

Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 1

Generated on: 10/26/2021 10:44:04 AM

	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																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1208	96	2097	22.53	*5.28	*598.4	*14688	*34.89	*71	61.91	172.57	33.87	12.70	0.00
% of Calories											*23.5%	20.5%	57.1%	25.2%	9.5%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 11/02/2021																
Miles River Middle School	Total	1														
Eggoji Waffles MS/HS	2 waffles	1	180	5	300	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	4.0	27.0	6.0	1.50	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1355	121	2377	20.90	*5.54	*572.3	*11035	*37.35	*67	63.48	191.56	41.28	*12.39	0.03
% of Calories											*19.9%	18.7%	56.6%	27.4%	*8.2%	0.0%
Nutrient Guideline			600-700		1360										<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

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

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 2

Generated on: 10/26/2021 10:44:04 AM

	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 - 11/03/2021																
Miles River Middle School	Total	1														
Chick Tenders Gold Kist 18 19	3 each	1	85	20	107	1.00	0.33	5.0	20	0.0	*N/A*	5.67	5.0	4.67	1.00	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1351	106	2515	20.19	*5.73	*579.7	*11056	*34.94	*65	59.64	188.63	43.19	19.16	0.00
% of Calories											*19.3%	17.7%	55.8%	28.8%	12.8%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 11/04/2021																
Miles River Middle School	Total	1														
Teriyaki Chicken Dippers	4	1	246	0	370	2.00	1.08	40.0	*N/A*	0.0	*N/A*	5.0	33.0	10.5	2.00	*N/A*
Dinner Roll	EACH 2 oz	1	176	0	291	1.14	1.56	29.1	0	0.13	*4	4.44	29.69	4.22	0.57	*0.00
Garbonzo Beans	.5 cup	1	100	0	315	4.99	1.39	39.7	17	0.11	*N/A*	5.58	15.3	2.21	0.23	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1466	86	2481	25.53	9.15	667.8	*11053	*32.37	*68	62.42	218.31	41.67	12.96	*0.00
% of Calories											*18.4%	17.0%	59.6%	25.6%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<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

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

Portion Values - Detailed

Page 3

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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 - 11/05/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1882	220	4636	26.72	9.65	1680.8	*16713	*47.76	*67	94.77	215.95	72.64	35.32	*0.00
% of Calories											*14.3%	20.1%	45.9%	34.7%	16.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 11/08/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1204	121	1931	22.19	7.12	898.0	*22774	*46.94	*71	62.93	173.78	32.11	14.22	0.00
% of Calories											*23.7%	20.9%	57.7%	24.0%	10.6%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

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)
Tue - 11/09/2021																
Miles River Middle School	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
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
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1162	181	1650	19.93	*5.55	*572.6	*11035	*37.35	*63	52.52	163.95	36.84	11.90	0.03
% of Calories											*21.8%	18.1%	56.4%	28.5%	9.2%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 11/10/2021																
Miles River Middle School	Total	1														
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	0.00
Onion Rings 16 17	5 each	1	190	0	310	3.00	1.08	40.0	0	2.4	5	3.0	27.0	8.0	1.50	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	73	0	402	3.49	0.99	29.7	14	4.9	*0	3.93	11.66	1.56	0.17	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	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
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
Weighted Daily Average			1221	86	2250	25.02	7.35	648.1	*14701	*42.19	*70	54.84	182.22	34.43	11.86	0.00
% of Calories											*23.0%	18.0%	59.7%	25.4%	8.7%	0.0%
Nutrient Guideline			600-700		1360										<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																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1382	106	2622	19.90	*5.28	*578.4	*15237	*43.12	*67	68.65	196.89	38.92	16.88	0.00
% of Calories											*19.4%	19.9%	57.0%	25.4%	11.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 11/16/2021																
Miles River Middle School	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*
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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1468	161	2449	23.41	*6.00	*566.1	*11076	*35.73	*74	68.53	192.32	51.24	21.19	*0.00
% of Calories											*20.2%	18.7%	52.4%	31.4%	13.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

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 - 11/17/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1239	126	1892	21.27	*5.94	*594.2	*11982	*69.05	*75	64.05	189.12	28.84	10.91	*0.00
% of Calories											*24.1%	20.7%	61.1%	20.9%	7.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 11/18/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1710	206	2403	29.37	13.42	893.7	*11209	*37.56	*81	101.94	220.49	52.10	19.99	*1.36
% of Calories											*18.9%	23.9%	51.6%	27.4%	10.5%	*0.7%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

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																
Miles River Middle School	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 Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1584	176	3111	28.19	9.64	1248.0	*23774	*52.94	*66	78.93	208.78	53.11	26.22	0.00
% of Calories											*16.7%	19.9%	52.7%	30.2%	14.9%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 11/22/2021																
Miles River Middle School	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	73	0	402	3.49	0.99	29.7	14	4.9	*0	3.93	11.66	1.56	0.17	0.00
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1341	121	2580	22.02	*6.27	*608.1	*14701	*39.79	*71	65.84	189.22	38.43	16.36	0.00
% of Calories											*21.2%	19.6%	56.5%	25.8%	11.0%	0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

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																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1645	116	2597	22.24	8.54	585.8	*11127	*37.71	*153	66.56	286.28	31.71	11.26	*0.00
% of Calories											*37.2%	16.2%	69.6%	17.4%	6.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 11/29/2021																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1602	145	3876	21.72	7.85	1330.8	*15513	*35.75	*71	80.77	188.95	58.64	23.82	*0.00
% of Calories											*17.7%	20.2%	47.2%	32.9%	13.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Hamilton-Wenham Regional Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Miles River Middle School

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																
Miles River Middle School	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
Protein Pack - cheese stick	pack	1	382	40	656	7.62	2.26	431.4	10453	8.73	*15	17.83	46.35	14.84	9.06	0.00
CHICK ON BUN MRMS 16 17	1 EACH	1	343	45	803	5.00	2.00	68.0	188	2.4	3	27.0	40.0	9.5	1.00	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
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
Weighted Daily Average			1280	161	2232	19.44	6.01	566.5	*11076	*35.73	*63	64.58	156.71	46.30	19.69	*0.00
% of Calories											*19.7%	20.2%	49.0%	32.5%	13.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			1418	137	2570	22.97	*7.31	*775.8	*14044	*41.25	*74	68.96	196.22	43.25	*17.46	*0.08
											*47.2%	19.5%	55.4%	27.5%	*11.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1418		600 - 700	203%			718	Correction Required - Calories too High
Cholesterol (mg)	137							
Sodium 1 (mg)	2570		1360				1210	Correction Required - Sodium too High
Sodium 2 (mg)	2570		1035				1535	Correction Required - Sodium too High
Fiber (g)	22.97							
Iron (mg)	7.31				Missing			
Calcium (mg)	775.8				Missing			
Vitamin A (IU)	14044				Missing			
Sugars (g)	74	20.99%			Missing			
Vitamin C (mg)	41.25				Missing			
Protein (g)	68.96	19.46%						
Carbohydrate (g)	196.22	55.37%						
Total Fat (g)	43.25	27.46%						
Saturated Fat (g)	17.46	11.08%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.08	0.05%			Missing			

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