

# Hamilton-Wenham Regional Schools

Mar 29, 2021 thru Apr 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)	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)
Mon - 03/29/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem meatballs w tt	1	1	559	46	742	9.57	3.55	427.0	*4793	*27.22	50	28.29	81.08	15.64	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1217	115	2013	19.15	6.40	1261.6	*11100	*53.25	*101 *33.2%	60.32 19.8%	170.73 56.1%	37.55 27.8%	18.65 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/30/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem pizza Inch a r	1	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1432	163	2571	17.65	8.97	1554.0	11334	56.30	*108 *30.1%	59.51 16.6%	205.44 57.4%	45.22 28.4%	21.73 13.7%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/05/2021																
Elementary Lunch-Traditional	Total complete meal	1														
20 21 meal elem Ch Nugts w pot	1	1	724	70	1211	10.57	2.39	382.0	4554	27.22	*51	*27.29	99.53	25.14	6.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1382	139	2482	20.15	5.24	1216.6	10861	53.25	*102 *29.6%	*59.32 *17.2%	189.18 54.7%	47.05 30.6%	19.65 12.8%	*0.00 *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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	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)
Tue - 04/06/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem hot dog w bns	complete meal	1	725	41	1183	14.53	5.00	511.2	4508	28.46	*67	26.44	116.05	19.87	7.72	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1488	113	2582	24.61	8.34	1353.2	10833	58.74	*130	59.66	226.41	43.94	21.74	*0.00
% of Calories											*35.0%	16.0%	60.9%	26.6%	13.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/07/2021																
Elementary Lunch-Traditional	Total	1														
20 21 Ntbls Ncho MI Kit w milk	kit	1	835	35	1230	7.00	3.60	680.2	1550	2.4	58	29.01	96.01	39.01	8.70	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1493	104	2502	16.57	6.46	1514.7	7858	28.42	*109	61.04	185.66	60.91	22.14	*0.00
% of Calories											*29.2%	16.4%	49.7%	36.7%	13.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 04/08/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem FTS saus	complete meal	1	659	141	622	7.57	1.93	423.0	4647	26.03	72	25.29	110.08	9.64	2.71	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1317	210	1893	17.15	4.78	1257.6	10954	52.06	*123	57.32	199.73	31.55	16.15	*0.00
% of Calories											*37.4%	17.4%	60.7%	21.6%	11.0%	*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)	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)
Fri - 04/09/2021																
Elementary Lunch-Traditional 20 21 meal elem Inch-a-rnd pz	Total complete meal	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1327	160	2443	17.15	8.48	1546.6	11317	52.05	*96 *28.9%	58.32 17.6%	184.73 55.7%	43.05 29.2%	21.15 14.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/13/2021																
Elementary Lunch-Traditional 20 21 meal elem pretz	Total complete meal	1	556	41	1149	8.51	2.79	786.6	5993	27.2	*46	29.18	88.42	11.63	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average % of Calories			1319	113	2548	18.58	6.13	1628.6	12317	57.47	*109 *33.0%	62.40 18.9%	198.78 60.3%	35.71 24.4%	21.73 14.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/14/2021																
Elementary Lunch-Traditional 20 21 meal elem pull aparts	Total complete meal	1	619	41	902	9.57	2.83	647.0	*4493	*26.02	54	25.29	94.08	17.14	7.71	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1277	110	2173	19.15	5.68	1481.6	*10800	*52.05	*105 *32.9%	57.32 18.0%	183.73 57.6%	39.05 27.5%	21.15 14.9%	*0.00 *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)	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 - 04/15/2021																
Elementary Lunch-Traditional 20 21 meal elem H or Ch Brgr	Total complete meal	1														
	1	1	669	90	734	8.57	*3.96	*429.0	*4493	*28.42	*48	37.64	81.11	23.42	10.43	0.68
