

# Kern High School District

## May 1, 2012 thru May 31, 2012 Spreadsheet

### Continuation & Career Ctr Lch

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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
Tue - 05/01/2012	818	48	1598	5.79	6.21	792.3	1749	282	53.61	31.70	120.25	22.05	24.27%	7.60	8.37%	*0.00	*0.00%
Wed - 05/02/2012	977	64	2258	15.09	8.24	737.8	7880	496	56.06	39.61	147.50	26.27	24.19%	7.71	7.10%	*0.00	*0.00%
Thu - 05/03/2012	914	56	1791	11.70	5.91	656.2	12947	1175	63.65	40.82	104.94	37.60	37.03%	8.85	8.72%	*0.00	*0.00%
Fri - 05/04/2012	690	*79	1608	*5.88	*3.86	*589.0	*7427	*342	*37.01	*33.57	87.68	24.25	31.61%	*5.63	*7.34%	*0.51	*0.66%
Mon - 05/07/2012	747	44	1155	9.54	4.21	597.0	2380	366	144.23	32.95	108.04	20.15	24.27%	5.27	6.34%	*0.05	*0.07%
Tue - 05/08/2012	835	56	1894	8.37	5.82	623.4	17776	1783	97.44	42.17	100.92	28.72	30.97%	7.59	8.18%	*0.00	*0.00%
Wed - 05/09/2012	747	69	1618	9.54	4.65	576.6	9453	776	51.45	31.68	119.29	17.50	21.07%	4.45	5.36%	*0.00	*0.00%
Thu - 05/10/2012	854	73	1643	10.84	4.60	627.4	4056	274	70.19	34.01	130.89	24.90	26.25%	7.89	8.32%	*0.00	*0.00%
Fri - 05/11/2012	987	36	1641	9.83	5.76	623.6	17727	1799	20.07	38.62	123.79	37.08	33.82%	8.60	7.84%	*0.00	*0.00%
Mon - 05/14/2012	889	37	1678	9.09	6.29	769.5	2011	305	30.71	40.20	120.05	28.88	29.24%	8.47	8.58%	*0.04	*0.04%
Tue - 05/15/2012	818	48	1598	5.79	6.21	792.3	1749	282	53.61	31.70	120.25	22.05	24.27%	7.60	8.37%	*0.00	*0.00%
Wed - 05/16/2012	977	64	2258	15.09	8.24	737.8	7880	496	56.06	39.61	147.50	26.27	24.19%	7.71	7.10%	*0.00	*0.00%
Thu - 05/17/2012	914	56	1791	11.70	5.91	656.2	12947	1175	63.65	40.82	104.94	37.60	37.03%	8.85	8.72%	*0.00	*0.00%
Fri - 05/18/2012	690	*79	1608	*5.88	*3.86	*589.0	*7427	*342	*37.01	*33.57	87.68	24.25	31.61%	*5.63	*7.34%	*0.51	*0.66%
Mon - 05/21/2012	747	44	1155	9.54	4.21	597.0	2380	366	144.23	32.95	108.04	20.15	24.27%	5.27	6.34%	*0.05	*0.07%
Tue - 05/22/2012	835	56	1894	8.37	5.82	623.4	17776	1783	97.44	42.17	100.92	28.72	30.97%	7.59	8.18%	*0.00	*0.00%
Wed - 05/23/2012	747	69	1618	9.54	4.65	576.6	9453	776	51.45	31.68	119.29	17.50	21.07%	4.45	5.36%	*0.00	*0.00%
Thu - 05/24/2012	854	73	1643	10.84	4.60	627.4	4056	274	70.19	34.01	130.89	24.90	26.25%	7.89	8.32%	*0.00	*0.00%
Fri - 05/25/2012	987	36	1641	9.83	5.76	623.6	17727	1799	20.07	38.62	123.79	37.08	33.82%	8.60	7.84%	*0.00	*0.00%
Mon - 05/28/2012	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 - 05/29/2012	818	48	1598	5.79	6.21	792.3	1749	282	53.61	31.70	120.25	22.05	24.27%	7.60	8.37%	*0.00	*0.00%
Wed - 05/30/2012	977	64	2258	15.09	8.24	737.8	7880	496	56.06	39.61	147.50	26.27	24.19%	7.71	7.10%	*0.00	*0.00%
Thu - 05/31/2012	914	56	1791	11.70	5.91	656.2	12947	1175	63.65	40.82	104.94	37.60	37.03%	8.85	8.72%	*0.00	*0.00%
Weighted Average	852	*57	1715	*9.77	*5.69	*663.7	*8517	*766	*63.25	*36.48	117.24	26.90	28.43%	*7.26	*7.68%	*0.05	*0.06%

\*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.

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Nutrient	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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
	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)										
Calories	852		846	101%													
Cholesterol (mg)	57		100	57%	Missing		Correction Required - Sodium too High										
Sodium (mg)	1715		1420	121%													
Fiber (g)	9.77		6.00	163%	Missing												
Iron (mg)	5.69		4.50	126%	Missing												
Calcium (mg)	663.7		400.00	166%	Missing												
Vitamin A (IU)	8517		1500	568%	Missing												
Vitamin A (RE)	766		300	255%	Missing												
Vitamin C (mg)	63.25		19.20	329%	Missing												
Protein (g)	36.48	17.13%	16.70	218%	Missing												
Carbohydrate (g)	117.24	55.07%															
Total Fat (g)	26.90	28.43%	<=30.00%														
Saturated Fat (g)	7.26	7.68%	<10.00%		Missing												
Trans Fat (g)	0.05	0.06%			Missing												

\*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

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