

Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017															
Supper - ES	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		596	36	885	6.96	1.42	868.5	8612	49.07	*47	26.30	99.91	10.04	5.73	0.00
% of Calories										*31.3%	17.7%	67.1%	15.2%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/07/2017															
Supper - ES	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
VEG Broccoli Bites 3/4 cup	3/4 Cup	16	0	16	1.23	0.34	22.2	294	42.15	1	1.33	3.14	0.17	0.02	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		678	73	991	7.95	3.71	505.7	*1370	61.45	*28	42.25	86.63	17.48	4.44	*0.00
% of Calories										*16.3%	24.9%	51.1%	23.2%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/08/2017															
Supper - ES	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	0.03	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		657	73	1234	10.58	4.07	505.6	*1758	34.01	*30	40.28	90.41	15.79	4.58	*0.00
% of Calories										*18.2%	24.5%	55.0%	21.6%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/09/2017															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		682	5	570	13.27	8.30	399.4	2028	54.84	*42	29.26	93.03	21.33	2.71	0.01
% of Calories										*24.5%	17.2%	54.6%	28.2%	3.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 11/10/2017															
Supper - ES	Total														
ENT Munchable w/ Goldfish	1 EACH	258	47	600	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.59	0.00
VEG Celery Sticks 3/4 cup	3/4 Cup	16	0	78	1.56	0.19	38.9	436	3.01	1	0.67	2.89	0.17	0.04	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		494	52	940	5.29	1.47	584.9	2176	45.42	*29	30.74	61.89	12.80	4.79	0.00
% of Calories										*23.4%	24.9%	50.1%	23.3%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
Supper - ES	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		596	36	885	6.96	1.42	868.5	8612	49.07	*47	26.30	99.91	10.04	5.73	0.00
% of Calories										*31.3%	17.7%	67.1%	15.2%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/14/2017															
Supper - ES	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
VEG Broccoli Bites 3/4 cup	3/4 Cup	16	0	16	1.23	0.34	22.2	294	42.15	1	1.33	3.14	0.17	0.02	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		678	73	991	7.95	3.71	505.7	*1370	61.45	*28	42.25	86.63	17.48	4.44	*0.00
% of Calories										*16.3%	24.9%	51.1%	23.2%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/15/2017															
Supper - ES	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	0.03	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Laramie County School District 1

