

Ware Public Schools

Jan 1, 2010 thru Jan 29, 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
Fri - 01/01/2010	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 - 01/04/2010	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 - 01/05/2010	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%
Wed - 01/06/2010	938	66	2990	8.48	4.24	602.6	2623	456	28.22	34.97	133.56	31.47	30.21%	8.95	8.60%	*0.00	0.00%
Thu - 01/07/2010	1044	68	1546	13.11	7.77	542.6	2214	363	45.81	48.64	153.02	28.74	24.76%	8.72	7.51%	*0.00	0.00%
Fri - 01/08/2010	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 - 01/11/2010	885	76	1890	6.15	5.46	586.5	1877	311	21.91	42.98	114.50	30.95	31.49%	11.29	11.49%	*0.00	0.00%
Tue - 01/12/2010	817	99	1805	9.46	5.08	370.9	3350	286	76.57	40.88	98.70	28.71	31.64%	7.05	7.77%	*0.00	0.00%
Wed - 01/13/2010	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%
Thu - 01/14/2010	717	41	1189	8.65	3.53	403.6	17242	2639	40.34	25.81	96.95	26.03	32.68%	7.34	9.22%	*0.00	0.00%
Fri - 01/15/2010	884	100	2415	9.64	4.39	701.4	3636	658	26.18	41.63	126.80	24.31	24.75%	7.56	7.70%	*0.01	0.01%
Mon - 01/18/2010	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%
Tue - 01/19/2010	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%
Wed - 01/20/2010	662	33	1264	7.02	6.15	670.0	2597	433	13.06	28.83	95.08	20.89	28.39%	6.69	9.10%	*0.09	0.12%
Thu - 01/21/2010	830	97	871	10.01	4.82	437.3	1831	258	27.91	41.98	107.12	29.20	31.67%	9.43	10.23%	*0.00	0.00%
Fri - 01/22/2010	609	72	699	5.22	6.89	367.9	620	124	33.74	21.69	94.19	17.64	26.08%	5.78	8.55%	*0.09	0.13%
Mon - 01/25/2010	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 - 01/26/2010	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%
Wed - 01/27/2010	757	99	1745	8.10	4.29	390.6	17574	2660	42.56	36.41	90.18	28.81	34.27%	7.03	8.36%	*0.00	0.00%
Thu - 01/28/2010	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 - 01/29/2010	761	105	1766	6.55	3.60	659.7	10853	1833	25.69	37.71	91.78	28.29	33.44%	8.57	10.13%	*0.01	0.01%
Weighted Average	814	75	1513	8.54	4.97	523.0	4050	636	31.38	35.32	112.21	26.40	29.18%	8.19	9.06%	*0.01	0.02%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	814		738	110%			
Cholesterol (mg)	75		0				
Sodium (mg)	1513		0				
Fiber (g)	8.54		0.00				
Iron (mg)	4.97		3.95	126%			
Calcium (mg)	523.0		338.62	154%			
Vitamin A (IU)	4050		1295	313%			
Vitamin A (RE)	636		259	246%			
Vitamin C (mg)	31.38		16.68	188%			
Protein (g)	35.32	17.35%	12.74	277%			
Carbohydrate (g)	112.21	55.13%	0.00				
Total Fat (g)	26.40	29.18%	<30.00				
Saturated Fat (g)	8.19	9.06%	<10.00				
Trans Fat (g)	0.01	0.02%					

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