

USD 265/Goddard School District

Mar 5, 2012 thru Mar 9, 2012 Spreadsheet

BKFS - MIDDLE 5-8

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals
Mon - 03/05/2012	503	19	766	6.17	4.07	483.0	999	190	33.63	16.83	81.69	12.28	21.99%	3.96	7.09%
Tue - 03/06/2012	561	66	674	2.69	2.97	517.8	1166	226	38.78	16.98	90.22	16.43	26.33%	3.85	6.18%
Wed - 03/07/2012	686	18	756	5.72	14.11	396.4	924	175	34.19	15.35	117.65	17.83	23.41%	5.02	6.58%
Thu - 03/08/2012	621	21	1163	4.08	3.85	512.4	1132	221	28.38	16.89	97.31	18.97	27.49%	7.17	10.39%
Fri - 03/09/2012	549	80	794	5.05	4.91	526.7	1384	273	22.42	17.96	92.95	11.97	19.61%	4.15	6.80%
Weighted Average	584	41	831	4.74	5.98	487.3	1121	217	31.48	16.80	95.97	15.49	23.88%	4.83	7.44%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	584		566	103%			
Cholesterol (mg)	41		75	54%			
Sodium (mg)	831		1000	83%			
Fiber (g)	4.74						
Iron (mg)	5.98		3.18	188%			
Calcium (mg)	487.3		275.00	177%			
Vitamin A (IU)	1121		1063	106%			
Vitamin A (RE)	217		213	102%			
Vitamin C (mg)	31.48		12.19	258%			
Protein (g)	16.80	11.51%	10.30	163%			
Carbohydrate (g)	95.97	65.73%					
Total Fat (g)	15.49	23.88%	<=30.00%				
Saturated Fat (g)	4.83	7.44%	<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 - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.