

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

Education Campus Lunch (K-8)

	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	677	42	1009	14.14	*4.18	*417.5	*1262	*261	*29.34	30.69	99.25	19.82	26.34%	3.92	5.21%	*0.00	*0.00%
Tue - 10/06/2015	578	63	1489	11.74	3.72	578.6	1270	1382	35.87	38.35	78.05	14.73	22.95%	6.59	10.27%	0.00	0.00%
Wed - 10/07/2015	638	184	893	7.79	2.87	389.2	10537	1640	14.35	27.62	84.38	21.81	30.78%	4.49	6.34%	0.00	0.00%
Thu - 10/08/2015	704	57	1117	12.52	4.74	621.5	14394	1437	175.00	39.10	96.35	22.86	29.23%	5.46	6.98%	0.00	0.00%
Weighted Average	649	87	1127	11.55	*3.88	*501.7	*6866	*1180	*63.64	33.94	89.51	19.81	27.46%	5.11	7.09%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	649		600 - 650	100%				
Cholesterol (mg)	87							
Sodium (mg)	1127		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.55							
Iron (mg)	3.88				Missing			
Calcium (mg)	501.7				Missing			
Vitamin A (IU)	6866				Missing			
Vitamin A (RE)	1180				Missing			
Vitamin C (mg)	63.64				Missing			
Protein (g)	33.94	20.91%						
Carbohydrate (g)	89.51	55.16%						
Total Fat (g)	19.81	27.46%						
Saturated Fat (g)	5.11	7.09%	<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

Education Campus Lunch (K-8)

	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	675	48	541	15.13	4.25	499.9	10919	1188	20.07	31.30	96.20	19.48	25.99%	6.44	8.60%	*0.48	*0.64%
Wed - 10/14/2015	678	84	959	17.38	4.53	572.2	2000	544	85.44	42.26	95.95	16.20	21.50%	3.68	4.88%	0.00	0.00%
Thu - 10/15/2015	561	58	814	7.80	2.63	386.9	9967	1510	13.38	31.49	81.02	13.36	21.43%	3.26	5.23%	0.00	0.00%
Fri - 10/16/2015	649	71	1026	6.25	2.83	451.4	1607	361	27.65	34.16	90.09	16.42	22.77%	4.21	5.83%	*0.00	*0.00%
Weighted Average	641	65	835	11.64	3.56	477.6	6123	901	36.64	34.80	90.82	16.37	22.99%	4.40	6.18%	*0.12	*0.17%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	641		600 - 650	100%				
Cholesterol (mg)	65							
Sodium (mg)	835		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.64							
Iron (mg)	3.56							
Calcium (mg)	477.6							
Vitamin A (IU)	6123							
Vitamin A (RE)	901							
Vitamin C (mg)	36.64							
Protein (g)	34.80	21.73%						
Carbohydrate (g)	90.82	56.69%						
Total Fat (g)	16.37	22.99%						
Saturated Fat (g)	4.40	6.18%	<10.00%					
Trans Fat ¹ (g)	0.12	0.17%			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 19, 2015 thru Oct 23, 2015 Spreadsheet

Education Campus Lunch (K-8)

	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	693	61	997	8.76	4.09	684.2	10964	1203	25.60	34.68	87.99	23.45	30.46%	8.17	10.62%	*0.00	*0.00%
Wed - 10/21/2015	637	95	806	16.69	4.05	961.8	2280	532	72.83	29.09	102.31	14.46	20.42%	3.43	4.84%	*0.00	*0.00%
Thu - 10/22/2015	606	51	1341	13.51	4.10	623.6	10676	1172	25.06	34.47	90.11	13.87	20.60%	5.75	8.54%	0.00	0.00%
Fri - 10/23/2015	613	124	900	8.66	2.62	462.0	10698	1679	96.81	29.23	75.05	22.18	32.56%	4.89	7.17%	*0.00	*0.00%
Weighted Average	637	83	1011	11.90	3.72	682.9	8655	1146	55.07	31.87	88.86	18.49	26.11%	5.56	7.85%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		600 - 650	100%				
Cholesterol (mg)	83							
Sodium (mg)	1011		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.90							
Iron (mg)	3.72							
Calcium (mg)	682.9							
Vitamin A (IU)	8655							
Vitamin A (RE)	1146							
Vitamin C (mg)	55.07							
Protein (g)	31.87	20.00%						
Carbohydrate (g)	88.86	55.78%						
Total Fat (g)	18.49	26.11%						
Saturated Fat (g)	5.56	7.85%	<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

Education Campus Lunch (K-8)

	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	627	67	1211	20.07	5.08	545.2	11162	1640	25.38	41.05	90.50	13.45	19.32%	4.54	6.52%	*0.00	*0.00%
Tue - 10/27/2015	595	47	1378	5.95	2.38	758.4	1196	232	20.74	30.90	87.38	14.97	22.65%	7.10	10.74%	0.00	0.00%
Wed - 10/28/2015	726	77	890	11.72	*4.14	*857.4	*20681	*2180	*165.09	35.14	91.89	24.80	30.73%	8.31	10.29%	0.00	0.00%
Thu - 10/29/2015	623	66	1685	13.06	5.48	562.5	2131	377	70.33	35.60	88.06	17.15	24.78%	6.27	9.05%	*0.00	*0.00%
Fri - 10/30/2015	635	55	1014	7.41	3.58	595.3	12385	1919	13.62	30.36	84.38	20.15	28.55%	6.77	9.60%	*0.05	*0.07%
Weighted Average	641	62	1236	11.64	*4.13	*663.8	*9511	*1270	*59.03	34.61	88.44	18.10	25.41%	6.60	9.26%	*0.01	*0.01%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	641		600 - 650	100%				
Cholesterol (mg)	62							
Sodium (mg)	1236		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.64							
Iron (mg)	4.13				Missing			
Calcium (mg)	663.8				Missing			
Vitamin A (IU)	9511				Missing			
Vitamin A (RE)	1270				Missing			
Vitamin C (mg)	59.03				Missing			
Protein (g)	34.61	21.59%						
Carbohydrate (g)	88.44	55.18%						
Total Fat (g)	18.10	25.41%						
Saturated Fat (g)	6.60	9.26%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			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.