

USD 265/Goddard School District
Mar 5, 2012 thru Mar 9, 2012 Spreadsheet
BKFST - SECONDARY 9-12

	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	580	19	826	7.82	5.17	520.9	1127	214	37.58	17.85	96.46	14.06	21.79%	4.31	6.69%
Tue - 03/06/2012	665	92	832	2.72	2.90	477.8	1166	226	28.19	19.53	99.67	22.98	31.10%	5.25	7.11%
Wed - 03/07/2012	714	21	818	5.86	17.62	394.1	956	184	30.36	16.16	118.84	19.95	25.16%	5.71	7.20%
Thu - 03/08/2012	660	20	1119	6.01	4.39	497.9	1357	266	28.93	17.15	106.86	19.17	26.12%	7.17	9.77%
Fri - 03/09/2012	582	93	878	5.88	4.83	505.5	1352	263	26.72	18.55	96.93	13.51	20.89%	4.67	7.22%
Weighted Average	640	49	895	5.66	6.98	479.3	1192	230	30.36	17.85	103.75	17.93	25.20%	5.42	7.62%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	640		625	102%			
Cholesterol (mg)	49		75	66%			
Sodium (mg)	895		1000	89%			
Fiber (g)	5.66		4.25	133%			
Iron (mg)	6.98		3.40	205%			
Calcium (mg)	479.3		300.00	160%			
Vitamin A (IU)	1192		1125	106%			
Vitamin A (RE)	230		225	102%			
Vitamin C (mg)	30.36		14.40	211%			
Protein (g)	17.85	11.15%	12.50	143%			
Carbohydrate (g)	103.75	64.81%					
Total Fat (g)	17.93	25.20%	<=30.00%				
Saturated Fat (g)	5.42	7.62%	<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.