

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

Early Childhood 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	726	72	883	11.65	3.75	336.2	744	188	15.96	39.30	94.05	24.44	30.31%	4.24	5.26%	*0.00	*0.00%
Tue - 10/06/2015	553	58	1207	11.31	3.85	377.8	1002	2077	12.54	36.93	85.18	8.54	13.90%	2.36	3.85%	0.00	0.00%
Wed - 10/07/2015	619	63	523	6.80	2.09	404.1	10002	1506	76.52	31.51	68.69	24.18	35.16%	3.78	5.50%	0.00	0.00%
Thu - 10/08/2015	699	40	972	10.20	1.88	735.4	4001	795	18.27	37.01	101.40	19.14	24.63%	7.95	10.23%	0.00	0.00%
Weighted Average	649	59	896	9.99	2.89	463.4	3937	1142	30.82	36.19	87.33	19.08	26.44%	4.58	6.35%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	649		550 - 650	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	59							
Sodium (mg)	896		1230					
Fiber (g)	9.99							
Iron (mg)	2.89							
Calcium (mg)	463.4							
Vitamin A (IU)	3937							
Vitamin A (RE)	1142							
Vitamin C (mg)	30.82							
Protein (g)	36.19	22.30%						
Carbohydrate (g)	87.33	53.80%						
Total Fat (g)	19.08	26.44%						
Saturated Fat (g)	4.58	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Chartwells District of Columbia

Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

Early Childhood 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	618	46	402	10.84	4.66	422.6	909	182	16.84	30.32	84.36	17.96	26.17%	5.14	7.49%	0.60	0.87%
Wed - 10/14/2015	628	45	1183	17.64	4.22	822.4	1360	640	80.51	37.47	79.29	16.51	23.65%	7.86	11.26%	0.00	0.00%
Thu - 10/15/2015	536	63	620	6.15	2.27	356.3	9763	1486	11.98	31.92	77.02	12.05	20.21%	2.99	5.01%	0.00	0.00%
Fri - 10/16/2015	620	18	892	10.84	4.62	566.7	1231	246	13.23	26.00	98.76	13.94	20.24%	4.55	6.61%	0.00	0.00%
Weighted Average	601	43	774	11.37	3.94	542.0	3315	638	30.64	31.43	84.86	15.11	22.65%	5.14	7.70%	0.15	0.22%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		550 - 650	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	43							
Sodium (mg)	774		1230					
Fiber (g)	11.37							
Iron (mg)	3.94							
Calcium (mg)	542.0							
Vitamin A (IU)	3315							
Vitamin A (RE)	638							
Vitamin C (mg)	30.64							
Protein (g)	31.43	20.93%						
Carbohydrate (g)	84.86	56.52%						
Total Fat (g)	15.11	22.65%						
Saturated Fat (g)	5.14	7.70%	<10.00%					
Trans Fat ¹ (g)	0.15	0.22%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Chartwells District of Columbia

Oct 19, 2015 thru Oct 23, 2015 Spreadsheet

Early Childhood 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	651	45	1006	7.14	3.25	743.3	957	191	20.52	31.27	79.09	22.14	30.62%	8.17	11.30%	*0.00	*0.00%
Wed - 10/21/2015	492	85	657	10.06	2.61	367.9	1169	204	19.87	28.53	73.86	9.99	18.28%	2.50	4.58%	*0.00	*0.00%
Thu - 10/22/2015	574	42	1193	11.00	2.75	807.6	1088	213	9.99	33.00	84.93	12.61	19.78%	6.61	10.37%	0.00	0.00%
Fri - 10/23/2015	614	63	538	3.49	1.96	368.9	10191	1577	3.11	30.22	66.47	24.02	35.19%	3.75	5.50%	0.00	0.00%
Weighted Average	583	59	848	7.92	2.64	571.9	3352	546	13.37	30.75	76.09	17.19	26.55%	5.26	8.12%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	583		550 - 650	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	59							
Sodium (mg)	848		1230					
Fiber (g)	7.92							
Iron (mg)	2.64							
Calcium (mg)	571.9							
Vitamin A (IU)	3352							
Vitamin A (RE)	546							
Vitamin C (mg)	13.37							
Protein (g)	30.75	21.11%						
Carbohydrate (g)	76.09	52.24%						
Total Fat (g)	17.19	26.55%						
Saturated Fat (g)	5.26	8.12%	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Chartwells District of Columbia

Oct 26, 2015 thru Oct 30, 2015 Spreadsheet

Early Childhood 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	505	63	1323	15.71	3.68	384.0	3663	708	13.13	37.23	80.63	4.98	8.89%	1.51	2.69%	*0.00	*0.00%
Tue - 10/27/2015	820	55	2712	6.63	2.63	443.0	548	110	18.69	33.16	139.81	14.64	16.07%	2.26	2.48%	0.00	0.00%
Wed - 10/28/2015	615	45	895	9.50	2.53	815.5	10273	1568	79.86	30.53	76.54	20.35	29.77%	8.69	12.72%	0.00	0.00%
Thu - 10/29/2015	541	52	963	10.22	4.26	486.6	1922	247	90.22	33.49	72.96	15.86	26.41%	5.52	9.18%	*0.00	*0.00%
Fri - 10/30/2015	579	50	726	7.60	4.10	533.5	11493	1695	5.70	31.87	81.67	14.49	22.52%	4.60	7.15%	0.00	0.00%
Weighted Average	612	53	1324	9.93	3.44	532.5	5580	866	41.52	33.26	90.32	14.07	20.69%	4.52	6.64%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	612		550 - 650	100%				
Cholesterol (mg)	53							
Sodium (mg)	1324		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	9.93							
Iron (mg)	3.44							
Calcium (mg)	532.5							
Vitamin A (IU)	5580							
Vitamin A (RE)	866							
Vitamin C (mg)	41.52							
Protein (g)	33.26	21.74%						
Carbohydrate (g)	90.32	59.04%						
Total Fat (g)	14.07	20.69%						
Saturated Fat (g)	4.52	6.64%	<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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.