

Upper Perkiomen School District

Jan 1, 2012 thru Jan 31, 2012 Spreadsheet

ST PHILIP NERI LUNCH K-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	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Tue - 01/03/2012	607	67	1419	5.70	3.34	577.4	8539	849	32.06	32.65	77.87	20.24	30.01%	5.79	8.59%	*0.00	*0.00%
Wed - 01/04/2012	792	146	1156	7.53	6.29	411.3	6508	745	8.06	36.69	110.52	25.05	28.47%	6.27	7.13%	*0.00	*0.00%
Thu - 01/05/2012	719	56	1539	7.80	3.74	407.9	14858	1892	9.93	31.26	93.69	22.91	28.69%	6.31	7.91%	*0.00	*0.00%
Fri - 01/06/2012	679	36	1485	7.49	4.47	615.4	7704	765	20.70	28.23	93.07	22.61	29.99%	7.38	9.78%	*0.22	*0.30%
Mon - 01/09/2012	781	99	1561	7.29	4.12	566.2	3838	475	38.10	35.18	103.41	25.04	28.84%	7.19	8.28%	*0.17	*0.19%
Tue - 01/10/2012	849	82	1599	6.66	5.72	502.1	11985	1323	11.97	39.81	109.38	29.56	31.32%	10.02	10.62%	*0.17	*0.18%
Wed - 01/11/2012	664	49	1164	6.74	5.42	391.2	6125	620	11.12	33.03	90.98	22.25	30.18%	5.33	7.23%	*0.32	*0.43%
Thu - 01/12/2012	798	79	1251	7.00	4.59	587.2	6657	743	14.96	31.52	111.48	25.55	28.82%	7.59	8.56%	*0.00	*0.00%
Fri - 01/13/2012	584	32	1269	7.61	4.52	598.0	7681	730	26.45	28.11	87.56	15.11	23.28%	5.69	8.77%	*0.39	*0.61%
Tue - 01/17/2012	574	62	1068	4.98	3.20	558.6	7690	664	62.56	31.84	76.25	16.77	26.30%	6.44	10.09%	*0.32	*0.50%
Wed - 01/18/2012	1319	166	2155	5.18	7.12	663.9	6601	703	112.39	47.26	227.81	25.70	17.54%	8.53	5.82%	*0.26	*0.18%
Thu - 01/19/2012	857	58	1801	8.57	4.87	452.6	11783	1281	10.77	30.94	116.94	29.84	31.33%	7.01	7.36%	*0.00	*0.00%
Fri - 01/20/2012	711	35	1289	9.25	4.43	614.3	7220	806	34.96	29.71	98.28	22.01	27.88%	7.39	9.35%	*0.06	*0.07%
Mon - 01/23/2012	729	109	1831	7.81	4.38	629.4	12090	1639	15.73	36.27	105.55	20.64	25.50%	8.75	10.81%	*0.17	*0.21%
Tue - 01/24/2012	716	79	1544	3.94	3.12	479.5	7218	638	77.77	32.86	91.19	25.18	31.66%	7.43	9.34%	*0.08	*0.11%
Wed - 01/25/2012	945	86	1682	8.14	4.27	461.1	6241	629	10.98	34.66	127.76	32.69	31.13%	9.20	8.76%	*0.00	*0.00%
Thu - 01/26/2012	607	48	1225	7.10	3.60	416.5	6542	674	60.73	27.92	82.67	18.17	26.96%	4.63	6.87%	*0.25	*0.37%
Fri - 01/27/2012	638	35	1207	7.82	4.24	554.3	7153	650	20.93	29.23	92.26	16.30	22.99%	4.72	6.65%	*0.06	*0.08%
Mon - 01/30/2012	609	58	1206	8.98	3.19	519.1	7212	765	68.97	30.87	89.22	16.03	23.69%	5.39	7.96%	*0.00	*0.00%
Tue - 01/31/2012	833	95	1908	6.95	5.54	473.0	7310	639	7.64	36.00	113.00	28.18	30.46%	6.89	7.45%	*0.00	*0.00%
Weighted Average	750	74	1468	7.13	4.51	524.0	8048	862	32.84	33.20	104.94	22.99	27.57%	6.90	8.27%	*0.12	*0.15%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	750		691	109%			
Cholesterol (mg)	74		100	74%			
Sodium (mg)	1468		1000	147%			
Fiber (g)	7.13						
Iron (mg)	4.51		3.70	122%			
Calcium (mg)	524.0		311.33	168%			
Vitamin A (IU)	8048		1203	669%			
Vitamin A (RE)	862		241	358%			
Vitamin C (mg)	32.84		15.57	211%			
Protein (g)	33.20	17.70%	10.98	302%			
Carbohydrate (g)	104.94	55.94%	86.00				
Total Fat (g)	22.99	27.57%	<=30.00%				
Saturated Fat (g)	6.90	8.27%	<10.00%				
Trans Fat (g)	0.12	0.15%					

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.