

# Lassen Union High School

Jan 4, 2021 thru Jan 29, 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 01/04/2021	634	*57	523	6.63	5.65	513.6	1206	164.68	*35	20.69	110.72	13.31	18.88%	5.53	7.84%	*0.02	*0.03%
Tue - 01/05/2021	512	37	578	4.71	2.84	465.1	729	48.62	*40	20.06	87.70	10.71	18.81%	4.03	7.07%	*0.00	*0.00%
Wed - 01/06/2021	605	*33	690	3.96	4.41	414.5	*997	*39.93	*20	20.38	97.74	17.38	25.84%	9.61	14.29%	*0.02	*0.03%
Thu - 01/07/2021	550	*20	419	3.56	*6.60	*392.6	*796	*12.28	*54	14.49	107.52	9.32	15.26%	2.61	4.26%	*0.03	*0.05%
Fri - 01/08/2021	598	*25	463	5.49	*4.19	*494.4	*852	*50.24	*31	20.13	113.72	8.37	12.59%	4.07	6.13%	*0.02	*0.03%
Mon - 01/11/2021	574	*12	327	4.45	*4.72	*373.9	*680	*56.19	*35	15.57	107.41	9.89	15.50%	3.11	4.88%	*0.02	*0.03%
Tue - 01/12/2021	580	*45	577	4.66	7.34	460.5	1200	142.61	*30	18.16	98.58	12.80	19.86%	3.97	6.16%	*0.03	*0.05%
Wed - 01/13/2021	552	*107	748	4.85	4.52	514.2	1391	40.08	*19	23.03	84.93	14.94	24.36%	6.21	10.13%	*0.02	*0.03%
Thu - 01/14/2021	538	*36	570	3.27	*4.53	*360.5	*686	*27.43	*30	17.14	97.94	10.43	17.46%	3.69	6.18%	*0.02	*0.03%
Fri - 01/15/2021	563	*17	489	4.99	5.37	414.6	763	5.30	*27	16.32	108.82	8.88	14.19%	3.30	5.28%	*0.02	*0.03%
Mon - 01/18/2021	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%
Tue - 01/19/2021	572	45	574	4.70	3.41	539.8	1181	51.55	*30	22.84	93.15	14.47	22.78%	6.14	9.68%	*0.00	*0.00%
Wed - 01/20/2021	566	*25	448	5.22	*3.90	*482.7	*1033	*39.76	*45	20.79	104.86	9.22	14.65%	4.19	6.65%	*0.02	*0.03%
Thu - 01/21/2021	578	*17	397	4.44	5.17	384.8	744	2.79	*28	15.86	116.40	8.48	13.20%	3.15	4.90%	*0.02	*0.03%
Fri - 01/22/2021	553	*50	548	6.15	5.41	454.7	1119	59.76	*25	19.20	97.87	10.89	17.72%	4.42	7.19%	*0.02	*0.03%
Mon - 01/25/2021	531	*44	522	3.90	*4.58	*366.7	*713	*49.54	*37	15.67	93.84	10.37	17.55%	3.57	6.05%	*0.02	*0.03%
Tue - 01/26/2021	499	*28	530	4.57	5.00	400.4	1297	131.77	*18	17.13	85.68	9.91	17.87%	3.45	6.22%	*0.02	*0.03%
Wed - 01/27/2021	595	*33	762	3.47	3.96	394.6	*981	*2.77	*26	19.17	89.05	20.07	30.36%	9.87	14.92%	*0.02	*0.02%
Thu - 01/28/2021	529	*12	329	4.54	4.25	362.7	909	28.50	*7	15.17	100.07	9.08	15.46%	3.19	5.42%	*0.02	*0.03%
Fri - 01/29/2021	596	*33	416	4.74	8.80	512.8	1192	52.20	*36	17.67	109.88	11.95	18.03%	3.84	5.79%	*0.04	*0.06%
Weighted Average	565	*36	521	4.65	*4.98	*437.0	*972	*52.95	*30	18.39	100.31	11.60	18.50%	4.63	7.38%	*0.02	*0.03%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	565		450 - 600	100%				
Cholesterol (mg)	36				Missing			
Sodium 1 (mg)	521		640					
Sodium 2 (mg)	521		570					
Fiber (g)	4.65							
Iron (mg)	4.98				Missing			
Calcium (mg)	437.0				Missing			
Vitamin A (IU)	972				Missing			
Sugars (g)	30	21.39%			Missing			
Vitamin C (mg)	52.95				Missing			
Protein (g)	18.39	13.03%						
Carbohydrate (g)	100.31	71.07%						
Total Fat (g)	11.60	18.50%						
Saturated Fat (g)	4.63	7.38%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.03%			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

<sup>1</sup> - 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.