

Lassen Union High School

Nov 23, 2020 thru Jan 1, 2021

Base Menu Spreadsheet

9-12 Breakfast

Weighted Values - Summary

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	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 - 11/23/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 11/24/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Wed - 11/25/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Thu - 11/26/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Fri - 11/27/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Mon - 11/30/2020	662	*63	496	5.73	5.71	506.4	1456	159.67	*37	21.35	116.13	13.81	18.77%	5.89	8.01%	*0.02	*0.03%
Tue - 12/01/2020	469	*21	574	3.72	4.78	449.5	1020	51.44	*25	17.51	81.50	8.45	16.21%	3.01	5.78%	*0.02	*0.03%
Wed - 12/02/2020	568	102	642	7.21	2.81	533.6	968	31.86	*32	24.24	95.56	13.27	21.02%	5.83	9.23%	*0.00	*0.00%
Thu - 12/03/2020	542	*15	401	5.06	4.65	368.5	735	50.42	*45	14.60	107.07	8.34	13.86%	3.11	5.16%	*0.02	*0.03%
Fri - 12/04/2020	461	30	422	3.30	2.36	386.9	729	27.84	*23	16.38	80.18	9.78	19.11%	3.26	6.38%	*0.00	*0.00%
Mon - 12/07/2020	544	*21	571	3.85	5.74	542.2	990	58.86	*43	20.82	93.73	12.49	20.66%	5.01	8.28%	*0.02	*0.03%
Tue - 12/08/2020	627	26	429	4.39	*1.29	*508.2	*698	*2.69	*30	22.40	119.85	7.91	11.36%	4.24	6.08%	*0.00	*0.00%
Wed - 12/09/2020	593	*35	751	4.53	3.17	412.2	*914	*139.93	*20	20.14	87.16	18.68	28.37%	10.54	16.01%	*0.01	*0.02%
Thu - 12/10/2020	610	28	529	4.49	2.56	377.9	887	108.12	*27	18.99	117.65	9.62	14.18%	3.61	5.33%	*0.00	*0.00%
Fri - 12/11/2020	508	*12	432	3.57	4.47	375.1	1121	40.44	*29	14.46	97.99	7.92	14.04%	2.26	4.01%	*0.02	*0.04%
Mon - 12/14/2020	467	38	434	5.72	2.23	412.5	874	13.49	*31	18.16	80.74	8.64	16.64%	4.03	7.76%	*0.00	*0.00%
Tue - 12/15/2020	622	*11	535	6.00	6.43	548.7	1089	34.19	*38	17.83	116.44	12.47	18.05%	2.98	4.31%	*0.02	*0.02%
Wed - 12/16/2020	597	114	683	5.45	2.91	546.8	1090	38.94	*16	25.80	101.01	13.13	19.80%	6.28	9.47%	*0.00	*0.00%
Thu - 12/17/2020	559	*30	462	5.26	5.91	544.8	1303	59.99	*46	19.99	93.25	13.33	21.46%	5.17	8.32%	*0.02	*0.04%
Fri - 12/18/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Mon - 12/21/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 12/22/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Wed - 12/23/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Thu - 12/24/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Fri - 12/25/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Mon - 12/28/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 12/29/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Wed - 12/30/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Thu - 12/31/2020	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Fri - 01/01/2021	0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Weighted Average	559	*39	526	4.88	*3.93	*465.2	*991	*58.42	*32	19.48	99.16	11.28	18.15%	4.66	7.50%	*0.01	*0.02%

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.

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Base Menu Spreadsheet

9-12 Breakfast

Weighted Values - Summary

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	559		450 - 600	100%				
Cholesterol (mg)	39				Missing			
Sodium 1 (mg)	526		640					
Sodium 2 (mg)	526		570					
Fiber (g)	4.88							
Iron (mg)	3.93				Missing			
Calcium (mg)	465.2				Missing			
Vitamin A (IU)	991				Missing			
Sugars (g)	32	22.56%			Missing			
Vitamin C (mg)	58.42				Missing			
Protein (g)	19.48	13.93%						
Carbohydrate (g)	99.16	70.92%						
Total Fat (g)	11.28	18.15%						
Saturated Fat (g)	4.66	7.50%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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