

Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Mon - 02/04/2019																
Elementary Lunch-Traditional	Total	100														
Ch Strips Goldkist 6216	2 each	1	169	39	214	2.00	0.67	10.0	41	0.0	0	11.33	10.0	9.33	2.00	0.00
Waffle Sticks 18 19	2 each	1	113	13	167	2.66	3.60	40.0	1600	0.0	4	2.66	18.6	3.4	0.60	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
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
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			20	2	43	0.24	*0.13	*23.5	*206	*0.41	*2	0.70	2.94	0.65	0.23	*0.00
% of Calories											*31.7%	13.8%	58.3%	29.0%	10.1%	*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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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 ¹ (g)
Tue - 02/05/2019																
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
Orange Sauce	1 oz	1	67	0	119	0.00	0.00	0.0	0	0.0	13	0.0	15.67	0.0	0.00	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	0.01	*N/A*
cookie fortune	cookie	1	35	0	0	0.00	0.00	0.0	0	0.0	*N/A*	1.0	7.0	0.0	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			21	2	45	0.24	*0.11	*23.2	*53	*0.73	*1	0.80	2.95	0.70	0.23	*0.00
% of Calories											*27.7%	15.0%	55.8%	29.8%	9.9%	*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

Feb 4, 2019 thru Mar 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 ¹ (g)
Wed - 02/06/2019																
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
BLACK BEAN SALAD	3/4 CUP	1	162	0	417	9.08	0.66	13.6	424	24.27	*3	8.19	29.45	2.01	0.29	*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*
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			23	2	62	0.28	*0.10	*27.2	*68	*0.76	*1	0.84	3.26	0.70	0.28	*0.00
% of Calories											*23.9%	15.0%	57.7%	27.9%	11.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Thu - 02/07/2019																
Elementary Lunch-Traditional	Total	100														
Rotini	1 serving/cup	1	189	0	4	4.51	1.97	21.7	0	0.0	*N/A*	7.94	40.73	0.76	0.14	*N/A*
MEAT SAUCE	1/2 cup	1	287	81	624	0.69	3.84	58.4	468	6.55	*0	24.82	7.43	16.81	5.51	*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
roll dinner white wht fantini	roll	1	73	0	110	2.00	0.90	30.0	0	1.2	1	3.0	14.0	0.0	0.00	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			23	3	56	0.25	*0.16	*26.9	*74	*0.46	*1	1.02	2.97	0.83	0.32	*0.00
% of Calories											*23.3%	17.4%	50.7%	31.8%	12.2%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/08/2019																
Elementary Lunch-Traditional	Total	1														
pizza - Sal's	1 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
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

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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			1897	186	4633	22.63	*11.03	*2556.2	*15979	*46.04	*138	74.42	266.67	63.67	24.93	*0.19
% of Calories											*29.0%	15.7%	56.2%	30.2%	11.8%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Mon - 02/11/2019																
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
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
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			2082	200	3804	*21.94	*10.04	*2329.9	*18379	*30.46	140	79.70	291.32	70.31	23.98	*0.00
% of Calories											26.9%	15.3%	56.0%	30.4%	10.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 ¹ (g)
Tue - 02/12/2019																
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
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*
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			24	3	47	0.29	*0.29	*26.4	*44	*0.31	*2	1.07	3.17	0.91	0.42	*0.01
% of Calories											*25.4%	17.6%	51.9%	33.7%	15.4%	*0.3%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Wed - 02/13/2019																
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	SERVINGS	1	200	0	113	2.30	0.99	20.0	350	0.49	*N/A*	1.94	31.75	7.97	1.59	*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			2086	166	3629	23.99	*9.67	*2325.6	*8835	*37.05	*135	65.31	295.58	75.61	28.15	*0.00
% of Calories											*25.8%	12.5%	56.7%	32.6%	12.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Thu - 02/14/2019																
Elementary Lunch-Traditional	Total	1														
Spaghetti - whole grain	cup cooked	1	145	0	286	5.18	1.24	31.5	3	0.0	*0	6.18	31.07	0.67	0.12	*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
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
Cookie - Otis - red fat	cookie	1	110	7	52	0.50	0.72	0.0	50	0.0	*N/A*	1.5	19.0	3.5	1.25	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			2222	208	5171	26.12	*13.06	*2607.8	*7213	*37.47	*140	91.25	306.83	74.87	30.58	*0.00
% of Calories											*25.3%	16.4%	55.2%	30.3%	12.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/15/2019																
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

