

Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

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 ¹ (g)
Mon - 11/01/2021																
Elementary Lunch-Traditional	Total	1														
Mozzarella Sticks - Rich's	4 pieces	1	210	10	360	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	13.0	22.0	8.0	2.50	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
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
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			939	61	1076	16.05	*3.68	*384.5	*14211	*67.68	92	29.55	155.31	23.63	7.16	0.00
% of Calories											39.3%	12.6%	66.2%	22.7%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 11/03/2021																
Elementary Lunch-Traditional	Total	1														
Chicken Drumstick - Tyson	1 drumstick	1	220	60	530	1.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	19.0	6.0	13.0	3.00	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
Golden Buttermilk Biscuit	1 biscuit	1	260	0	660	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	5.0	30.0	13.0	8.00	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1217	111	1916	13.70	*3.80	*360.8	*10559	*67.73	*86	40.61	172.37	41.28	15.62	0.00
% of Calories											*28.4%	13.4%	56.7%	30.5%	11.6%	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

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

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 ¹ (g)
Thu - 11/04/2021																
Elementary Lunch-Traditional	Total	1														
Turkey BLT	1 sub	1	371	56	1234	6.19	*2.95	*38.7	*4938	*2.27	*7	32.01	48.29	7.59	*0.52	*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
HUMMUS	1/2 CUP	1	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1252	106	2146	24.41	*8.47	*459.8	*19171	*75.96	*94	56.68	196.00	31.35	*6.73	*0.00
% of Calories											*30.2%	18.1%	62.6%	22.5%	*4.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 11/05/2021																
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
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1613	185	3614	20.24	8.05	1467.0	*16237	*80.54	*88	62.41	198.69	62.40	29.78	*0.00
% of Calories											*21.9%	15.5%	49.3%	34.8%	16.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/08/2021																
Elementary Lunch-Traditional	Total	1														
Lasagna Roll Up Tasty 15 16	piece	1	230	35	400	2.00	1.08	300.0	500	6.0	5	14.0	27.0	7.0	4.00	0.00
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
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00

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

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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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			935	86	909	15.70	5.52	684.1	*22298	*79.73	93	30.57	156.53	21.87	8.68	0.00
% of Calories											39.6%	13.1%	67.0%	21.1%	8.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 11/09/2021																
Elementary Lunch-Traditional	Total	1														
Eggoji Waffles	1 waffle	1	90	3	150	0.50	*N/A*	*N/A*	*N/A*	*N/A*	1	2.0	13.5	3.0	0.75	0.00
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			995	83	1205	13.92	*3.94	*358.4	*10559	*70.14	88	29.12	160.81	28.04	*6.10	0.03
% of Calories											35.2%	11.7%	64.6%	25.4%	*5.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 11/10/2021																
Elementary Lunch-Traditional	Total	1														
CHICK ON BUN elem 15 16	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
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
HUMMUS	1/2 CUP	1	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1136	110	1233	*18.22	6.52	436.1	*14293	*73.69	*87	41.66	162.71	37.76	9.21	0.00
% of Calories											*30.8%	14.7%	57.3%	29.9%	7.3%	0.0%
Nutrient Guideline			550-650		1230											<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)
Mon - 11/15/2021																
Elementary Lunch-Traditional	Total	1														
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
Mozzarella Bread Sticks	2 breadsticks	1	300	20	440	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	18.0	30.0	12.0	6.00	0.00
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1112	71	1600	13.42	*3.68	*364.5	*14760	*75.91	*88	36.29	179.63	28.69	11.34	0.00
% of Calories											*31.7%	13.1%	64.6%	23.2%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 11/16/2021																
Elementary Lunch-Traditional	Total	1														
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
Bacon - Smithfield	2 pieces	1	60	30	560	0.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	2.0	1.5	*N/A*	0.00
HASH BROWN POTATOES	1/2 CUP	1	171	0	12	2.50	0.42	13.3	0	5.23	0	2.07	22.24	9.04	0.73	0.03
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			950	176	1185	13.42	*3.94	*358.4	*10559	*70.14	87	30.12	148.31	28.04	*6.35	0.03
% of Calories											36.5%	12.7%	62.4%	26.6%	*6.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Wed - 11/17/2021																
Elementary Lunch-Traditional	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
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
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
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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			970	91	870	14.78	*4.34	*380.4	*11505	*101.83	*96	31.69	171.87	18.60	5.38	*0.00
% of Calories											*39.6%	13.1%	70.9%	17.3%	5.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 11/18/2021																
Elementary Lunch-Traditional	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
BAKED BEANS (VEGETARIAN)	2/3 cup	1	155	0	193	5.96	2.35	64.2	16	0.64	*14	7.15	31.52	0.72	0.01	*0.00
Assorted Fresh Fruit	1 EACH	1	77	0	3	2.67	0.34	20.2	187	19.17	16	0.9	20.13	0.24	0.04	0.00
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1440	171	1381	22.88	11.82	679.9	*10733	*70.35	*102	69.58	203.24	41.86	14.45	*1.36
% of Calories											*28.4%	19.3%	56.5%	26.2%	9.0%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

