	*N/A*	18.44	22.0	14.99	12.24	*0.00
CHEESEBURGER ON A BUN	1 EACH	1	372	82	741	3.00	10.39	311.3	321	0.0	*1	26.43	23.36	20.03	8.78	*0.68
CARROT STICKS	1/4 cup	1	18	0	30	1.23	0.13	14.5	7387	2.59	2	0.41	4.21	0.11	0.02	0.00
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
BAKED BEANS (VEGETARIAN)	2/3 cup	1	162	0	477	5.54	1.88	62.7	156	0.64	*19	6.42	37.11	0.64	0.10	*0.00
chips - cape cod 9 09	bag	1	60	0	55	1.00	0.36	0.0	0	2.4	*N/A*	1.0	9.0	3.0	0.00	0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			24	3	46	0.29	*0.29	*26.2	*114	*0.31	*2	1.07	3.19	0.91	0.42	*0.01
Nutrient Guideline			550-650		1230						*25.4%	17.5%	52.1%	33.6%	15.3%	<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 <sup>1</sup> (g)
Thu - 01/10/2019																
Elementary Lunch-Traditional	Total	100														
Tomato Soup - camp-mrms	6 oz	1	123	0	645	1.37	0.00	0.0	549	8.23	*N/A*	2.74	23.32	2.06	0.69	0.00
Grilled Cheese Sandwich	SERVINGS	1	324	30	1232	1.00	1.44	441.0	1622	0.01	*N/A*	18.03	30.03	13.74	6.55	*0.00
POTATOES, ROUNDS 14 15 U	8 each	1	139	0	330	2.00	0.42	0.0	0	1.39	0	2.0	20.0	7.0	2.00	0.00
SDA fo																
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
APPLE CRISP 17 18	SERVINGS	1	168	0	112	1.67	1.02	9.1	326	0.95	*14	1.32	25.23	7.51	1.51	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			22	2	51	0.22	*0.10	*26.6	*60	*0.36	*1	0.77	3.21	0.76	0.30	*0.00
% of Calories											*26.4%	13.9%	57.5%	30.6%	12.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/11/2019																
Elementary Lunch-Traditional	Total	1														
pizza - Sal's	slice	1	270	20	710	3.00	1.80	250.0	500	1.2	2	16.0	34.0	10.0	4.50	*N/A*
Chicken Pepperoni - Tyson 14 1	4 slices	1	20	6	70	0.00	0.09	0.0	50	0.0	0	2.0	0.25	1.25	0.38	0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1799	162	3614	21.50	*9.52	*2494.9	*15361	*35.29	138	72.90	262.80	57.33	24.49	*0.00
% of Calories											30.7%	16.2%	58.4%	28.7%	12.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/14/2019																
Elementary Lunch-Traditional	Total	1														
Ch Patty 6616 WG - Goldkist -	patty	1	254	59	321	*N/A*	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Hamburger Rolls - Fantini - Wh	roll	1	146	0	254	3.00	1.80	60.0	0	0.0	2	6.0	29.0	0.0	0.00	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*
GREEN BEANS: frozen,boiled	1/2 cup	1	19	0	1	2.03	0.45	28.4	376	2.77	1	1.01	4.35	0.11	0.03	*N/A*
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			2156	219	4792	*23.87	*11.46	*2370.6	*4600	*42.40	*135 *25.1%	80.91 15.0%	298.31 55.4%	72.16 30.1%	23.54 9.8%	*0.19 *0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/15/2019																
Elementary Lunch-Traditional	Total	1														
Macaroni and Cheese 11 17	6 oz	1	277	38	988	2.70	1.64	392.9	379	0.0	*0	14.86	29.49	11.81	7.65	*0.00
BROCCOLI: frozen, boiled	.5 CUP	1	26	0	10	2.76	0.56	30.4	930	36.89	1	2.85	4.92	0.11	0.01	*N/A*
roll dinner honey wht fantini	roll	1	89	0	173	2.00	1.08	10.0	0	0.0	*N/A*	3.0	18.0	1.3	0.00	*N/A*
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			1969	198	4998	24.31	*11.49	*2700.5	*5471	*72.92	*134 *27.2%	75.61 15.4%	278.37 56.6%	65.27 29.8%	27.67 12.6%	*0.19 *0.1%
Nutrient Guideline			550-650		1230											<10.00

