

USD 265/Goddard School District
Mar 5, 2012 thru Mar 9, 2012 Spreadsheet
BKFST - ELEMENTARY K-4

	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	436	16	651	5.63	3.50	410.2	1045	202	28.94	14.76	72.49	10.06	20.75%	3.42	7.06%
Tue - 03/06/2012	494	33	567	2.36	2.64	390.0	888	174	20.68	14.54	71.44	17.54	31.94%	4.69	8.54%
Wed - 03/07/2012	522	117	678	4.20	3.00	588.0	1288	278	30.40	19.14	79.28	16.07	27.72%	5.54	9.56%
Thu - 03/08/2012	531	18	629	4.33	13.09	349.0	876	169	28.94	13.40	89.82	13.71	23.26%	4.08	6.92%
Fri - 03/09/2012	522	78	747	5.60	4.19	459.2	1329	262	27.40	16.66	87.91	11.86	20.46%	4.35	7.50%
Weighted Average	501	53	654	4.42	5.28	439.3	1085	217	27.27	15.70	80.19	13.85	24.88%	4.42	7.94%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	501		480	104%			
Cholesterol (mg)	53		75	70%			
Sodium (mg)	654		1000	65%			
Fiber (g)	4.42		2.50	177%			
Iron (mg)	5.28		2.50	211%			
Calcium (mg)	439.3		200.00	220%			
Vitamin A (IU)	1085		775	140%			
Vitamin A (RE)	217		155	140%			
Vitamin C (mg)	27.27		11.25	242%			
Protein (g)	15.70	12.54%	6.60	238%			
Carbohydrate (g)	80.19	64.03%	6.60				
Total Fat (g)	13.85	24.88%	<=30.00%				
Saturated Fat (g)	4.42	7.94%	<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.