

Chartwells District of Columbia
Oct 5, 2015 thru Oct 9, 2015 Spreadsheet
 MS 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	731	57	868	14.73	*3.30	*483.2	*3812	*931	*42.77	34.13	107.47	21.98	27.05%	5.70	7.02%	*0.00	*0.00%
Tue - 10/06/2015	655	54	938	9.27	3.28	651.3	1293	209	48.26	35.24	91.91	17.99	24.72%	5.63	7.74%	*0.00	*0.00%
Wed - 10/07/2015	585	45	944	12.42	3.13	409.6	7761	1941	30.35	27.11	90.37	15.09	23.22%	3.60	5.54%	*0.00	*0.00%
Thu - 10/08/2015	668	52	1173	15.49	4.93	692.7	8781	646	148.60	35.15	91.82	19.50	26.28%	6.64	8.95%	*0.00	*0.00%
Weighted Average	660	52	981	12.98	*3.66	*559.2	*5412	*932	*67.49	32.91	95.39	18.64	25.43%	5.39	7.36%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	660		600 - 700	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	52							
Sodium (mg)	981		1360					
Fiber (g)	12.98							
Iron (mg)	3.66				Missing			
Calcium (mg)	559.2				Missing			
Vitamin A (IU)	5412				Missing			
Vitamin A (RE)	932				Missing			
Vitamin C (mg)	67.49				Missing			
Protein (g)	32.91	19.95%						
Carbohydrate (g)	95.39	57.84%						
Total Fat (g)	18.64	25.43%						
Saturated Fat (g)	5.39	7.36%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Chartwells District of Columbia

Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

MS 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	622	50	676	13.36	3.22	585.7	8594	937	31.21	32.73	95.16	14.12	20.44%	4.67	6.76%	*0.00	*0.00%
Wed - 10/14/2015	612	47	907	12.80	3.33	501.5	1336	225	87.32	29.75	95.33	14.87	21.86%	3.45	5.07%	*0.00	*0.00%
Thu - 10/15/2015	628	51	991	11.54	3.51	589.5	7914	1224	42.25	30.69	84.01	20.34	29.17%	7.10	10.19%	*0.00	*0.00%
Fri - 10/16/2015	612	112	1054	14.43	3.93	417.0	1495	593	36.87	37.93	93.31	9.93	14.59%	1.89	2.78%	*0.00	*0.00%
Weighted Average	618	65	907	13.03	3.50	523.4	4835	745	49.41	32.77	91.95	14.81	21.56%	4.28	6.23%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		600 - 700	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	65							
Sodium (mg)	907		1360					
Fiber (g)	13.03							
Iron (mg)	3.50							
Calcium (mg)	523.4							
Vitamin A (IU)	4835							
Vitamin A (RE)	745							
Vitamin C (mg)	49.41							
Protein (g)	32.77	21.20%						
Carbohydrate (g)	91.95	59.48%						
Total Fat (g)	14.81	21.56%						
Saturated Fat (g)	4.28	6.23%	<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

MS 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	654	48	960	9.42	3.01	720.6	8530	932	35.24	31.90	92.20	18.47	25.43%	6.48	8.92%	*0.00	*0.00%
Wed - 10/21/2015	585	56	851	15.87	3.69	948.2	1667	432	84.91	26.08	96.53	13.15	20.24%	2.95	4.54%	*0.00	*0.00%
Thu - 10/22/2015	625	122	1010	10.98	3.54	439.0	8118	1266	40.63	28.57	89.10	19.24	27.73%	5.44	7.83%	*0.00	*0.00%
Fri - 10/23/2015	605	95	914	17.65	4.34	454.7	1445	523	91.14	36.89	90.93	12.74	18.95%	2.58	3.83%	*0.00	*0.00%
Weighted Average	617	80	934	13.48	3.64	640.7	4940	788	62.98	30.86	92.19	15.90	23.19%	4.36	6.36%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 700	100%				
Cholesterol (mg)	80							
Sodium (mg)	934		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	13.48							
Iron (mg)	3.64							
Calcium (mg)	640.7							
Vitamin A (IU)	4940							
Vitamin A (RE)	788							
Vitamin C (mg)	62.98							
Protein (g)	30.86	20.00%						
Carbohydrate (g)	92.19	59.76%						
Total Fat (g)	15.90	23.19%						
Saturated Fat (g)	4.36	6.36%	<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

MS 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	748	73	889	13.40	3.81	547.9	9340	1588	39.87	34.67	103.37	24.53	29.51%	7.33	8.82%	*0.00	*0.00%
Tue - 10/27/2015	721	51	1911	8.69	2.53	605.0	1134	167	33.15	32.41	120.28	13.82	17.24%	3.97	4.95%	*0.00	*0.00%
Wed - 10/28/2015	697	69	848	16.01	*4.47	*557.0	*15595	*1642	*149.59	34.10	106.39	16.56	21.38%	3.14	4.05%	*0.00	*0.00%
Thu - 10/29/2015	530	50	1072	10.08	9.01	566.8	2038	286	78.62	28.01	77.05	14.89	25.30%	5.83	9.90%	*0.00	*0.00%
Fri - 10/30/2015	612	88	1040	15.48	3.98	578.7	8749	1303	25.15	34.67	90.81	12.23	17.99%	4.44	6.53%	*0.00	*0.00%
Weighted Average	662	66	1152	12.73	*4.76	*571.1	*7371	*997	*65.28	32.77	99.58	16.40	22.32%	4.94	6.72%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	662		600 - 700	100%				
Cholesterol (mg)	66							
Sodium (mg)	1152		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	12.73							
Iron (mg)	4.76				Missing			
Calcium (mg)	571.1				Missing			
Vitamin A (IU)	7371				Missing			
Vitamin A (RE)	997				Missing			
Vitamin C (mg)	65.28				Missing			
Protein (g)	32.77	19.82%						
Carbohydrate (g)	99.58	60.21%						
Total Fat (g)	16.40	22.32%						
Saturated Fat (g)	4.94	6.72%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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