

## Chartwells District of Columbia

### Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

#### HS 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/05/2015	1011	87	1191	19.07	*4.35	*528.4	*4821	*1121	*57.86	38.77	145.24	35.16	31.29%	7.97	7.09%	*0.00	*0.00%
Tue - 10/06/2015	759	52	1102	12.77	3.84	692.4	20697	2164	52.69	34.35	109.93	21.35	25.33%	7.00	8.30%	*0.00	*0.00%
Wed - 10/07/2015	688	45	1298	19.24	4.54	452.7	958	922	39.03	32.47	120.60	11.38	14.88%	2.84	3.71%	*0.00	*0.00%
Thu - 10/08/2015	757	48	1002	14.95	4.11	849.5	20802	2181	188.59	34.58	97.41	26.83	31.90%	8.52	10.12%	*0.00	*0.00%
Weighted Average	804	58	1148	16.51	*4.21	*630.7	*11819	*1597	*84.54	35.04	118.29	23.68	26.51%	6.58	7.37%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	804		750 - 850	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	58							
Sodium (mg)	1148		1420					
Fiber (g)	16.51							
Iron (mg)	4.21				Missing			
Calcium (mg)	630.7				Missing			
Vitamin A (IU)	11819				Missing			
Vitamin A (RE)	1597				Missing			
Vitamin C (mg)	84.54				Missing			
Protein (g)	35.04	17.44%						
Carbohydrate (g)	118.29	58.87%						
Total Fat (g)	23.68	26.51%						
Saturated Fat (g)	6.58	7.37%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			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  
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## Chartwells District of Columbia

### Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

#### HS 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Tue - 10/13/2015	733	49	814	17.64	3.85	645.0	20815	2183	46.92	33.18	111.13	18.29	22.46%	6.46	7.94%	*0.00	*0.00%
Wed - 10/14/2015	814	23	901	23.51	5.06	620.8	1818	295	125.01	33.69	139.31	16.57	18.31%	3.18	3.52%	*0.00	*0.00%
Thu - 10/15/2015	771	63	860	14.24	3.59	561.6	10653	1587	48.81	35.03	118.56	20.47	23.90%	7.39	8.63%	*0.00	*0.00%
Fri - 10/16/2015	816	67	1340	21.05	5.34	645.8	21378	2818	39.85	42.09	126.13	15.00	16.56%	4.76	5.25%	*0.00	*0.00%
Weighted Average	783	50	979	19.11	4.46	618.3	13666	1721	65.15	36.00	123.78	17.58	20.20%	5.45	6.26%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	783		750 - 850	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	50							
Sodium (mg)	979		1420					
Fiber (g)	19.11							
Iron (mg)	4.46							
Calcium (mg)	618.3							
Vitamin A (IU)	13666							
Vitamin A (RE)	1721							
Vitamin C (mg)	65.15							
Protein (g)	36.00	18.38%						
Carbohydrate (g)	123.78	63.20%						
Total Fat (g)	17.58	20.20%						
Saturated Fat (g)	5.45	6.26%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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## Chartwells District of Columbia

### Oct 19, 2015 thru Oct 23, 2015 Spreadsheet

#### HS 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Tue - 10/20/2015	789	53	981	9.99	3.08	638.7	1026	202	43.31	34.88	121.94	19.28	21.99%	6.70	7.65%	*0.00	*0.00%
Wed - 10/21/2015	724	58	881	20.91	4.64	987.6	2213	520	99.75	30.25	125.65	14.31	17.80%	3.06	3.80%	*0.00	*0.00%
Thu - 10/22/2015	777	119	1062	14.37	4.06	504.4	10660	1604	51.38	32.04	119.49	21.38	24.75%	5.67	6.56%	*0.00	*0.00%
Fri - 10/23/2015	749	53	1187	24.10	5.21	688.7	21171	2682	111.97	40.51	112.87	16.25	19.52%	5.33	6.40%	*0.00	*0.00%
Weighted Average	760	71	1028	17.34	4.25	704.9	8767	1252	76.60	34.42	119.99	17.81	21.09%	5.19	6.15%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	760		750 - 850	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	71							
Sodium (mg)	1028		1420					
Fiber (g)	17.34							
Iron (mg)	4.25							
Calcium (mg)	704.9							
Vitamin A (IU)	8767							
Vitamin A (RE)	1252							
Vitamin C (mg)	76.60							
Protein (g)	34.42	18.12%						
Carbohydrate (g)	119.99	63.16%						
Total Fat (g)	17.81	21.09%						
Saturated Fat (g)	5.19	6.15%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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## Chartwells District of Columbia

### Oct 26, 2015 thru Oct 30, 2015 Spreadsheet

#### HS 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/26/2015	933	83	1142	17.19	4.50	591.1	12651	2094	60.85	36.40	130.38	33.00	31.84%	8.75	8.44%	*0.00	*0.00%
Tue - 10/27/2015	816	51	2131	11.44	3.19	679.6	1262	200	47.77	32.56	133.54	17.58	19.39%	5.89	6.50%	*0.00	*0.00%
Wed - 10/28/2015	805	69	906	19.23	*5.22	*625.4	*20554	*2142	*195.38	36.06	126.26	19.61	21.92%	3.57	3.99%	*0.00	*0.00%
Thu - 10/29/2015	648	49	1110	12.75	3.26	655.4	2465	306	102.90	32.78	91.30	19.99	27.78%	7.21	10.01%	*0.00	*0.00%
Fri - 10/30/2015	796	53	1134	20.68	4.99	649.5	21201	2744	38.48	40.11	125.44	14.55	16.44%	5.10	5.76%	*0.00	*0.00%
Weighted Average	800	61	1285	16.26	*4.23	*640.2	*11627	*1497	*89.08	35.58	121.38	20.95	23.58%	6.10	6.87%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	800		750 - 850	100%				
Cholesterol (mg)	61							
Sodium (mg)	1285		1420					*Target effective with 2014-2015 School Year!
Fiber (g)	16.26							
Iron (mg)	4.23				Missing			
Calcium (mg)	640.2				Missing			
Vitamin A (IU)	11627				Missing			
Vitamin A (RE)	1497				Missing			
Vitamin C (mg)	89.08				Missing			
Protein (g)	35.58	17.80%						
Carbohydrate (g)	121.38	60.72%						
Total Fat (g)	20.95	23.58%						
Saturated Fat (g)	6.10	6.87%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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