

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

Ballou Stay Breakfast (9-12)

	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	516	108	534	7.37	5.32	525.5	1213	394	35.42	19.84	92.91	9.30	16.21%	2.92	5.09%	*0.00	*0.00%
Tue - 10/06/2015	488	28	436	10.67	5.76	553.4	1605	399	105.24	15.84	95.07	7.75	14.30%	2.08	3.83%	*0.00	*0.00%
Wed - 10/07/2015	548	19	604	12.73	5.12	509.1	1218	385	40.29	18.99	109.07	7.26	11.92%	2.35	3.86%	*0.00	*0.00%
Thu - 10/08/2015	664	20	493	13.00	6.35	503.4	1109	369	40.61	19.16	135.59	7.17	9.73%	1.66	2.26%	*0.00	*0.00%
Weighted Average	554	44	517	10.94	5.64	522.9	1286	387	55.39	18.46	108.16	7.87	12.78%	2.25	3.66%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	554		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	44							
Sodium (mg)	517		640					
Fiber (g)	10.94							
Iron (mg)	5.64							
Calcium (mg)	522.9							
Vitamin A (IU)	1286							
Vitamin A (RE)	387							
Vitamin C (mg)	55.39							
Protein (g)	18.46	13.33%						
Carbohydrate (g)	108.16	78.08%						
Total Fat (g)	7.87	12.78%						
Saturated Fat (g)	2.25	3.66%	<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 Breakfast (9-12)

	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	559	10	626	7.61	4.88	505.2	1046	361	35.44	15.57	98.01	13.28	21.38%	4.46	7.18%	*0.00	*0.00%
Wed - 10/14/2015	593	23	560	12.23	5.21	489.2	1295	400	40.19	16.52	109.50	10.69	16.22%	4.14	6.28%	*0.00	*0.00%
Thu - 10/15/2015	514	24	555	9.37	5.32	493.9	1064	364	91.82	19.55	94.92	8.09	14.17%	2.10	3.68%	*0.00	*0.00%
Fri - 10/16/2015	588	28	712	9.99	5.44	503.2	1109	369	40.61	21.64	103.92	12.67	19.39%	4.66	7.14%	*0.00	*0.00%
Weighted Average	564	21	613	9.80	5.21	497.9	1128	373	52.02	18.32	101.59	11.18	17.86%	3.84	6.13%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	564		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	21							
Sodium (mg)	613		640					
Fiber (g)	9.80							
Iron (mg)	5.21							
Calcium (mg)	497.9							
Vitamin A (IU)	1128							
Vitamin A (RE)	373							
Vitamin C (mg)	52.02							
Protein (g)	18.32	13.01%						
Carbohydrate (g)	101.59	72.11%						
Total Fat (g)	11.18	17.86%						
Saturated Fat (g)	3.84	6.13%	<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 Breakfast (9-12)

	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	593	10	348	13.45	6.18	514.4	1391	397	105.38	19.03	117.99	8.31	12.61%	2.05	3.11%	*0.00	*0.00%
Wed - 10/21/2015	490	25	484	8.27	5.09	579.6	1710	615	60.47	19.39	89.54	9.02	16.57%	2.59	4.76%	*0.00	*0.00%
Thu - 10/22/2015	515	29	550	10.03	*4.71	*457.3	*1094	*370	*33.05	16.23	99.72	7.61	13.29%	1.93	3.37%	*0.00	*0.00%
Fri - 10/23/2015	551	15	417	11.00	5.44	478.3	1109	369	40.61	16.65	112.51	6.42	10.49%	1.66	2.72%	*0.00	*0.00%
Weighted Average	537	20	450	10.69	*5.36	*507.4	*1326	*438	*59.88	17.82	104.94	7.84	13.13%	2.06	3.45%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	537		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	20							
Sodium (mg)	450		640					
Fiber (g)	10.69							
Iron (mg)	5.36				Missing			
Calcium (mg)	507.4				Missing			
Vitamin A (IU)	1326				Missing			
Vitamin A (RE)	438				Missing			
Vitamin C (mg)	59.88				Missing			
Protein (g)	17.82	13.27%						
Carbohydrate (g)	104.94	78.13%						
Total Fat (g)	7.84	13.13%						
Saturated Fat (g)	2.06	3.45%	<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 Breakfast (9-12)

	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	558	28	721	7.36	5.18	498.2	1045	360	35.42	20.54	94.85	12.33	19.89%	4.55	7.34%	*0.00	*0.00%
Tue - 10/27/2015	526	15	416	11.68	5.32	528.5	1355	389	105.24	16.85	105.65	6.25	10.70%	1.58	2.70%	*0.00	*0.00%
Wed - 10/28/2015	593	23	560	12.23	5.21	489.2	1295	400	40.19	16.52	109.50	10.69	16.22%	4.14	6.28%	*0.00	*0.00%
Thu - 10/29/2015	518	24	559	10.18	5.64	453.7	1064	364	32.91	19.54	96.55	7.59	13.18%	2.10	3.65%	*0.00	*0.00%
Fri - 10/30/2015	589	10	617	10.24	5.14	510.3	1111	369	40.63	16.67	107.08	13.61	20.80%	4.57	6.99%	*0.00	*0.00%
Weighted Average	557	20	575	10.34	5.30	496.0	1174	377	50.88	18.03	102.73	10.10	16.32%	3.39	5.48%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	557		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	20							
Sodium (mg)	575		640					
Fiber (g)	10.34							
Iron (mg)	5.30							
Calcium (mg)	496.0							
Vitamin A (IU)	1174							
Vitamin A (RE)	377							
Vitamin C (mg)	50.88							
Protein (g)	18.03	12.95%						
Carbohydrate (g)	102.73	73.80%						
Total Fat (g)	10.10	16.32%						
Saturated Fat (g)	3.39	5.48%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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