

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

BIC

| | 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 | 527 | 35 | 581 | 4.00 | 1.93 | 378.2 | 852 | 170 | 14.20 | 15.46 | 79.97 | 11.50 | 19.64% | 5.82 | 9.95% | 0.00 | 0.00% |
| Tue - 10/06/2015 | 396 | 53 | 535 | 6.42 | 2.88 | 698.6 | 1514 | 179 | 99.09 | 21.73 | 61.12 | 8.47 | 19.23% | 3.79 | 8.60% | 0.00 | 0.00% |
| Wed - 10/07/2015 | 406 | 27 | 658 | 8.37 | 1.48 | 410.9 | 748 | 139 | 9.77 | 20.42 | 73.30 | 4.79 | 10.63% | 2.30 | 5.10% | *0.00 | *0.00% |
| Thu - 10/08/2015 | 511 | 20 | 261 | 8.64 | 2.07 | 355.2 | 565 | 108 | 69.99 | 15.12 | 104.23 | 3.09 | 5.44% | 0.86 | 1.52% | 0.00 | 0.00% |
| Weighted Average | 460 | 34 | 509 | 6.86 | 2.09 | 460.8 | 920 | 149 | 48.26 | 18.18 | 79.66 | 6.96 | 13.62% | 3.19 | 6.25% | *0.00 | *0.00% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|-----------|-------------|-----------|-----------|---------|---|
| Calories | 460 | | 400 - 500 | 100% | | | | *Target effective with 2014-2015 School Year! |
| Cholesterol (mg) | 34 | | | | | | | |
| Sodium (mg) | 509 | | 540 | | | | | |
| Fiber (g) | 6.86 | | | | | | | |
| Iron (mg) | 2.09 | | | | | | | |
| Calcium (mg) | 460.8 | | | | | | | |
| Vitamin A (IU) | 920 | | | | | | | |
| Vitamin A (RE) | 149 | | | | | | | |
| Vitamin C (mg) | 48.26 | | | | | | | |
| Protein (g) | 18.18 | 15.81% | | | | | | |
| Carbohydrate (g) | 79.66 | 69.25% | | | | | | |
| Total Fat (g) | 6.96 | 13.62% | | | | | | |
| Saturated Fat (g) | 3.19 | 6.25% | <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
***** - 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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Chartwells District of Columbia

Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

BIC

| | 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 | 438 | 37 | 542 | 6.43 | 2.27 | 465.0 | 952 | 146 | 102.69 | 23.76 | 73.75 | 6.98 | 14.34% | 1.89 | 3.88% | 0.00 | 0.00% |
| Wed - 10/14/2015 | 405 | 110 | 418 | 6.38 | 1.66 | 331.0 | 699 | 129 | 9.57 | 17.50 | 65.23 | 9.59 | 21.28% | 2.31 | 5.13% | *0.00 | *0.00% |
| Thu - 10/15/2015 | 522 | 10 | 715 | 5.50 | 1.20 | 414.1 | 503 | 100 | 121.24 | 14.06 | 78.31 | 17.13 | 29.56% | 6.56 | 11.32% | *0.00 | *0.00% |
| Fri - 10/16/2015 | 494 | 45 | 661 | 8.44 | 2.39 | 305.0 | 565 | 108 | 11.08 | 25.10 | 83.77 | 7.08 | 12.90% | 2.36 | 4.30% | 0.00 | 0.00% |
| Weighted Average | 465 | 51 | 584 | 6.69 | 1.88 | 378.8 | 679 | 121 | 61.14 | 20.10 | 75.26 | 10.20 | 19.74% | 3.28 | 6.35% | *0.00 | *0.00% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|-----------|-------------|-----------|-----------|---------|---|
| Calories | 465 | | 400 - 500 | 100% | | | | |
| Cholesterol (mg) | 51 | | | | | | | |
| Sodium (mg) | 584 | | 540 | | | | | *Target effective with 2014-2015 School Year! |
| Fiber (g) | 6.69 | | | | | | | |
| Iron (mg) | 1.88 | | | | | | | |
| Calcium (mg) | 378.8 | | | | | | | |
| Vitamin A (IU) | 679 | | | | | | | |
| Vitamin A (RE) | 121 | | | | | | | |
| Vitamin C (mg) | 61.14 | | | | | | | |
| Protein (g) | 20.10 | 17.30% | | | | | | |
| Carbohydrate (g) | 75.26 | 64.76% | | | | | | |
| Total Fat (g) | 10.20 | 19.74% | | | | | | |
| Saturated Fat (g) | 3.28 | 6.35% | <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

* - 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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Chartwells District of Columbia

