

Lassen Union High School

Nov 23, 2020 thru Jan 1, 2021

Base Menu Spreadsheet

9-12 lunch

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	688	57	1156	10.25	*3.89	*421.8	*1277	*15.15	*25	34.44	99.71	19.13	25.01%	6.40	8.36%	*0.55	*0.72%
Tue - 12/01/2020	675	105	744	7.85	*3.37	*416.8	*20224	*69.50	*23	49.23	71.50	22.36	29.80%	3.97	5.30%	*0.01	*0.01%
Wed - 12/02/2020	834	56	1296	14.36	7.58	807.6	*1609	*126.86	*5	40.38	128.20	19.02	20.52%	6.87	7.42%	*0.00	*0.00%
Thu - 12/03/2020	875	69	1384	8.81	*3.86	*514.3	*3162	*24.07	*26	35.44	99.95	38.48	39.58%	8.13	8.36%	*0.07	*0.07%
Fri - 12/04/2020	660	51	1000	9.03	4.21	595.5	*5094	*7.40	*11	32.67	88.96	20.31	27.71%	7.27	9.92%	*0.01	*0.02%
Mon - 12/07/2020	890	132	1441	8.88	5.11	428.9	*1366	*2.43	*24	55.69	90.86	32.32	32.68%	7.25	7.33%	*0.02	*0.02%
Tue - 12/08/2020	746	72	1092	10.16	5.35	657.9	*909	*30.37	*22	38.06	104.10	20.80	25.10%	6.99	8.44%	*0.37	*0.44%
Wed - 12/09/2020	738	91	854	8.89	4.52	501.9	*7534	*9.77	*10	45.35	94.96	22.68	27.65%	8.03	9.79%	*0.00	*0.00%
Thu - 12/10/2020	1079	80	2298	11.39	*3.81	*442.0	*6234	*14.08	*44	38.68	162.76	30.73	25.63%	8.76	7.31%	*0.00	*0.00%
Fri - 12/11/2020	777	61	1548	6.89	4.20	582.7	*2912	*13.42	*27	33.75	84.00	35.32	40.93%	10.25	11.88%	*0.00	*0.00%
Mon - 12/14/2020	580	58	931	6.04	3.60	467.4	*2321	*5.34	*25	30.34	75.54	18.71	29.04%	6.02	9.34%	*0.56	*0.88%
Tue - 12/15/2020	711	52	1113	9.13	4.18	511.5	*1301	*13.01	*12	33.92	94.47	22.70	28.74%	5.98	7.57%	*0.40	*0.51%
Wed - 12/16/2020	729	55	1087	10.14	*3.60	*464.0	*3301	*51.30	*23	33.62	98.82	23.40	28.88%	7.03	8.68%	*0.41	*0.51%
Thu - 12/17/2020	1026	71	1670	12.02	*5.10	*585.8	*1237	*41.51	*12	39.32	109.06	49.26	43.21%	11.95	10.48%	*0.14	*0.12%
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	786	72	1258	9.56	*4.46	*528.5	*4177	*30.30	*21	38.64	100.21	26.80	30.68%	7.49	8.58%	*0.18	*0.21%

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.

Lassen Union High School

Nov 23, 2020 thru Jan 1, 2021

Base Menu Spreadsheet

9-12 lunch

Weighted Values - Summary

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Nutrient	Menu AVG	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	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)											
Calories	786		750 - 850	100%															
Cholesterol (mg)	72																		
Sodium 1 (mg)	1258		1420																
Sodium 2 (mg)	1258		1080							178	Correction Required - Sodium too High								
Fiber (g)	9.56																		
Iron (mg)	4.46						Missing												
Calcium (mg)	528.5						Missing												
Vitamin A (IU)	4177						Missing												
Sugars (g)	21	10.60%					Missing												
Vitamin C (mg)	30.30						Missing												
Protein (g)	38.64	19.66%																	
Carbohydrate (g)	100.21	50.98%																	
Total Fat (g)	26.80	30.68%																	
Saturated Fat (g)	7.49	8.58%	<10.00%																
Trans Fat ¹ (g)	0.18	0.21%					Missing												

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

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