

Ware Public Schools

Mar 1, 2010 thru Mar 31, 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 - 03/01/2010	754	64	1178	5.76	3.64	451.0	1548	220	20.73	31.86	100.22	26.32	31.43%	10.56	12.61%	*0.00	0.00%
Tue - 03/02/2010	710	92	2061	6.62	3.69	377.0	3097	619	39.83	40.39	96.72	18.98	24.04%	5.01	6.35%	*0.00	0.00%
Wed - 03/03/2010	695	33	1279	6.64	5.80	663.9	2597	433	31.62	28.59	96.34	23.48	30.39%	7.07	9.15%	*0.09	0.12%
Thu - 03/04/2010	760	106	1060	7.07	3.03	351.7	836	128	17.53	27.52	108.51	26.48	31.35%	6.45	7.64%	*0.00	0.00%
Fri - 03/05/2010	850	104	2293	8.16	4.50	690.6	4068	728	24.10	41.33	110.69	27.91	29.53%	8.19	8.66%	*0.01	0.01%
Mon - 03/08/2010	877	35	2204	11.84	5.18	489.4	694	123	29.08	29.72	135.19	26.70	27.38%	7.65	7.85%	*0.00	0.00%
Tue - 03/09/2010	895	66	1965	10.85	4.88	764.4	4098	726	32.76	39.72	113.92	31.87	32.04%	10.66	10.71%	*0.00	0.00%
Wed - 03/10/2010	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 - 03/11/2010	716	99	1652	6.66	4.47	387.7	1783	247	42.95	36.69	86.22	26.01	32.70%	6.57	8.26%	*0.00	0.00%
Fri - 03/12/2010	678	33	1259	7.57	6.00	677.5	2722	449	25.80	29.29	92.62	23.70	31.46%	7.12	9.45%	*0.09	0.12%
Mon - 03/15/2010	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 - 03/16/2010	956	118	2116	8.92	4.31	679.8	11389	1924	24.14	44.00	127.29	31.55	29.71%	8.96	8.43%	*0.01	0.01%
Wed - 03/17/2010	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 - 03/18/2010	1046	68	1527	11.92	7.31	503.4	3524	579	37.61	47.56	151.92	30.18	25.96%	8.83	7.60%	*0.00	0.00%
Fri - 03/19/2010	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%
Mon - 03/22/2010	754	64	1178	5.76	3.64	451.0	1548	220	20.73	31.86	100.22	26.32	31.43%	10.56	12.61%	*0.00	0.00%
Tue - 03/23/2010	726	56	2509	6.66	3.54	568.5	3380	590	22.30	31.75	111.06	19.11	23.70%	6.96	8.63%	*0.00	0.00%
Wed - 03/24/2010	657	33	1275	8.72	6.34	728.9	1751	262	61.82	30.07	89.62	22.23	30.46%	6.98	9.57%	*0.09	0.13%
Thu - 03/25/2010	844	97	1076	9.33	4.31	412.1	10142	1320	44.00	40.85	108.76	29.56	31.52%	9.49	10.12%	*0.00	0.00%
Fri - 03/26/2010	799	99	1785	10.39	5.28	384.5	3475	302	70.75	41.59	94.98	28.93	32.57%	7.09	7.99%	*0.00	0.00%
Mon - 03/29/2010	877	35	2204	11.84	5.18	489.4	694	123	29.08	29.72	135.19	26.70	27.38%	7.65	7.85%	*0.00	0.00%
Tue - 03/30/2010	663	102	692	7.03	16.43	369.7	6282	700	41.75	36.59	81.80	21.70	29.44%	6.95	9.43%	*0.00	0.00%
Wed - 03/31/2010	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%
Weighted Average	808	81	1545	10.91	5.23	524.7	3102	476	32.14	35.17	110.02	26.75	29.79%	8.49	9.46%	*0.03	0.03%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	808		738	110%			
Cholesterol (mg)	81		0				
Sodium (mg)	1545		0				
Fiber (g)	10.91		0.00				
Iron (mg)	5.23		3.95	132%			
Calcium (mg)	524.7		338.62	155%			
Vitamin A (IU)	3102		1295	240%			
Vitamin A (RE)	476		259	184%			
Vitamin C (mg)	32.14		16.68	193%			
Protein (g)	35.17	17.41%	12.74	276%			
Carbohydrate (g)	110.02	54.45%	0.00				
Total Fat (g)	26.75	29.79%	<30.00				
Saturated Fat (g)	8.49	9.46%	<10.00				
Trans Fat (g)	0.03	0.03%					

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.