Oct 19, 2015 thru Oct 23, 2015 Spreadsheet

BIC

| | 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 | 456 | 20 | 285 | 9.02 | *1.81 | *350.2 | *500 | *100 | *1.20 | 15.02 | 93.17 | 2.76 | 5.44% | 0.75 | 1.48% | 0.00 | 0.00% |
| Wed - 10/21/2015 | 463 | 40 | 420 | 8.75 | 1.63 | 567.7 | 1396 | 502 | 47.32 | 22.04 | 80.96 | 8.81 | 17.12% | 2.86 | 5.55% | *0.00 | *0.00% |
| Thu - 10/22/2015 | 450 | 283 | 415 | 5.00 | 3.42 | 445.0 | 1300 | 180 | 121.20 | 18.00 | 69.50 | 10.75 | 21.50% | 3.25 | 6.50% | 0.00 | 0.00% |
| Fri - 10/23/2015 | 416 | 27 | 633 | 6.45 | 1.85 | 485.5 | 715 | 138 | 11.27 | 21.08 | 74.06 | 5.83 | 12.60% | 2.36 | 5.10% | 0.00 | 0.00% |
| Weighted Average | 446 | 92 | 438 | 7.30 | *2.18 | *462.1 | *978 | *230 | *45.25 | 19.03 | 79.42 | 7.04 | 14.19% | 2.30 | 4.65% | *0.00 | *0.00% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|-----------|-------------|-----------|-----------|---------|---|
| Calories | 446 | | 400 - 500 | 100% | | | | *Target effective with 2014-2015 School Year! |
| Cholesterol (mg) | 92 | | | | | | | |
| Sodium (mg) | 438 | | 540 | | | | | |
| Fiber (g) | 7.30 | | | | | | | |
| Iron (mg) | 2.18 | | | | Missing | | | |
| Calcium (mg) | 462.1 | | | | Missing | | | |
| Vitamin A (IU) | 978 | | | | Missing | | | |
| Vitamin A (RE) | 230 | | | | Missing | | | |
| Vitamin C (mg) | 45.25 | | | | Missing | | | |
| Protein (g) | 19.03 | 17.06% | | | | | | |
| Carbohydrate (g) | 79.42 | 71.18% | | | | | | |
| Total Fat (g) | 7.04 | 14.19% | | | | | | |
| Saturated Fat (g) | 2.30 | 4.65% | <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

BIC

| | 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 | 426 | 10 | 461 | 3.00 | 4.81 | 498.0 | 1448 | 290 | 19.00 | 12.45 | 84.95 | 4.90 | 10.36% | 0.76 | 1.61% | 0.00 | 0.00% |
| Tue - 10/27/2015 | 397 | 110 | 416 | 6.42 | 1.63 | 393.7 | 1014 | 159 | 99.09 | 18.76 | 61.71 | 9.50 | 21.52% | 2.29 | 5.19% | 0.00 | 0.00% |
| Wed - 10/28/2015 | 495 | 45 | 877 | 6.37 | 2.02 | 410.9 | 598 | 109 | 9.57 | 24.47 | 67.13 | 15.56 | 28.31% | 6.80 | 12.38% | *0.00 | *0.00% |
| Thu - 10/29/2015 | 412 | 37 | 562 | 5.01 | 2.09 | 391.4 | 538 | 108 | 121.20 | 22.03 | 68.13 | 6.76 | 14.78% | 1.85 | 4.04% | 0.00 | 0.00% |
| Fri - 10/30/2015 | 546 | 10 | 691 | 6.94 | 1.79 | 419.1 | 567 | 108 | 11.12 | 15.16 | 84.08 | 17.47 | 28.79% | 6.67 | 11.00% | *0.00 | *0.00% |
| Weighted Average | 455 | 42 | 601 | 5.55 | 2.47 | 422.6 | 833 | 155 | 51.99 | 18.57 | 73.20 | 10.84 | 21.43% | 3.68 | 7.27% | *0.00 | *0.00% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|-----------|-------------|-----------|-----------|---------|---|
| Calories | 455 | | 400 - 500 | 100% | | | | *Target effective with 2014-2015 School Year! |
| Cholesterol (mg) | 42 | | | | | | | |
| Sodium (mg) | 601 | | 540 | | | | | |
| Fiber (g) | 5.55 | | | | | | | |
| Iron (mg) | 2.47 | | | | | | | |
| Calcium (mg) | 422.6 | | | | | | | |
| Vitamin A (IU) | 833 | | | | | | | |
| Vitamin A (RE) | 155 | | | | | | | |
| Vitamin C (mg) | 51.99 | | | | | | | |
| Protein (g) | 18.57 | 16.33% | | | | | | |
| Carbohydrate (g) | 73.20 | 64.34% | | | | | | |
| Total Fat (g) | 10.84 | 21.43% | | | | | | |
| Saturated Fat (g) | 3.68 | 7.27% | <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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