

**Upper Perkiomen School District**  
**Sep 1, 2011 thru Sep 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Wed - 09/07/2011	641	48	1267	6.00	5.89	427.3	7609	920	40.62	33.56	87.65	19.40	27.23%	4.80	6.74%	*0.08	*0.12%
Thu - 09/08/2011	806	89	1445	5.04	5.00	460.3	6175	641	9.86	33.02	110.17	26.21	29.27%	7.03	7.86%	*0.00	*0.00%
Fri - 09/09/2011	638	35	1079	7.76	3.47	488.3	6243	632	9.21	26.81	96.86	15.82	22.33%	4.50	6.35%	*0.06	*0.08%
Mon - 09/12/2011	711	126	1229	7.05	4.72	572.6	4230	509	36.59	36.77	104.45	15.92	20.16%	6.08	7.70%	*0.17	*0.21%
Tue - 09/13/2011	788	78	1283	4.86	3.37	514.4	7458	684	81.47	37.83	124.52	15.46	17.65%	4.92	5.62%	*0.00	*0.00%
Wed - 09/14/2011	710	156	1138	9.01	6.31	425.6	7648	764	28.51	34.00	97.74	24.21	30.66%	6.35	8.04%	*0.38	*0.49%
Thu - 09/15/2011	814	76	1726	7.74	4.90	573.2	11745	1285	15.40	31.17	115.98	25.84	28.58%	7.06	7.81%	*0.34	*0.37%
Fri - 09/16/2011	639	71	1025	7.58	5.89	536.6	7291	675	22.39	36.67	94.08	13.76	19.37%	4.82	6.79%	*0.01	*0.02%
Mon - 09/19/2011	637	96	1429	6.54	3.95	614.9	3743	411	20.86	32.27	87.06	19.43	27.44%	8.45	11.93%	*0.42	*0.60%
Tue - 09/20/2011	671	109	1053	3.76	3.02	545.5	7220	668	76.60	32.63	88.83	21.02	28.21%	6.94	9.31%	*0.00	*0.00%
Wed - 09/21/2011	775	40	1237	7.68	3.84	374.2	6698	679	14.95	32.19	113.40	21.37	24.83%	4.96	5.77%	*0.00	*0.00%
Thu - 09/22/2011	726	49	1222	6.19	3.93	560.0	7431	890	35.26	30.16	111.85	18.22	22.58%	6.47	8.02%	*0.00	*0.00%
Fri - 09/23/2011	735	57	1419	7.93	4.06	582.5	15064	1927	10.08	31.53	96.56	25.23	30.88%	9.70	11.87%	*0.17	*0.20%
Tue - 09/27/2011	554	103	1385	5.82	3.78	465.3	3519	344	26.79	32.48	75.59	14.81	24.09%	5.62	9.13%	*0.17	*0.27%
Wed - 09/28/2011	625	159	1207	4.51	5.99	381.9	6414	715	10.35	33.23	79.03	21.21	30.55%	5.94	8.56%	*0.37	*0.53%
Thu - 09/29/2011	932	94	1727	7.93	5.78	549.0	14926	1577	21.55	32.73	130.37	31.10	30.03%	7.81	7.54%	*0.00	*0.00%
Fri - 09/30/2011	737	35	1297	8.45	4.47	617.6	8844	925	80.56	29.25	103.04	22.13	27.01%	7.39	9.02%	*0.06	*0.07%
Weighted Average	714	84	1304	6.70	4.61	511.1	7780	838	31.82	32.72	101.01	20.66	26.03%	6.40	8.07%	*0.13	*0.16%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	714		691	103%			
Cholesterol (mg)	84		100	84%			
Sodium (mg)	1304		1000	130%			
Fiber (g)	6.70						
Iron (mg)	4.61		3.70	125%			
Calcium (mg)	511.1		311.33	164%			
Vitamin A (IU)	7780		1203	647%			
Vitamin A (RE)	838		241	348%			
Vitamin C (mg)	31.82		15.57	204%			
Protein (g)	32.72	18.33%	10.98	298%			
Carbohydrate (g)	101.01	56.58%	86.00				
Total Fat (g)	20.66	26.03%	<=30.00%				
Saturated Fat (g)	6.40	8.07%	<10.00%				
Trans Fat (g)	0.13	0.16%					

\*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

<sup>1</sup> - 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.