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 ¹ (g)
Fri - 11/19/2021																
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	1.5 CUP	1	53	0	73	4.08	1.67	76.7	12063	22.75	6	2.92	11.32	0.53	0.09	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1337	141	2136	23.00	8.79	1071.8	*24122	*99.66	*91	47.97	196.39	43.03	20.71	0.00
% of Calories											*27.1%	14.3%	58.7%	29.0%	13.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/22/2021																
Elementary Lunch-Traditional	Total	1														
PizzaBoli	1 PizzaBoli	1	310	35	640	0.00	*N/A*	*N/A*	*N/A*	*N/A*	6	14.0	34.0	12.0	6.00	0.00
Veggie Sticks	.5 cup	1	14	0	32	1.12	0.17	19.4	3653	2.77	2	0.5	3.24	0.13	0.04	0.00
HUMMUS	1/2 CUP	1	193	0	397	6.17	1.84	56.6	21	6.02	*1	9.11	21.39	9.13	1.55	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1192	86	1552	18.22	*5.52	*421.1	*14232	*73.69	*93	38.66	181.71	35.76	12.21	0.00
% of Calories											*31.4%	13.0%	61.0%	27.0%	9.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

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 ¹ (g)
Tue - 11/23/2021																
Elementary Lunch-Traditional	Total	1														
TURKEY RST,BNLESS,FRZ,SEASONED	2 oz	1	88	30	386	0.00	0.92	2.8	0	0.0	0	12.09	1.74	3.28	1.08	*N/A*
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
Stuffing Stove Top 16 17	1 ounce	1	110	0	450	1.00	1.08	0.0	0	0.0	2	3.0	19.0	2.5	0.00	0.00
CRANBERRY SAUCE: canned,s wtnd	1 CUP	1	440	0	14	3.05	1.14	8.3	91	2.77	88	2.49	111.91	0.42	0.02	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1375	81	1575	15.75	6.94	372.0	*10650	*70.50	*174	34.20	269.02	21.47	5.72	*0.00
% of Calories											*50.7%	9.9%	78.2%	14.1%	3.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 11/29/2021																
Elementary Lunch-Traditional	Total	1														
Pizza - Stuffed Crust 18 19	piece	1	330	15	820	3.00	1.80	300.0	300	0.0	4	16.0	35.0	14.0	4.50	0.00
Salad Caesar	1.5 cup	1	328	44	1551	1.31	0.93	471.8	4178	3.63	*4	17.36	13.62	19.9	9.16	*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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1333	110	2854	15.23	6.25	1117.0	*15037	*68.54	*92	48.41	171.69	48.40	18.29	*0.00
% of Calories											*27.7%	14.5%	51.5%	32.7%	12.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

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 ¹ (g)
Tue - 11/30/2021																
Elementary Lunch-Traditional	Total	1														
Pancakes made with whl grain	2 pancakes	1	2	0	4	0.03	0.01	0.4	0	0.0	*N/A*	0.05	0.39	0.06	0.01	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*
Tater Tots 16 17	8 tots	1	130	0	310	2.00	0.00	0.0	0	3.6	0	2.0	16.0	6.0	1.00	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
MILK - Variety all schools	HALF PINT	1	16	1	23	0.00	0.00	36.0	94	0.33	2	1.1	2.51	0.08	0.05	0.00
Juice Variety	4 oz	1	57	0	13	0.33	0.00	0.0	*0	*N/A*	12	0.33	13.67	0.0	0.00	0.00
Fruit - Canned Commodity	1/2 cup	1	68	0	6	1.77	0.52	3.4	113	1.49	15	0.25	17.66	0.07	0.01	0.00
Muffin Protein Pack	3 oz muffin	1	456	50	438	6.14	2.66	285.6	*10164	*43.92	40	12.47	69.1	14.1	4.52	0.00
Weighted Daily Average			1011	126	1210	12.95	4.41	352.6	*10600	*68.51	*84	32.22	139.46	36.06	14.16	*0.00
% of Calories											*33.4%	12.7%	55.2%	32.1%	12.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1175	112	1654	*16.99	*5.98	*579.3	*14345	*75.91	*96	41.23	178.98	34.26	*11.99	*0.09
											*73.6%	14.0%	60.9%	26.2%	*9.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1175		550 - 650	181%			525	Correction Required - Calories too High
Cholesterol (mg)	112							
Sodium 1 (mg)	1654		1230				424	Correction Required - Sodium too High
Sodium 2 (mg)	1654		935				719	Correction Required - Sodium too High
Fiber (g)	16.99				Missing			
Iron (mg)	5.98				Missing			
Calcium (mg)	579.3				Missing			
Vitamin A (IU)	14345				Missing			
Sugars (g)	96	32.69%			Missing			
Vitamin C (mg)	75.91				Missing			
Protein (g)	41.23	14.03%						
Carbohydrate (g)	178.98	60.91%						
Total Fat (g)	34.26	26.24%						
Saturated Fat (g)	11.99	9.18%	<10.00%		Missing			
Trans Fat ¹ (g)	0.09	0.07%			Missing			

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