

Lassen Union High School

May 30, 2022 thru Jun 10, 2022

Base Menu Spreadsheet

9-12 Breakfast

Weighted Values - Summary

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (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 - 05/30/2022	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 - 05/31/2022	560	*21	442	5.59	3.91	527.6	1265	31.98	*30	20.17	105.06	8.75	14.07%	3.38	5.43%	*0.01	*0.02%
Wed - 06/01/2022	561	*32	615	5.18	3.89	429.4	*974	*67.25	*36	19.65	88.87	16.82	26.97%	8.66	13.88%	*0.01	*0.02%
Thu - 06/02/2022	524	*35	528	6.33	4.82	446.4	1183	26.31	*27	18.80	91.27	10.23	17.58%	4.73	8.13%	*0.01	*0.03%
Fri - 06/03/2022	596	*16	480	7.42	*5.08	*536.0	*1110	*84.26	*44	18.76	108.17	11.57	17.47%	3.76	5.67%	*0.01	*0.02%
Mon - 06/06/2022	596	*53	485	5.66	4.03	528.6	*950	*65.39	*44	21.10	100.04	14.46	21.84%	5.72	8.64%	*0.01	*0.01%
Tue - 06/07/2022	573	*25	439	5.79	*3.17	*500.1	*965	*18.23	*43	20.12	105.38	8.62	13.54%	4.21	6.61%	*0.01	*0.02%
Wed - 06/08/2022	551	*79	606	5.40	4.72	523.4	1151	68.68	*32	22.46	92.88	12.23	19.97%	5.73	9.37%	*0.02	*0.03%
Thu - 06/09/2022	554	*17	377	5.79	4.05	417.1	*761	96.59	*35	17.27	102.86	9.84	15.99%	3.87	6.29%	*0.01	*0.02%
Fri - 06/10/2022	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A*	*N/A%*	*N/A*	*N/A%*
Weighted Average	502	*31	441	5.13	*3.63	*434.2	*929	*50.85	*32	17.48	88.17	10.17	18.25%	4.34	7.79%	*N/A*	*N/A%*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	502		450 - 600	100%				
Cholesterol (mg)	31				Missing			
Sodium 1 (mg)	441		640					
Sodium 2 (mg)	441		570					
Fiber (g)	5.13							
Iron (mg)	3.63				Missing			
Calcium (mg)	434.2				Missing			
Vitamin A (IU)	929				Missing			
Sugars (g)	32	25.67%			Missing			
Vitamin C (mg)	50.85				Missing			
Protein (g)	17.48	13.94%						
Carbohydrate (g)	88.17	70.32%						
Total Fat (g)	10.17	18.25%						
Saturated Fat (g)	4.34	7.79%	<10.00%					
Trans Fat ¹ (g)	*N/A*				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.