

Chartwells District of Columbia

Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

SWOW MS 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	713	61	920	13.12	*3.56	*497.6	*3057	*742	*36.46	31.68	100.79	21.79	27.53%	4.89	6.18%	*0.00	*0.00%
Tue - 10/06/2015	619	50	910	7.85	2.96	700.7	1236	219	41.56	33.58	84.67	17.65	25.66%	6.13	8.90%	*0.00	*0.00%
Wed - 10/07/2015	547	48	948	10.53	3.08	404.7	7672	1740	23.18	25.52	80.67	15.78	25.95%	3.85	6.33%	*0.00	*0.00%
Thu - 10/08/2015	629	60	1360	14.30	4.85	634.8	8711	679	136.36	34.25	86.35	18.14	25.97%	5.79	8.28%	*0.00	*0.00%
Weighted Average	627	55	1035	11.45	*3.61	*559.4	*5169	*845	*59.39	31.26	88.12	18.34	26.33%	5.16	7.41%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		600 - 650	100%				
Cholesterol (mg)	55							
Sodium (mg)	1035		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.45							
Iron (mg)	3.61				Missing			
Calcium (mg)	559.4				Missing			
Vitamin A (IU)	5169				Missing			
Vitamin A (RE)	845				Missing			
Vitamin C (mg)	59.39				Missing			
Protein (g)	31.26	19.95%						
Carbohydrate (g)	88.12	56.23%						
Total Fat (g)	18.34	26.33%						
Saturated Fat (g)	5.16	7.41%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Chartwells District of Columbia

Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

SWOW MS 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	622	50	676	13.36	3.22	585.7	8594	937	31.21	32.73	95.16	14.12	20.44%	4.67	6.76%	*0.00	*0.00%
Wed - 10/14/2015	612	47	907	12.80	3.33	501.5	1336	225	87.32	29.75	95.33	14.87	21.86%	3.45	5.07%	*0.00	*0.00%
Thu - 10/15/2015	628	51	991	11.54	3.51	589.5	7914	1224	42.25	30.69	84.01	20.34	29.17%	7.10	10.19%	*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	618	65	907	13.03	3.50	523.4	4835	745	49.41	32.77	91.95	14.81	21.56%	4.28	6.23%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		600 - 650	100%				
Cholesterol (mg)	65							
Sodium (mg)	907		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	13.03							
Iron (mg)	3.50							
Calcium (mg)	523.4							
Vitamin A (IU)	4835							
Vitamin A (RE)	745							
Vitamin C (mg)	49.41							
Protein (g)	32.77	21.20%						
Carbohydrate (g)	91.95	59.48%						
Total Fat (g)	14.81	21.56%						
Saturated Fat (g)	4.28	6.23%	<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

SWOW MS 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	654	48	960	9.42	3.01	720.6	8530	932	35.24	31.90	92.20	18.47	25.43%	6.48	8.92%	*0.00	*0.00%
Wed - 10/21/2015	585	56	851	15.87	3.69	948.2	1667	432	84.91	26.08	96.53	13.15	20.24%	2.95	4.54%	*0.00	*0.00%
Thu - 10/22/2015	625	122	1010	10.98	3.54	439.0	8118	1266	40.63	28.57	89.10	19.24	27.73%	5.44	7.83%	*0.00	*0.00%
Fri - 10/23/2015	605	95	914	17.65	4.34	454.7	1445	523	91.14	36.89	90.93	12.74	18.95%	2.58	3.83%	*0.00	*0.00%
Weighted Average	617	80	934	13.48	3.64	640.7	4940	788	62.98	30.86	92.19	15.90	23.19%	4.36	6.36%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 650	100%				
Cholesterol (mg)	80							
Sodium (mg)	934		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	13.48							
Iron (mg)	3.64							
Calcium (mg)	640.7							
Vitamin A (IU)	4940							
Vitamin A (RE)	788							
Vitamin C (mg)	62.98							
Protein (g)	30.86	20.00%						
Carbohydrate (g)	92.19	59.76%						
Total Fat (g)	15.90	23.19%						
Saturated Fat (g)	4.36	6.36%	<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

SWOW MS 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	722	83	919	11.20	4.20	511.4	6404	1115	29.12	34.67	94.86	24.26	30.24%	6.45	8.03%	*0.00	*0.00%
Tue - 10/27/2015	681	53	1634	8.72	2.62	605.0	1297	172	32.98	32.69	111.36	13.56	17.91%	3.92	5.18%	*0.00	*0.00%
Wed - 10/28/2015	660	56	895	14.91	*4.29	*551.0	*15479	*1620	*143.90	29.09	101.29	17.60	24.01%	3.50	4.78%	*0.00	*0.00%
Thu - 10/29/2015	534	48	959	9.65	2.39	660.3	2004	293	74.57	29.41	71.17	16.82	28.37%	7.15	12.06%	*0.00	*0.00%
Fri - 10/30/2015	611	108	1007	15.48	3.99	590.7	8762	1305	25.17	33.66	90.42	12.67	18.66%	4.52	6.66%	*0.00	*0.00%
Weighted Average	642	70	1083	11.99	*3.50	*583.7	*6789	*901	*61.15	31.91	93.82	16.98	23.82%	5.11	7.17%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		600 - 650	100%				
Cholesterol (mg)	70							
Sodium (mg)	1083		1230					*Target effective with 2014-2015 School Year!
Fiber (g)	11.99							
Iron (mg)	3.50				Missing			
Calcium (mg)	583.7				Missing			
Vitamin A (IU)	6789				Missing			
Vitamin A (RE)	901				Missing			
Vitamin C (mg)	61.15				Missing			
Protein (g)	31.91	19.89%						
Carbohydrate (g)	93.82	58.49%						
Total Fat (g)	16.98	23.82%						
Saturated Fat (g)	5.11	7.17%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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