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1327	160	2005	18.15	*6.81	*1263.6	*10800	*54.45	*99 *29.8%	69.67 21.0%	170.76 51.5%	45.33 30.7%	23.87 16.2%	*0.68 *0.5%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/16/2021																
Elementary Lunch-Traditional 20 21 meal elem pizza Dominos	Total complete meal	1														
	1	1	579	56	972	9.57	2.83	717.0	5243	32.02	*45	25.29	86.08	17.14	9.71	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1237	125	2243	19.15	5.68	1551.6	11550	58.05	*96 *31.0%	57.32 18.5%	175.73 56.8%	39.05 28.4%	23.15 16.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/26/2021																
Elementary Lunch-Traditional 20 21 meal elem ch pty w smili	Total complete meal	1														
	1	1	820	70	1120	*10.57	3.03	429.0	*4554	32.02	*47	36.29	118.08	24.64	5.21	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average % of Calories			1478	139	2391	*20.15	5.88	1263.6	*10861	58.05	*98 *26.5%	68.32 18.5%	207.73 56.2%	46.55 28.4%	18.65 11.4%	*0.00 *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)	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)
Tue - 04/27/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem FTS saus	complete meal	1	659	141	622	7.57	1.93	423.0	4647	26.03	72	25.29	110.08	9.64	2.71	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Dessert	servings	1	105	2	128	0.50	0.48	7.5	17	4.25	*12	1.19	20.71	2.17	0.58	*0.00
Weighted Daily Average			1422	213	2021	17.65	5.27	1265.0	10971	56.31	*135	58.51	220.44	33.72	16.73	*0.00
% of Calories											*37.9%	16.5%	62.0%	21.3%	10.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/28/2021																
Elementary Lunch-Traditional	Total	1														
20 21 Ntbls Ncho MI Kit w milk	kit	1	835	35	1230	7.00	3.60	680.2	1550	2.4	58	29.01	96.01	39.01	8.70	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1493	104	2502	16.57	6.46	1514.7	7858	28.42	*109	61.04	185.66	60.91	22.14	*0.00
% of Calories											*29.2%	16.4%	49.7%	36.7%	13.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 04/29/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem Mozz sticks	complete meal	1	649	26	1042	11.57	2.92	907.0	*5074	*26.96	*49	31.29	98.08	16.14	5.21	0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1307	95	2313	21.15	5.77	1741.6	*11381	*52.99	*100	63.32	187.73	38.05	18.65	*0.00
% of Calories											*30.6%	19.4%	57.5%	26.2%	12.8%	*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)	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)
Fri - 04/30/2021																
Elementary Lunch-Traditional	Total	1														
20 21 meal elem pizza Inch a r	complete meal	1	669	91	1172	7.57	5.63	712.0	5010	26.02	*45	26.29	95.08	21.14	7.71	*0.00
20 21 meal elem bagel w ch	complete meal	1	658	69	1271	9.57	2.86	834.5	6308	26.02	*51	32.03	89.65	21.91	13.44	*0.00
Weighted Daily Average			1327	160	2443	17.15	8.48	1546.6	11317	52.05	*96	58.32	184.73	43.05	21.15	*0.00
% of Calories											*28.9%	17.6%	55.7%	29.2%	14.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			1365	139	2320	*18.76	*6.55	*1435.1	*10757	*51.49	*107	*60.73	192.32	43.17	20.52	*0.04
											*70.7%	*17.8%	56.4%	28.5%	13.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1365		550 - 650	210%			715	Correction Required - Calories too High
Cholesterol (mg)	139							
Sodium 1 (mg)	2320		1230				1090	Correction Required - Sodium too High
Sodium 2 (mg)	2320		935				1385	Correction Required - Sodium too High
Fiber (g)	18.76				Missing			
Iron (mg)	6.55				Missing			
Calcium (mg)	1435.1				Missing			
Vitamin A (IU)	10757				Missing			
Sugars (g)	107	31.41%			Missing			
Vitamin C (mg)	51.49				Missing			
Protein (g)	60.73	17.80%			Missing			
Carbohydrate (g)	192.32	56.36%						
Total Fat (g)	43.17	28.46%						
Saturated Fat (g)	20.52	13.53%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.04	0.03%			Missing			

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