

**Upper Perkiomen School District**  
**Dec 1, 2011 thru Dec 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Thu - 12/01/2011	745	56	1382	7.56	3.82	394.0	6111	628	9.99	32.26	100.04	23.19	28.01%	6.35	7.67%	*0.00	*0.00%
Fri - 12/02/2011	611	36	1407	7.49	4.47	615.3	7368	698	20.70	28.23	93.07	15.19	22.37%	6.03	8.88%	*0.22	*0.33%
Mon - 12/05/2011	685	96	1567	7.54	4.41	583.1	3859	471	43.96	34.14	93.69	20.61	27.07%	6.64	8.72%	*0.17	*0.22%
Tue - 12/06/2011	679	169	1260	6.65	6.26	438.3	15409	1978	11.36	34.70	92.49	20.90	27.68%	6.73	8.91%	*0.17	*0.22%
Wed - 12/07/2011	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 - 12/08/2011	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%
Tue - 12/13/2011	695	68	1402	4.92	3.88	612.6	12625	1251	79.17	32.90	99.52	19.61	25.38%	6.69	8.66%	*0.00	*0.00%
Wed - 12/14/2011	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 - 12/15/2011	741	52	1304	9.78	4.32	406.9	14759	1343	18.11	28.23	107.57	22.36	27.18%	5.13	6.24%	*0.42	*0.51%
Fri - 12/16/2011	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 - 12/19/2011	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 - 12/20/2011	651	114	1352	4.27	3.39	471.7	7289	653	77.77	33.19	81.17	21.68	29.99%	6.93	9.58%	*0.08	*0.12%
Wed - 12/21/2011	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 - 12/22/2011	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%
Weighted Average	756	83	1460	7.08	4.61	520.5	8487	916	37.17	33.15	107.98	22.19	26.43%	6.86	8.17%	*0.15	*0.18%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	756		691	109%			
Cholesterol (mg)	83		100	83%			
Sodium (mg)	1460		1000	146%			
Fiber (g)	7.08						
Iron (mg)	4.61		3.70	125%			
Calcium (mg)	520.5		311.33	167%			
Vitamin A (IU)	8487		1203	705%			
Vitamin A (RE)	916		241	381%			
Vitamin C (mg)	37.17		15.57	239%			
Protein (g)	33.15	17.55%	10.98	302%			
Carbohydrate (g)	107.98	57.16%	86.00				
Total Fat (g)	22.19	26.43%	<=30.00%				
Saturated Fat (g)	6.86	8.17%	<10.00%				
Trans Fat (g)	0.15	0.18%					

*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.**