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/16/2019																
Elementary Lunch-Traditional	Total	100														
French Toast Sticks 18 19	3 sticks	1	151	105	265	2.40	1.37	70.5	154	0.01	8	7.66	22.28	33.02	10.18	0.00
Sausage Links lite 10/11	2 each	1	100	30	260	*N/A*	3.96	*N/A*	*N/A*	*N/A*	*N/A*	6.0	2.0	8.0	*N/A*	*N/A*
potatoes hash browns	1/2 cup	1	219	6	581	7.15	0.87	2.1	5	3.27	*0	2.39	16.65	7.72	3.04	*N/A*
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
apples, spiced	1/2 cup	1	83	0	1	4.10	0.43	31.8	58	0.33	*4	0.44	21.72	0.49	0.08	*0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Pancake Syrup - Thurston #2156	1 cup	1	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Veggie Dip	Servings	1	85	5	274	0.00	0.00	18.9	0	0.0	*N/A*	0.0	5.67	6.61	0.94	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			24	3	53	*0.34	*0.15	*24.5	*195	*0.47	*2	0.73	3.36	1.08	*0.34	*0.00
											*28.4%	12.2%	56.4%	40.9%	*13.0%	*0.1%
Nutrient Guideline			550-650		1230											<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

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/17/2019																
Elementary Lunch-Traditional	Total	100														
Nacho chips 12 13	1oz (@16 chips)	1	245	0	210	1.75	0.63	70.0	0	0.0	*N/A*	3.5	31.5	12.25	1.75	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
Cheese Sauce, RF, Nacho, Pouch	1 oz	1	50	10	115	0.00	0.00	100.0	100	0.0	1	3.5	1.5	3.5	2.25	0.00
SALSA:COMMODITY	1/4 cup	1	20	0	244	0.79	1.27	6.8	312	2.27	*N/A*	0.85	3.97	0.11	0.02	*N/A*
Nacho Toppings	Serving	1	114	27	103	0.76	0.33	136.0	756	6.89	2	4.57	3.16	9.53	5.75	*N/A*
BLACK BEAN SALAD	1/2 CUP	1	108	0	278	6.05	0.44	9.0	283	16.18	*2	5.46	19.64	1.34	0.19	*0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			22	2	49	0.27	*0.11	*25.9	*56	*0.61	*1	0.81	2.88	0.84	0.31	*0.00
% of Calories											*25.2%	14.7%	52.3%	34.3%	12.7%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 01/18/2019																
Elementary Lunch-Traditional	Total	1														
MaxStix - Mozzarella filled Br	2 each	1	320	20	740	1.20	2.60	336.0	338	0.0	*N/A*	16.0	34.0	14.0	5.00	*N/A*
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Sub - Jenni O combo	sandwich	1	423	88	2178	4.12	3.49	417.6	939	10.76	*4	22.67	38.23	19.04	7.56	*0.19
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1997	185	4833	20.83	*11.74	*2662.2	*15767	*44.84	*137	73.42	267.42	73.42	26.05	*0.19
% of Calories											*27.3%	14.7%	53.6%	33.1%	11.7%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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

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

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

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

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 <sup>1</sup> (g)
Tue - 01/22/2019																
Elementary Lunch-Traditional	Total	1														
Ch Nugget WG - Goldkist 6116 -	4 nuggets	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
Potatoes 3/8 cc McCain 17 18	1/2 cup	1	98	0	120	0.75	0.27	0.0	0	0.0	0	1.51	15.81	3.39	0.38	0.00
CARROT STICKS	.5 CUP	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Ranch PC 17 18	1 cup	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	0.00
BBQ PC 17 18	1 cup	1	45	0	240	0.00	0.72	0.0	0	0.0	9	0.0	10.0	0.0	0.00	0.00
Sweet & Sour PC 17 18	1 cup	1	45	0	105	0.00	0.00	0.0	0	0.0	10	0.0	11.0	0.0	0.00	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1987	184	3521	21.94	*8.87	*2120.1	*18217	*30.46	*154	77.36	280.61	63.90	19.36	*0.00
% of Calories											*31.0%	15.6%	56.5%	28.9%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

