

Ware Public Schools

Feb 1, 2010 thru Feb 26, 2010 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
Mon - 02/01/2010	867	64	1845	6.22	4.46	474.9	1386	207	22.98	32.07	116.11	32.59	33.83%	11.82	12.27%	*0.00	0.00%
Tue - 02/02/2010	816	56	2650	7.69	4.02	603.9	2356	433	34.15	34.61	125.55	20.63	22.75%	7.10	7.84%	*0.00	0.00%
Wed - 02/03/2010	757	106	1060	6.70	3.13	349.2	1279	172	19.66	27.84	107.73	26.48	31.50%	6.45	7.68%	*0.00	0.00%
Thu - 02/04/2010	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%
Fri - 02/05/2010	655	33	1259	7.57	6.00	677.4	2722	449	25.80	29.29	92.62	21.07	28.98%	6.74	9.26%	*0.09	0.13%
Mon - 02/08/2010	977	106	931	5.70	4.44	665.5	752	166	14.27	45.46	109.33	38.35	35.31%	14.98	13.79%	*0.00	0.00%
Tue - 02/09/2010	693	100	1425	5.70	3.69	613.1	4827	817	21.77	38.03	89.74	22.14	28.75%	7.74	10.05%	*0.01	0.01%
Wed - 02/10/2010	936	186	1040	66.90	3.84	361.3	692	136	28.77	28.27	141.93	30.37	29.20%	11.32	10.88%	*0.30	0.29%
Thu - 02/11/2010	1055	68	1541	14.14	7.90	536.6	3886	530	37.30	48.32	156.98	28.80	24.58%	8.72	7.44%	*0.00	0.00%
Fri - 02/12/2010	913	99	1904	8.88	4.76	412.9	17593	2709	39.70	38.04	103.33	39.14	38.59%	8.93	8.80%	*0.00	0.00%
Mon - 02/15/2010	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 - 02/16/2010	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 - 02/17/2010	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 - 02/18/2010	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 - 02/19/2010	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 - 02/22/2010	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 - 02/23/2010	829	31	1722	8.73	4.70	588.9	1232	224	14.67	31.12	124.00	26.17	28.41%	8.38	9.09%	*0.00	0.00%
Wed - 02/24/2010	667	106	927	6.66	4.03	347.1	1173	161	11.55	27.65	100.88	20.45	27.59%	5.11	6.90%	*0.00	0.00%
Thu - 02/25/2010	1069	68	2380	13.00	8.71	523.8	3557	611	36.62	48.39	155.13	31.25	26.32%	8.73	7.35%	*0.00	0.00%
Fri - 02/26/2010	783	93	2244	8.99	3.92	685.1	10966	1853	28.61	39.01	108.71	23.02	26.47%	7.50	8.63%	*0.00	0.00%
Weighted Average	848	82	1616	12.46	4.87	535.9	3673	594	26.52	35.39	118.55	27.51	29.19%	8.84	9.38%	*0.03	0.03%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	848		738	115%			
Cholesterol (mg)	82		0				
Sodium (mg)	1616		0				
Fiber (g)	12.46		0.00				
Iron (mg)	4.87		3.95	123%			
Calcium (mg)	535.9		338.62	158%			
Vitamin A (IU)	3673		1295	284%			
Vitamin A (RE)	594		259	229%			
Vitamin C (mg)	26.52		16.68	159%			
Protein (g)	35.39	16.69%	12.74	278%			
Carbohydrate (g)	118.55	55.90%	0.00				
Total Fat (g)	27.51	29.19%	<30.00				
Saturated Fat (g)	8.84	9.38%	<10.00				
Trans Fat (g)	0.03	0.03%					

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