

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

Ballou Stay Lunch

	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 ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/05/2015	1085	123	1232	16.40	4.12	433.3	4463	1362	50.25	45.50	143.69	40.64	33.70%	7.61	6.31%	*0.00	*0.00%
Tue - 10/06/2015	803	60	1051	13.66	4.57	610.2	20748	2133	53.26	40.81	113.68	22.24	24.91%	6.18	6.93%	*0.00	*0.00%
Wed - 10/07/2015	678	58	1273	17.10	4.00	396.1	1205	2099	37.80	38.83	117.29	9.06	12.03%	2.54	3.38%	*0.00	*0.00%
Thu - 10/08/2015	730	48	796	16.23	5.68	604.1	20571	2142	212.68	34.35	97.61	26.23	32.32%	6.59	8.12%	*0.00	*0.00%
Weighted Average	824	72	1088	15.85	4.59	510.9	11747	1934	88.50	39.87	118.07	24.54	26.80%	5.73	6.26%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	824		750 - 850	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	72							
Sodium (mg)	1088		1420					
Fiber (g)	15.85							
Iron (mg)	4.59							
Calcium (mg)	510.9							
Vitamin A (IU)	11747							
Vitamin A (RE)	1934							
Vitamin C (mg)	88.50							
Protein (g)	39.87	19.35%						
Carbohydrate (g)	118.07	57.30%						
Total Fat (g)	24.54	26.80%						
Saturated Fat (g)	5.73	6.26%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Chartwells District of Columbia

Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

Ballou Stay Lunch

	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 ¹ (g)	Tr. Fat ¹ % Cals
Tue - 10/13/2015	750	51	513	20.20	4.98	437.3	20710	2157	46.72	35.98	124.71	14.40	17.29%	3.35	4.02%	*0.00	*0.00%
Wed - 10/14/2015	665	50	1005	14.97	3.92	511.9	1592	257	113.87	27.81	107.17	17.58	23.80%	4.13	5.60%	*0.00	*0.00%
Thu - 10/15/2015	683	52	863	14.69	4.47	478.9	10259	1522	67.07	31.70	97.51	21.97	28.95%	6.92	9.11%	*0.00	*0.00%
Fri - 10/16/2015	956	105	1481	20.55	5.87	439.3	21447	2715	37.67	49.57	156.31	13.29	12.51%	1.87	1.76%	*0.00	*0.00%
Weighted Average	763	64	966	17.60	4.81	466.8	13502	1663	66.33	36.26	121.43	16.81	19.82%	4.07	4.79%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	64							
Sodium (mg)	966		1420					*Target effective with 2014-2015 School Year!
Fiber (g)	17.60							
Iron (mg)	4.81							
Calcium (mg)	466.8							
Vitamin A (IU)	13502							
Vitamin A (RE)	1663							
Vitamin C (mg)	66.33							
Protein (g)	36.26	19.00%						
Carbohydrate (g)	121.43	63.63%						
Total Fat (g)	16.81	19.82%						
Saturated Fat (g)	4.07	4.79%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Chartwells District of Columbia

Oct 19, 2015 thru Oct 23, 2015 Spreadsheet

Ballou Stay Lunch

	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 ¹ (g)	Tr. Fat ¹ % Cals
Tue - 10/20/2015	753	45	948	10.22	2.93	775.3	1143	215	43.41	33.34	105.17	22.47	26.86%	8.82	10.53%	*0.00	*0.00%
Wed - 10/21/2015	858	85	906	22.30	5.20	987.5	1944	482	101.47	37.60	145.22	16.64	17.44%	3.38	3.55%	*0.00	*0.00%
Thu - 10/22/2015	690	48	877	15.15	4.62	484.0	10318	1534	69.07	32.19	99.87	21.47	28.01%	6.30	8.22%	*0.00	*0.00%
Fri - 10/23/2015	752	63	995	23.77	5.48	486.7	21338	2572	108.02	41.78	110.75	18.79	22.47%	3.29	3.93%	*0.00	*0.00%
Weighted Average	763	60	932	17.86	4.56	683.4	8686	1201	80.49	36.23	115.25	19.84	23.39%	5.45	6.42%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	763		750 - 850	100%				
Cholesterol (mg)	60							
Sodium (mg)	932		1420					*Target effective with 2014-2015 School Year!
Fiber (g)	17.86							
Iron (mg)	4.56							
Calcium (mg)	683.4							
Vitamin A (IU)	8686							
Vitamin A (RE)	1201							
Vitamin C (mg)	80.49							
Protein (g)	36.23	18.98%						
Carbohydrate (g)	115.25	60.38%						
Total Fat (g)	19.84	23.39%						
Saturated Fat (g)	5.45	6.42%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Chartwells District of Columbia

Oct 26, 2015 thru Oct 30, 2015 Spreadsheet

Ballou Stay Lunch

	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 ¹ (g)	Tr. Fat ¹ % Cals
Mon - 10/26/2015	790	50	1000	16.97	4.85	574.5	12245	1822	56.24	33.79	122.58	21.77	24.82%	5.67	6.46%	*0.00	*0.00%
Tue - 10/27/2015	922	55	2829	11.56	3.00	491.9	971	131	45.11	34.52	165.85	14.93	14.56%	2.32	2.27%	*0.00	*0.00%
Wed - 10/28/2015	694	50	1027	14.75	4.57	589.0	20294	2095	181.61	25.11	107.74	21.89	28.40%	4.54	5.89%	*0.00	*0.00%
Thu - 10/29/2015	682	52	1116	14.78	4.74	520.3	2629	297	120.48	35.01	99.54	20.32	26.84%	6.28	8.29%	*0.00	*0.00%
Fri - 10/30/2015	759	45	1288	20.35	4.68	829.2	21298	2686	37.99	37.86	108.50	17.80	21.11%	7.98	9.47%	*0.00	*0.00%
Weighted Average	769	50	1452	15.68	4.37	601.0	11488	1406	88.29	33.26	120.84	19.34	22.63%	5.36	6.27%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	769		750 - 850	100%				
Cholesterol (mg)	50							
Sodium (mg)	1452		1420					*Target effective with 2014-2015 School Year!
Fiber (g)	15.68							
Iron (mg)	4.37							
Calcium (mg)	601.0							
Vitamin A (IU)	11488							
Vitamin A (RE)	1406							
Vitamin C (mg)	88.29							
Protein (g)	33.26	17.29%						
Carbohydrate (g)	120.84	62.83%						
Total Fat (g)	19.34	22.63%						
Saturated Fat (g)	5.36	6.27%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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