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 <sup>1</sup> (g)
Wed - 01/23/2019																
Elementary Lunch-Traditional	Total	1														
Hot Dog 14 15	hot dog	1	170	30	340	0.00	0.54	0.0	0	1.8	0	6.0	2.0	15.0	6.00	0.00
Hot Dog Roll Fantini #215 15/1	roll	1	90	0	200	3.00	1.08	80.0	0	0.0	2	3.0	18.0	1.0	0.00	0.00
Sweet Pot Fries - McCain 04566	1/2 cup	1	148	0	168	2.96	0.36	19.8	4941	9.49	*N/A*	0.99	21.74	5.93	0.99	0.00
APPLE CRISP 17 18	SERVINGS	1	168	0	112	1.67	1.02	9.1	326	0.95	*14	1.32	25.23	7.51	1.51	*0.00
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2015	150	3254	23.36	*9.61	*2165.0	*8649	*37.51	*146	68.34	286.35	68.74	23.45	*0.00
% of Calories											*29.1%	13.6%	56.8%	30.7%	10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

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 <sup>1</sup> (g)
Thu - 01/24/2019																
Elementary Lunch-Traditional	Total	1														
Pasta - Penne - wh gr ckd	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
Meatballs and Sauce	5 meatballs	1	179	35	892	2.84	3.05	55.9	630	9.77	*5	15.62	10.59	9.22	3.54	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2104	185	4803	26.31	*13.89	*2440.2	*6998	*37.47	*139	95.23	291.41	65.63	24.86	*0.00
% of Calories											*26.5%	18.1%	55.4%	28.1%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 01/25/2019																
Elementary Lunch-Traditional	Total	1														
pizza - Dominos	slice	1	300	45	790	4.00	1.80	350.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
pizza - Dominos - Pepperoni	slice	1	310	45	790	4.00	1.80	300.0	750	6.0	*N/A*	15.0	31.0	14.0	8.00	0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Turkey and Cheese Sub	Serving	1	285	49	786	3.00	*1.89	*206.5	*158	*0.0	*2	24.8	31.65	6.3	2.50	0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			2080	210	4040	26.51	*11.14	*2745.1	*16148	*46.09	*133	88.55	287.84	67.68	30.99	*0.00
% of Calories											*25.6%	17.0%	55.4%	29.3%	13.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/28/2019																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Elementary Lunch-Traditional	Total	100														
Ch Smackers 110458 Goldkist 15	10 pieces	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	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	0.01	*N/A*
RICE,UB par boiled 17 18	1/2 cup	1	120	0	97	1.10	0.26	4.9	16	0.03	*0	2.79	24.88	1.0	0.24	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			19	2	34	0.23	*0.10	*22.6	*47	*0.62	*1	0.77	2.69	0.64	0.23	*0.00
% of Calories											*28.0%	16.1%	56.1%	30.0%	10.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### 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 <sup>1</sup> (g)
Tue - 01/29/2019																
Elementary Lunch-Traditional	Total	1														
Pretzel	Serving	1	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	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
CARROT STICKS	1/2 cup	1	36	0	61	2.46	0.26	29.0	14774	5.19	4	0.82	8.42	0.21	0.04	0.00
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
POTATOES, ROUNDS 14 15 U	8 each	1	139	0	330	2.00	0.42	0.0	0	1.39	0	2.0	20.0	7.0	2.00	0.00
SDA fo																
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			2038	157	4310	25.73	*9.22	*2562.1	*19131	*35.46	*139	76.45	294.70	68.65	29.71	*0.00
% of Calories											*27.4%	15.0%	57.8%	30.3%	13.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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

