

Upper Perkiomen School District
Oct 1, 2011 thru Oct 31, 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
Mon - 10/03/2011	720	131	1260	6.66	4.78	583.6	4600	553	37.68	38.23	103.49	17.18	21.49%	6.36	7.96%	*0.17	*0.21%
Tue - 10/04/2011	595	66	1172	7.22	3.66	454.6	12785	1211	17.73	33.00	80.18	15.58	23.57%	5.91	8.94%	*0.32	*0.49%
Wed - 10/05/2011	792	166	1299	7.24	6.80	434.1	15540	2007	14.65	36.26	116.77	21.86	24.85%	5.87	6.67%	*0.02	*0.02%
Thu - 10/06/2011	749	56	1503	7.60	4.02	412.1	6630	663	19.87	31.65	99.82	24.10	28.95%	6.52	7.83%	*0.00	*0.00%
Fri - 10/07/2011	670	79	997	6.44	5.16	496.1	6199	645	19.39	37.04	100.10	14.84	19.94%	4.94	6.64%	*0.07	*0.09%
Mon - 10/10/2011	763	101	1817	6.44	3.91	562.4	8544	949	15.98	33.15	105.64	22.72	26.79%	7.97	9.40%	*0.17	*0.20%
Tue - 10/11/2011	803	71	1722	7.93	5.04	676.4	7408	697	18.34	37.88	119.97	18.96	21.24%	6.49	7.27%	*0.00	*0.00%
Wed - 10/12/2011	737	42	1266	7.93	3.52	400.9	6041	607	9.57	28.39	96.85	29.14	35.58%	6.94	8.48%	*0.32	*0.39%
Thu - 10/13/2011	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 - 10/14/2011	617	31	1444	9.42	4.04	535.8	7763	745	70.53	27.47	91.31	15.77	23.00%	4.40	6.42%	*0.34	*0.49%
Mon - 10/17/2011	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 - 10/18/2011	616	56	979	3.76	2.64	584.7	7221	668	76.60	29.31	82.25	19.49	28.49%	6.87	10.04%	*0.00	*0.00%
Wed - 10/19/2011	837	196	1356	5.35	7.11	523.2	6764	736	14.44	35.34	111.61	30.22	32.49%	8.82	9.48%	*0.26	*0.28%
Thu - 10/20/2011	681	55	1448	6.05	4.12	438.7	7296	735	18.44	29.04	96.46	19.75	26.11%	5.13	6.79%	*0.00	*0.00%
Fri - 10/21/2011	623	46	1542	5.92	3.63	601.2	6375	674	9.29	29.01	92.97	15.99	23.10%	6.37	9.21%	*0.39	*0.56%
Mon - 10/24/2011	730	100	1617	10.52	5.46	611.2	4062	472	20.10	38.61	113.48	16.52	20.38%	6.95	8.58%	*0.17	*0.21%
Tue - 10/25/2011	755	125	1585	5.60	4.14	495.2	3129	309	24.52	32.60	103.21	24.58	29.31%	7.80	9.30%	*0.25	*0.30%
Wed - 10/26/2011	595	49	955	7.05	2.96	405.4	6446	654	60.74	29.21	81.89	16.67	25.19%	4.39	6.63%	*0.26	*0.39%
Fri - 10/28/2011	717	33	1561	8.70	5.36	515.5	15279	1984	22.43	29.16	105.43	21.43	26.90%	5.74	7.20%	*0.06	*0.07%
Mon - 10/31/2011	728	91	1275	6.39	3.75	622.1	4313	543	31.46	33.93	111.18	18.04	22.30%	7.54	9.32%	*0.17	*0.21%
Weighted Average	705	83	1388	6.98	4.41	524.1	7772	862	26.77	32.84	100.34	20.15	25.71%	6.50	8.29%	*0.16	*0.20%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	705		691	102%			
Cholesterol (mg)	83		100	83%			
Sodium (mg)	1388		1000	139%			
Fiber (g)	6.98						
Iron (mg)	4.41		3.70	119%			
Calcium (mg)	524.1		311.33	168%			
Vitamin A (IU)	7772		1203	646%			
Vitamin A (RE)	862		241	358%			
Vitamin C (mg)	26.77		15.57	172%			
Protein (g)	32.84	18.62%	10.98	299%			
Carbohydrate (g)	100.34	56.90%	86.00				
Total Fat (g)	20.15	25.71%	<=30.00%				
Saturated Fat (g)	6.50	8.29%	<10.00%				
Trans Fat (g)	0.16	0.20%					

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.