

Hamilton-Wenham Regional Schools

Nov 2, 2020 thru Nov 27, 2020

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)
Mon - 11/02/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem ch pty w smili	complete meal	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			739	70	1196	*10.07	2.94	631.8	*5431	29.02	*49 *26.5%	34.16 18.5%	103.87 56.2%	23.27 28.4%	9.32 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 11/05/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem ch pty w smili	complete meal	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			739	70	1196	*10.07	2.94	631.8	*5431	29.02	*49 *26.5%	34.16 18.5%	103.87 56.2%	23.27 28.4%	9.32 11.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 11/06/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem pretz	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			659	56	1274	9.29	3.06	814.3	6158	28.74	*54 *33.0%	31.20 18.9%	99.39 60.3%	17.85 24.4%	10.86 14.8%	*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

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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)
Mon - 11/09/2020																
Elementary Lunch-Traditiona	Total complete meal	2														
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			608	58	1007	9.57	3.20	630.8	*5550	*26.62	*50 *33.2%	30.16 19.8%	85.37 56.1%	18.77 27.8%	9.32 13.8%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 11/10/2020																
Elementary Lunch-Traditiona	Total complete meal	2														
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
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			744	71	1305	10.32	2.86	612.0	5439	28.75	*57 *30.7%	*30.25 *16.3%	104.95 56.5%	24.61 29.8%	10.11 12.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 11/12/2020																
Elementary Lunch-Traditiona	Total complete meal	2														
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			608	58	1007	9.57	3.20	630.8	*5550	*26.62	*50 *33.2%	30.16 19.8%	85.37 56.1%	18.77 27.8%	9.32 13.8%	*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 ¹ (g)
Fri - 11/13/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem Ch Nugts w pot	complete meal	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
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			744	71	1305	10.32	2.86	612.0	5439	28.75	*57	*30.25	104.95	24.61	10.11	*0.00
% of Calories											*30.7%	*16.3%	56.5%	29.8%	12.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/16/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem mac and cheese	complete meal	1	768	68	1578	7.22	2.42	1017.7	6545	26.56	*46	36.92	89.72	31.42	13.67	*1.10
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			713	69	1424	8.40	2.64	926.1	6426	26.29	*49	34.48	89.68	26.66	13.55	*0.55
% of Calories											*27.2%	19.3%	50.3%	33.7%	17.1%	*0.7%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 11/17/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem stfdcrust piz	complete meal	1	609	26	1002	8.57	2.83	667.0	4793	26.02	49	26.29	90.08	17.14	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
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			686	49	1201	9.32	3.08	754.5	5558	28.15	*56	29.75	100.22	20.61	10.12	*0.00
% of Calories											*32.6%	17.4%	58.5%	27.0%	13.3%	*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)	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 - 11/19/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem mac and cheese	complete meal	1	768	68	1578	7.22	2.42	1017.7	6545	26.56	*46	36.92	89.72	31.42	13.67	*1.10
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			713	69	1424	8.40	2.64	926.1	6426	26.29	*49 *27.2%	34.48 19.3%	89.68 50.3%	26.66 33.7%	13.55 17.1%	*0.55 *0.7%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 11/20/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem stfcdcrust piz	complete meal	1	609	26	1002	8.57	2.83	667.0	4793	26.02	49	26.29	90.08	17.14	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
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			686	49	1201	9.32	3.08	754.5	5558	28.15	*56 *32.6%	29.75 17.4%	100.22 58.5%	20.61 27.0%	10.12 13.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 11/23/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem Ch Brgr w bns	complete meal	1	765	77	801	14.53	6.40	639.7	4667	29.06	*61	42.53	111.25	19.34	7.88	*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			712	73	1036	12.05	4.63	737.1	5487	27.54	*56 *31.5%	37.28 21.0%	100.45 56.5%	20.62 26.1%	10.66 13.5%	*0.34 *0.4%
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 ¹ (g)
Tue - 11/24/2020																
Elementary Lunch-Traditiona	Total	2														
20 21 meal elem pretz	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			659	56	1274	9.29	3.06	814.3	6158	28.74	*54	31.20	99.39	17.85	10.86	*0.00
% of Calories											*33.0%	18.9%	60.3%	24.4%	14.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			693	63	1219	*9.69	3.09	728.9	*5739	*27.90	*53	*32.10	97.49	21.86	10.56	*0.11
											*68.5%	*18.5%	56.3%	28.4%	13.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	693		550 - 650	107%			43	Correction Required - Calories too High
Cholesterol (mg)	63							
Sodium 1 (mg)	1219		1230					
Sodium 2 (mg)	1219		935				284	Correction Required - Sodium too High
Fiber (g)	9.69				Missing			
Iron (mg)	3.09							
Calcium (mg)	728.9							
Vitamin A (IU)	5739				Missing			
Sugars (g)	53	30.46%			Missing			
Vitamin C (mg)	27.90				Missing			
Protein (g)	32.10	18.53%			Missing			
Carbohydrate (g)	97.49	56.27%			Missing			
Total Fat (g)	21.86	28.39%						
Saturated Fat (g)	10.56	13.71%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.11	0.14%			Missing			

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