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

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

## Base Menu Spreadsheet

Elementary Lunch-Traditional

### 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 <sup>1</sup> (g)
Wed - 01/30/2019																
Elementary Lunch-Traditional	Total	1														
Steak & Cheese Sub	sandwich	1	350	63	735	3.00	2.70	356.3	321	0.0	3	22.14	30.36	14.71	7.12	*0.00
CELERY STICKS	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
Hummus - elem 9 15	1/4 cup	1	55	0	163	2.54	*0.02	*1.3	*1	*2.41	2	3.06	8.59	1.03	0.00	*0.00
Jello	Serving 4o	1	70	0	57	0.00	0.00	0.0	0	7.5	*N/A*	0.5	17.0	0.0	0.00	*N/A*
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average			1965	200	3822	22.45	*9.57	*2593.1	*4199	*37.49	*138	79.58	280.24	61.57	26.72	*0.00
% of Calories											*28.2%	16.2%	57.1%	28.2%	12.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/31/2019																
Elementary Lunch-Traditional	Total	100														
American Chop Suey	3/4 cup	1	275	38	396	2.47	2.35	55.1	388	9.41	*1	15.82	29.35	10.3	4.17	*0.00
Salad Caesar Secondary	1 cup	1	219	30	1022	0.88	0.62	314.6	2785	2.42	*3	11.57	9.08	13.27	6.11	*0.00
Texas Toas - 16 17	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
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00

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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			21	2	43	0.20	*0.10	*25.8	*69	*0.37	*1 *26.4%	0.84 16.3%	2.76 53.5%	0.72 31.3%	0.30 13.0%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/01/2019																
Elementary Lunch-Traditional	Total	1														
Pizza - Stuffed Crust 17 18	piece	1	303	25	724	3.37	0.00	378.8	631	0.0	5	17.68	36.2	10.1	5.05	0.00
GARDEN SALAD	1.25 CUP	1	31	0	26	2.78	0.93	39.0	11267	8.81	3	1.52	6.46	0.37	0.04	*0.00
Ham & Cheese Sub	Serving	1	324	64	1159	3.00	*1.98	*356.3	*321	*0.0	5	21.14	34.36	12.71	7.12	*0.00
Bagel and Cheese Lunch	bagel and chees	1	360	60	540	4.00	3.14	1479.2	2004	0.0	5	20.0	31.0	19.0	10.00	0.00
Assorted Fresh Fruit	1 EACH	1	77	0	2	2.62	0.35	19.3	187	19.17	15	0.88	20.12	0.26	0.04	*N/A*
MILK - Variety all schools	HALF PINT	1	129	7	184	0.00	0.00	287.7	755	2.63	18	8.77	20.04	0.67	0.40	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
Ketchup - Heinz - 15 16	ounce	1	33	0	264	0.00	0.00	0.0	165	1.98	7	0.0	8.24	0.0	0.00	0.00
Ranch PC 17 18	ounce	1	70	5	240	0.00	0.00	20.0	0	0.0	1	1.0	1.0	7.0	1.00	0.00
Craisins individual USDA 17 18	package	1	110	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
pudding - choc - 17 18	1/2 cup	1	120	0	200	1.00	0.72	20.0	0	0.0	16	1.0	24.0	3.0	0.50	0.00
pudding - van - 17 18	.5 cup	1	130	0	200	0.00	0.00	20.0	0	0.0	15	0.0	24.0	3.0	0.50	0.00
Weighted Daily Average % of Calories			1812	161	3557	21.87	*7.63	*2623.6	*15442	*34.09	141 31.1%	72.57 16.0%	264.74 58.5%	56.19 27.9%	24.66 12.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			1184	104	2383	*14.10	*6.07	*1474.9	*6821	*23.76	*83 *63.0%	*46.68 *15.8%	165.95 56.1%	39.19 29.8%	*14.72 *11.2%	*0.03 *0.0%
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# Hamilton-Wenham Regional Schools

Jan 1, 2019 thru Feb 1, 2019

Base Menu Spreadsheet

Elementary Lunch-Traditional

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 <sup>1</sup> (g)	Error Messages (if any)
Calories	1184		550 - 650		182%				534									Correction Required - Calories too High
Cholesterol (mg)	104																	
Sodium (mg)	2383		1230						1153									Correction Required - Sodium too High
Fiber (g)	14.10					Missing												
Iron (mg)	6.07					Missing												
Calcium (mg)	1474.9					Missing												
Vitamin A (IU)	6821					Missing												
Sugars (g)	83	28.00%				Missing												
Vitamin C (mg)	23.76					Missing												
Protein (g)	46.68	15.78%				Missing												
Carbohydrate (g)	165.95	56.08%																
Total Fat (g)	39.19	29.80%																
Saturated Fat (g)	14.72	11.20%	<10.00%			Missing												Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.03	0.02%				Missing												

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