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Weighted Daily Average			1812	161	3557	21.87	*7.63	*2623.6	*15442	*34.09	141	72.57	264.74	56.19	24.66	*0.00
% of Calories											31.1%	16.0%	58.5%	27.9%	12.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 02/25/2019																
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
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*
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
cookies - Presidents	package	1	100	0	70	2.00	7.20	100.0	400	4.8	*N/A*	2.0	18.0	2.5	1.00	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			2111	164	3108	25.75	*16.32	*2021.0	*4103	*36.44	*131	79.47	279.03	77.61	20.08	*0.00
% of Calories											*24.8%	15.1%	52.9%	33.1%	8.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Tue - 02/26/2019																
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 white wht fantini	roll	1	73	0	110	2.00	0.90	30.0	0	1.2	1	3.0	14.0	0.0	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			1954	143	3434	24.19	*10.77	*2330.8	*4574	*63.36	*132	78.18	266.08	66.92	23.22	*0.00
% of Calories											*27.1%	16.0%	54.5%	30.8%	10.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Wed - 02/27/2019																
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
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
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
Weighted Daily Average % of Calories			23	2	35	0.27	*0.11	*22.0	*47	*0.51	*1	*0.83	2.88	0.88	0.27	*0.00
											*24.2%	*14.8%	51.3%	35.1%	10.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Thu - 02/28/2019																
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*
HASH BROWN POTATOES	1/2 CUP	1	170	0	12	2.50	0.42	13.3	0	4.91	0	2.07	21.92	8.97	0.73	*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
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
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			23	2	33	*0.29	*0.14	*20.7	*186	*0.38	*2	0.75	3.33	1.12	*0.28	*0.00
											*28.6%	12.8%	57.0%	43.3%	*10.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Hamilton-Wenham Regional Schools

Feb 4, 2019 thru Mar 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 ¹ (g)
Fri - 03/01/2019																
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	265	40	682	3.25	*2.00	*210.4	*1182	*2.87	*2	20.94	31.54	5.83	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			2060	201	3937	26.75	*11.26	*2749.0	*17172	*48.96	*133	84.70	287.73	67.21	31.00	*0.00
% of Calories											*25.8%	16.4%	55.9%	29.4%	13.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			1092	96	2106	*13.01	*6.05	*1314.3	*6158	*22.50	*73	*42.11	151.97	37.21	*13.91	*0.01
											*60.4%	*15.4%	55.7%	30.7%	*11.5%	*0.0%

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Base Menu Spreadsheet

Elementary Lunch-Traditional

Portion Values - Detailed

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1092		550 - 650	168%					442	Correction Required - Calories too High							
Cholesterol (mg)	96																
Sodium (mg)	2106		1230						876	Correction Required - Sodium too High							
Fiber (g)	13.01					Missing											
Iron (mg)	6.05					Missing											
Calcium (mg)	1314.3					Missing											
Vitamin A (IU)	6158					Missing											
Sugars (g)	73	26.85%				Missing											
Vitamin C (mg)	22.50					Missing											
Protein (g)	42.11	15.42%				Missing											
Carbohydrate (g)	151.97	55.66%															
Total Fat (g)	37.21	30.67%															
Saturated Fat (g)	13.91	11.46%	<10.00%			Missing				Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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