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Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		657	73	1234	10.58	4.07	505.6	*1758	34.01	*30	40.28	90.41	15.79	4.58	*0.00
% of Calories										*18.2%	24.5%	55.0%	21.6%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/16/2017															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		682	5	570	13.27	8.30	399.4	2028	54.84	*42	29.26	93.03	21.33	2.71	0.01
% of Calories										*24.5%	17.2%	54.6%	28.2%	3.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 11/17/2017															
Supper - ES	Total														
ENT Munchable w/ Goldfish	1 EACH	258	47	600	1.00	0.97	222.5	202	0.0	1	20.99	15.01	12.21	4.59	0.00
VEG Celery Sticks 3/4 cup	3/4 Cup	16	0	78	1.56	0.19	38.9	436	3.01	1	0.67	2.89	0.17	0.04	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		494	52	940	5.29	1.47	584.9	2176	45.42	*29	30.74	61.89	12.80	4.79	0.00
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Mon - 11/20/2017															
Supper - ES	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		596	36	885	6.96	1.42	868.5	8612	49.07	*47	26.30	99.91	10.04	5.73	0.00
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Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/21/2017															
Supper - ES	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
VEG Broccoli Bites 3/4 cup	3/4 Cup	16	0	16	1.23	0.34	22.2	294	42.15	1	1.33	3.14	0.17	0.02	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		678	73	991	7.95	3.71	505.7	*1370	61.45	*28	42.25	86.63	17.48	4.44	*0.00
% of Calories										*16.3%	24.9%	51.1%	23.2%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 11/27/2017															
Supper - ES	Total														
ENT Fruit & Yogurt Plate Bagel	1 Each	337	30	551	2.00	0.72	522.7	405	0.0	20	16.11	47.02	9.61	5.57	0.00
VEG Carrots, Baby 3/4C	3/4 Cup	39	0	72	2.22	0.40	22.2	6670	6.67	*N/A*	1.11	8.89	0.0	0.00	0.00
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		596	36	885	6.96	1.42	868.5	8612	49.07	*47	26.30	99.91	10.04	5.73	0.00
% of Calories										*31.3%	17.7%	67.1%	15.2%	8.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
Supper - ES	Total														
ENT Wrap, Crispy Chicken	1 Each	468	67	715	5.37	3.04	173.8	242	4.61	*3	32.46	45.72	17.02	4.30	0.00
VEG Broccoli Bites 3/4 cup	3/4 Cup	16	0	16	1.23	0.34	22.2	294	42.15	1	1.33	3.14	0.17	0.02	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Dressing, Ranch Fat Free	Packet	20	0	80	0.00	0.00	0.0	0	0.0	1	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		678	73	991	7.95	3.71	505.7	*1370	61.45	*28	42.25	86.63	17.48	4.44	*0.00
% of Calories										*16.3%	24.9%	51.1%	23.2%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/29/2017															
Supper - ES	Total														
ENT Wrap, Club	1 Each	337	68	913	3.34	2.45	177.9	316	5.4	*3	26.02	31.87	11.62	4.44	0.00
VEG Cold Corn & Peas 3/4 cup	3/4 Cup	115	0	2	5.89	1.29	18.0	608	13.92	*4	5.8	23.77	0.89	0.03	0.00
FRT Canned Asstd: 1/2 cup	1/2 Cup	55	0	4	1.35	0.33	9.7	*333	13.4	*5	0.47	14.31	0.1	0.00	*0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
COND Mayonnaise, Light	1 Packet	30	0	85	0.00	0.00	0.0	0	0.0	0	0.0	1.0	3.0	0.00	0.00
COND Mustard Packets	1 Packet	0	0	54	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		657	73	1234	10.58	4.07	505.6	*1758	34.01	*30	40.28	90.41	15.79	4.58	*0.00
% of Calories										*18.2%	24.5%	55.0%	21.6%	6.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/30/2017															
Supper - ES	Total														
ENT Sand, Sun Wise, Grape	EACH	310	0	310	5.00	5.40	20.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
GRAIN Graham Crackers	Pack	60	0	70	0.67	0.48	0.0	0	0.0	3	0.67	10.67	1.33	0.00	0.00
VEG Cherry Tomato Bites 1/4 c.	1/4 Cup	8	0	3	0.42	0.17	1.9	235	7.22	*N/A*	0.32	1.75	0.12	0.02	0.00
VEG Edamame	1/2 CUP	104	0	5	4.45	1.94	53.9	255	5.22	2	10.19	7.63	4.45	0.53	0.01
FRT Fresh Assorted: 1/2 cup	1/2 Cup	81	0	6	2.73	0.30	23.6	1037	41.11	*8	1.08	20.53	0.23	0.04	0.00
MILK - 1% White	Carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK - Skim Choc	Carton	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Laramie County School District 1

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Supper - ES

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		682	5	570	13.27	8.30	399.4	2028	54.84	*42	29.26	93.03	21.33	2.71	0.01
% of Calories										*24.5%	17.2%	54.6%	28.2%	3.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		631	48	925	8.86	3.78	586.3	*3477	49.97	*36 *50.8%	34.02 21.6%	88.77 56.2%	15.44 22.0%	4.51 6.4%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	631		600 - 650	100%				
Cholesterol (mg)	48							
Sodium (mg)	925		1230					
Fiber (g)	8.86							
Iron (mg)	3.78							
Calcium (mg)	586.3							
Vitamin A (IU)	3477				Missing			
Sugars (g)	36	22.59%			Missing			
Vitamin C (mg)	49.97							
Protein (g)	34.02	21.55%						
Carbohydrate (g)	88.77	56.24%						
Total Fat (g)	15.44	22.01%						
Saturated Fat (g)	4.51	6.42%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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