

Lassen Union High School

Jan 4, 2021 thru Jan 29, 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 - 01/04/2021 | 586 | 46 | 950 | 6.09 | 2.72 | 491.2 | *703 | *3.27 | *9 | 28.06 | 83.24 | 17.73 | 27.23% | 4.38 | 6.73% | *0.00 | *0.00% |
| Tue - 01/05/2021 | 679 | 39 | 1335 | 9.51 | *2.66 | *384.4 | *8126 | *119.01 | *19 | 29.07 | 113.93 | 13.53 | 17.92% | 3.48 | 4.61% | *0.00 | *0.00% |
| Wed - 01/06/2021 | 775 | 58 | 1106 | 10.42 | *5.36 | *464.2 | *1266 | *102.04 | *6 | 35.76 | 113.95 | 22.89 | 26.58% | 7.46 | 8.67% | *0.55 | *0.64% |
| Thu - 01/07/2021 | 829 | 56 | 1299 | 12.48 | *3.84 | *505.4 | *2042 | *32.84 | *23 | 36.81 | 120.86 | 21.49 | 23.33% | 5.44 | 5.90% | *0.07 | *0.07% |
| Fri - 01/08/2021 | 628 | 52 | 937 | 6.92 | 3.43 | 622.0 | *3173 | *14.08 | *29 | 32.33 | 82.14 | 20.76 | 29.76% | 7.58 | 10.87% | *0.01 | *0.02% |
| Mon - 01/11/2021 | 654 | 63 | 649 | 7.52 | *3.05 | *375.7 | *14492 | *5.03 | *8 | 34.98 | 83.05 | 20.83 | 28.66% | 6.28 | 8.65% | *0.00 | *0.00% |
| Tue - 01/12/2021 | 549 | 39 | 1079 | 5.28 | *1.90 | *356.6 | *704 | *27.67 | *6 | 26.92 | 78.31 | 14.70 | 24.09% | 4.28 | 7.01% | *0.00 | *0.00% |
| Wed - 01/13/2021 | 776 | 54 | 1244 | 13.71 | *7.78 | *762.7 | *1853 | *10.66 | *6 | 39.90 | 109.04 | 21.05 | 24.40% | 7.15 | 8.29% | *0.00 | *0.00% |
| Thu - 01/14/2021 | 835 | 57 | 1334 | 9.84 | 5.13 | 582.3 | *1066 | *22.52 | *25 | 34.37 | 108.15 | 30.72 | 33.12% | 7.43 | 8.01% | *0.59 | *0.64% |
| Fri - 01/15/2021 | 699 | 44 | 918 | 8.19 | 3.94 | 564.3 | *1453 | *57.82 | *13 | 30.96 | 97.80 | 22.99 | 29.58% | 7.28 | 9.37% | *0.01 | *0.01% |
| 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 | 634 | 39 | 1116 | 9.81 | *3.00 | *531.2 | *1867 | *9.73 | *27 | 28.46 | 87.64 | 18.48 | 26.23% | 5.73 | 8.13% | *0.00 | *0.00% |
| Wed - 01/20/2021 | 642 | 79 | 724 | 7.53 | 3.84 | 492.1 | *3048 | *59.55 | *23 | 39.39 | 86.10 | 18.55 | 26.01% | 6.53 | 9.17% | *0.00 | *0.00% |
| Thu - 01/21/2021 | 839 | 68 | 1343 | 7.95 | 4.37 | 627.8 | *906 | *18.67 | *9 | 36.00 | 97.50 | 34.18 | 36.68% | 9.10 | 9.76% | *0.39 | *0.42% |
| Fri - 01/22/2021 | 631 | 63 | 1060 | 6.47 | 3.45 | 596.9 | *1170 | *28.07 | *10 | 32.97 | 74.85 | 23.71 | 33.82% | 8.73 | 12.45% | *0.01 | *0.01% |
| Mon - 01/25/2021 | 658 | 61 | 1033 | 7.10 | *3.61 | *478.0 | *971 | *6.19 | *19 | 30.47 | 84.98 | 23.29 | 31.87% | 6.83 | 9.35% | *0.53 | *0.73% |
| Tue - 01/26/2021 | 896 | 103 | 1437 | 14.40 | *4.45 | *459.5 | *22845 | *66.76 | *26 | 56.19 | 110.96 | 26.46 | 26.57% | 4.61 | 4.63% | *0.01 | *0.01% |
| Wed - 01/27/2021 | 738 | 72 | 1510 | 8.88 | 3.90 | 396.0 | *737 | *61.36 | *6 | 32.18 | 113.32 | 19.86 | 24.23% | 6.00 | 7.33% | *0.55 | *0.68% |
| Thu - 01/28/2021 | 726 | 32 | 1828 | 14.49 | 5.39 | 566.9 | *2738 | *107.73 | *26 | 35.81 | 111.15 | 15.96 | 19.77% | 3.76 | 4.66% | *0.00 | *0.00% |
| Fri - 01/29/2021 | 590 | 49 | 893 | 6.23 | 3.17 | 553.3 | *1655 | *11.75 | *9 | 29.70 | 77.58 | 18.83 | 28.72% | 6.93 | 10.56% | *0.01 | *0.01% |
| Weighted Average | 703 | 56 | 1147 | 9.10 | *3.95 | *516.3 | *3727 | *40.25 | *16 | 34.23 | 96.55 | 21.37 | 27.34% | 6.26 | 8.01% | *0.14 | *0.18% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|--|
| Calories | 703 | | 750 - 850 | 94% | | 47 | | Correction Required - Calories are Low |
| Cholesterol (mg) | 56 | | | | | | | |
| Sodium 1 (mg) | 1147 | | 1420 | | | | | |
| Sodium 2 (mg) | 1147 | | 1080 | | | | 67 | Correction Required - Sodium too High |
| Fiber (g) | 9.10 | | | | | | | |
| Iron (mg) | 3.95 | | | | Missing | | | |
| Calcium (mg) | 516.3 | | | | Missing | | | |
| Vitamin A (IU) | 3727 | | | | Missing | | | |
| Sugars (g) | 16 | 8.99% | | | Missing | | | |
| Vitamin C (mg) | 40.25 | | | | Missing | | | |
| Protein (g) | 34.23 | 19.46% | | | | | | |
| Carbohydrate (g) | 96.55 | 54.91% | | | | | | |
| Total Fat (g) | 21.37 | 27.34% | | | | | | |
| Saturated Fat (g) | 6.26 | 8.01% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.14 | 0.18% | | | 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.