

Ware Public Schools

Dec 1, 2009 thru Dec 31, 2009 Spreadsheet

Ware School Lunch Menu

	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	T. Fat % Cals	g S-Fat	S. Fat % Cals	g Tr-Fat	Tr. Fat % Cals
Tue - 12/01/2009	943	80	1770	9.08	5.19	729.7	2007	322	35.88	33.34	127.10	31.72	30.27%	12.72	12.14%	*0.00	0.00%
Wed - 12/02/2009	869	106	1725	7.58	4.05	369.5	1313	178	22.62	28.13	123.78	32.71	33.89%	7.70	7.98%	*0.00	0.00%
Thu - 12/03/2009	1025	68	1525	12.71	7.31	502.3	3276	554	36.19	47.31	152.85	27.51	24.14%	8.44	7.41%	*0.00	0.00%
Fri - 12/04/2009	810	100	2245	9.28	4.20	687.1	10972	1855	28.61	40.10	113.54	23.39	26.00%	7.60	8.45%	*0.01	0.01%
Mon - 12/07/2009	987	106	945	5.32	4.09	659.3	752	166	32.83	45.22	110.59	38.31	34.93%	14.98	13.66%	*0.00	0.00%
Tue - 12/08/2009	1026	69	2665	8.21	6.58	592.9	10372	1660	50.46	36.10	131.68	37.27	32.71%	8.96	7.86%	*0.00	0.00%
Wed - 12/09/2009	834	97	1062	9.71	4.66	418.4	10142	1320	25.44	41.09	107.50	29.60	31.93%	9.49	10.24%	*0.00	0.00%
Thu - 12/10/2009	739	92	1999	4.55	3.14	374.2	3095	619	38.33	39.39	99.22	20.98	25.53%	5.51	6.71%	*0.00	0.00%
Fri - 12/11/2009	475	21	790	5.97	3.75	536.1	2522	409	25.76	20.82	74.22	12.61	23.90%	4.11	7.78%	*0.00	0.00%
Mon - 12/14/2009	866	64	1844	6.64	4.56	471.4	1581	226	23.69	32.15	116.26	32.54	33.84%	11.81	12.28%	*0.00	0.00%
Tue - 12/15/2009	769	106	1059	7.09	3.17	359.3	2508	295	20.07	27.95	110.37	26.51	31.04%	6.46	7.56%	*0.00	0.00%
Wed - 12/16/2009	482	21	797	4.67	3.91	530.1	2654	420	14.52	20.62	76.38	12.48	23.27%	4.07	7.59%	*0.00	0.00%
Thu - 12/17/2009	847	60	1778	7.90	5.52	399.8	17189	2628	39.12	37.32	115.35	26.02	27.64%	6.84	7.27%	*0.00	0.00%
Fri - 12/18/2009	735	98	1764	6.27	3.32	657.7	10847	1832	25.69	36.62	86.95	27.92	34.21%	8.48	10.39%	*0.00	0.00%
Mon - 12/21/2009	765	35	1539	10.95	4.26	469.1	661	118	26.13	29.43	119.15	20.47	24.07%	6.41	7.53%	*0.00	0.00%
Tue - 12/22/2009	807	99	1791	9.84	5.43	377.2	3350	286	58.01	41.12	97.44	28.74	32.06%	7.05	7.86%	*0.00	0.00%
Wed - 12/23/2009	871	66	687	4.90	6.68	341.4	542	108	33.74	21.26	150.73	21.98	22.72%	7.52	7.77%	*0.09	0.09%
Thu - 12/24/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Fri - 12/25/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Mon - 12/28/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 12/29/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Wed - 12/30/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Thu - 12/31/2009	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Weighted Average	815	76	1529	7.69	4.70	498.6	4928	764	31.59	34.00	112.53	26.52	29.29%	8.13	8.98%	*0.01	0.01%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	815		738	110%			
Cholesterol (mg)	76		0				
Sodium (mg)	1529		0				
Fiber (g)	7.69		0.00				
Iron (mg)	4.70		3.95	119%			
Calcium (mg)	498.6		338.62	147%			
Vitamin A (IU)	4928		1295	381%			
Vitamin A (RE)	764		259	295%			
Vitamin C (mg)	31.59		16.68	189%			
Protein (g)	34.00	16.69%	12.74	267%			
Carbohydrate (g)	112.53	55.25%	0.00				
Total Fat (g)	26.52	29.29%	<30.00				
Saturated Fat (g)	8.13	8.98%	<10.00				
Trans Fat (g)	0.01	0.01%					

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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.