

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

Kramer MiddleSchool Lunch(6-8)

	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	847	72	1027	16.07	4.05	540.8	3797	936	*39.94	40.72	125.03	24.22	25.74%	7.05	7.50%	*0.00	*0.00%
Tue - 10/06/2015	643	55	845	9.11	3.26	570.3	1368	205	46.17	33.15	90.66	18.86	26.38%	4.59	6.43%	*0.00	*0.00%
Wed - 10/07/2015	669	48	929	13.40	3.94	470.4	7840	1193	*33.63	29.75	101.70	17.50	23.54%	3.97	5.34%	*0.00	*0.00%
Thu - 10/08/2015	632	48	1283	15.05	4.61	533.1	9427	677	144.77	32.81	91.70	17.17	24.45%	3.75	5.34%	*0.00	*0.00%
Weighted Average	698	56	1021	13.41	3.97	528.6	5608	752	*66.13	34.11	102.27	19.44	25.07%	4.84	6.25%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	698		600 - 700	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	56							
Sodium (mg)	1021		1360					
Fiber (g)	13.41							
Iron (mg)	3.97							
Calcium (mg)	528.6							
Vitamin A (IU)	5608							
Vitamin A (RE)	752							
Vitamin C (mg)	66.13				Missing			
Protein (g)	34.11	19.55%						
Carbohydrate (g)	102.27	58.61%						
Total Fat (g)	19.44	25.07%						
Saturated Fat (g)	4.84	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.

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

Kramer MiddleSchool Lunch(6-8)

	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	654	53	812	11.67	2.65	612.1	8465	925	32.64	31.69	89.37	19.08	26.27%	6.06	8.35%	*0.00	*0.00%
Wed - 10/14/2015	697	48	815	14.00	3.99	505.4	1353	215	*87.13	32.81	108.48	16.63	21.46%	4.07	5.26%	*0.00	*0.00%
Thu - 10/15/2015	720	47	1140	14.67	4.04	446.4	11897	1974	*43.58	31.88	100.07	23.59	29.50%	4.66	5.82%	*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	671	65	955	13.69	3.65	495.2	5802	927	*50.05	33.58	97.80	17.31	23.22%	4.17	5.60%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	671		600 - 700	100%				
Cholesterol (mg)	65							
Sodium (mg)	955		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	13.69							
Iron (mg)	3.65							
Calcium (mg)	495.2							
Vitamin A (IU)	5802							
Vitamin A (RE)	927							
Vitamin C (mg)	50.05				Missing			
Protein (g)	33.58	20.02%						
Carbohydrate (g)	97.80	58.33%						
Total Fat (g)	17.31	23.22%						
Saturated Fat (g)	4.17	5.60%	<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 19, 2015 thru Oct 23, 2015 Spreadsheet

Kramer MiddleSchool Lunch(6-8)

	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	637	55	726	8.42	2.76	556.3	8367	900	33.78	32.37	95.92	15.60	22.05%	4.11	5.81%	*0.00	*0.00%
Wed - 10/21/2015	556	56	823	14.52	3.34	804.5	1530	370	70.74	25.10	91.65	12.34	19.97%	2.87	4.65%	*0.00	*0.00%
Thu - 10/22/2015	677	48	1310	12.72	3.62	441.9	10960	1735	39.36	30.64	92.04	22.78	30.29%	4.78	6.36%	*0.00	*0.00%
Fri - 10/23/2015	656	73	1049	16.89	3.93	604.1	1288	527	94.09	36.75	93.13	15.48	21.25%	4.76	6.53%	*0.00	*0.00%
Weighted Average	631	58	977	13.14	3.41	601.7	5536	883	59.49	31.21	93.18	16.55	23.59%	4.13	5.89%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	631		600 - 700	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	58							
Sodium (mg)	977		1360					
Fiber (g)	13.14							
Iron (mg)	3.41							
Calcium (mg)	601.7							
Vitamin A (IU)	5536							
Vitamin A (RE)	883							
Vitamin C (mg)	59.49							
Protein (g)	31.21	19.78%						
Carbohydrate (g)	93.18	59.04%						
Total Fat (g)	16.55	23.59%						
Saturated Fat (g)	4.13	5.89%	<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

Kramer MiddleSchool Lunch(6-8)

	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	836	72	1028	15.82	4.23	557.9	9548	1636	*42.37	36.19	120.89	25.32	27.24%	7.80	8.40%	*0.00	*0.00%
Tue - 10/27/2015	669	53	1465	8.46	2.75	609.3	1100	174	36.01	31.99	104.33	14.21	19.12%	5.15	6.93%	*0.00	*0.00%
Wed - 10/28/2015	722	48	872	14.90	4.76	583.8	15624	1636	*142.28	31.59	110.36	19.37	24.13%	3.88	4.83%	*0.00	*0.00%
Thu - 10/29/2015	692	47	1224	14.58	4.12	454.0	5828	1025	*80.32	33.19	99.35	20.75	27.01%	4.14	5.39%	*0.00	*0.00%
Fri - 10/30/2015	549	95	832	15.01	3.91	409.7	8670	1281	23.71	35.34	87.21	8.04	13.18%	1.88	3.08%	*0.00	*0.00%
Weighted Average	694	63	1084	13.75	3.95	522.9	8154	1151	*64.94	33.66	104.43	17.54	22.76%	4.57	5.93%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	694		600 - 700	100%				
Cholesterol (mg)	63							
Sodium (mg)	1084		1360					*Target effective with 2014-2015 School Year!
Fiber (g)	13.75							
Iron (mg)	3.95							
Calcium (mg)	522.9							
Vitamin A (IU)	8154							
Vitamin A (RE)	1151							
Vitamin C (mg)	64.94				Missing			
Protein (g)	33.66	19.41%						
Carbohydrate (g)	104.43	60.22%						
Total Fat (g)	17.54	22.76%						
Saturated Fat (g)	4.57	5.93%	<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.