

Upper Perkiomen School District
Nov 1, 2011 thru Nov 30, 2011 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 - 11/01/2011	742	87	1396	6.77	5.02	493.2	7661	633	10.86	35.23	106.02	18.73	22.71%	4.97	6.02%	*0.00	*0.00%
Wed - 11/02/2011	607	169	1163	5.62	6.01	426.5	15396	1976	10.79	33.62	80.71	18.82	27.88%	6.45	9.56%	*0.17	*0.25%
Thu - 11/03/2011	718	56	1388	8.08	3.94	412.6	6621	732	32.66	32.76	92.70	22.89	28.70%	6.31	7.91%	*0.00	*0.00%
Fri - 11/04/2011	604	65	917	6.08	4.37	480.2	6178	642	18.69	32.21	93.73	13.04	19.44%	4.35	6.48%	*0.07	*0.10%
Mon - 11/07/2011	817	101	1738	6.55	4.08	558.1	8431	927	14.48	34.00	105.86	28.15	31.01%	7.36	8.10%	*0.17	*0.18%
Tue - 11/08/2011	817	76	1857	6.87	5.05	688.1	8455	907	18.43	38.04	115.60	22.64	24.95%	7.38	8.13%	*0.21	*0.23%
Wed - 11/09/2011	664	49	1326	6.44	5.55	392.6	6041	607	9.57	33.07	90.70	22.40	30.36%	5.42	7.35%	*0.32	*0.43%
Thu - 11/10/2011	652	64	1128	5.61	3.75	500.2	6956	751	17.97	31.18	88.60	19.49	26.88%	6.23	8.60%	*0.00	*0.00%
Fri - 11/11/2011	545	31	1347	8.39	3.79	524.0	7749	742	69.96	26.40	79.54	13.69	22.61%	4.13	6.82%	*0.34	*0.56%
Mon - 11/14/2011	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 - 11/15/2011	643	73	1131	3.69	2.74	594.2	7154	655	76.63	30.96	84.14	21.02	29.42%	6.83	9.57%	*0.00	*0.00%
Wed - 11/16/2011	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 - 11/17/2011	766	160	1362	7.97	4.65	429.2	6845	775	24.45	29.04	110.45	23.33	27.40%	5.40	6.35%	*0.00	*0.00%
Fri - 11/18/2011	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 - 11/21/2011	805	94	1847	13.23	6.19	628.7	3672	442	17.77	39.78	129.38	17.49	19.55%	7.29	8.15%	*0.17	*0.19%
Tue - 11/22/2011	667	75	1310	7.16	3.71	529.6	8449	831	33.15	36.60	84.09	20.23	27.28%	7.77	10.48%	*0.00	*0.00%
Mon - 11/28/2011	744	91	1477	8.24	4.13	595.9	12412	1709	11.07	34.11	102.60	22.82	27.61%	7.68	9.30%	*0.17	*0.20%
Tue - 11/29/2011	552	93	1117	7.03	3.40	527.9	3796	371	63.63	30.36	70.41	17.63	28.73%	6.89	11.22%	*0.58	*0.94%
Wed - 11/30/2011	820	97	1407	6.88	3.64	393.0	6190	620	26.52	33.35	116.59	24.48	26.86%	5.88	6.45%	*0.00	*0.00%
Weighted Average	733	89	1431	7.20	4.52	530.6	7785	867	32.62	33.89	104.36	20.80	25.55%	6.58	8.08%	*0.14	*0.17%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	733		691	106%			
Cholesterol (mg)	89		100	89%			
Sodium (mg)	1431		1000	143%			
Fiber (g)	7.20						
Iron (mg)	4.52		3.70	122%			
Calcium (mg)	530.6		311.33	170%			
Vitamin A (IU)	7785		1203	647%			
Vitamin A (RE)	867		241	360%			
Vitamin C (mg)	32.62		15.57	210%			
Protein (g)	33.89	18.50%	10.98	309%			
Carbohydrate (g)	104.36	56.97%	86.00				
Total Fat (g)	20.80	25.55%	<=30.00%				
Saturated Fat (g)	6.58	8.08%	<10.00%				
Trans Fat (g)	0.14	0.17%					

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.