

Lassen Union High School

May 2, 2022 thru May 27, 2022

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 - 05/02/2022	476	*30	493	4.81	3.73	405.7	1202	75.28	*33	17.48	81.65	11.08	20.96%	3.82	7.23%	*0.01	*0.01%
Tue - 05/03/2022	551	*14	516	5.83	3.83	401.8	694	10.69	*43	16.32	109.74	6.65	10.87%	2.32	3.79%	*0.01	*0.02%
Wed - 05/04/2022	583	*34	656	5.20	2.80	429.7	*1136	*132.34	*27	20.31	90.53	17.21	26.59%	9.67	14.94%	*0.01	*0.02%
Thu - 05/05/2022	511	*38	515	5.66	4.30	420.1	1246	32.90	*24	19.14	88.23	10.95	19.26%	4.72	8.30%	*0.01	*0.02%
Fri - 05/06/2022	595	*15	521	8.27	*5.17	*562.3	*1052	*80.64	*45	18.87	106.78	11.94	18.06%	3.69	5.59%	*0.01	*0.01%
Mon - 05/09/2022	559	*15	351	5.36	3.60	400.2	*728	63.51	*37	16.89	104.60	9.70	15.61%	3.61	5.82%	*0.01	*0.01%
Tue - 05/10/2022	584	*26	426	5.37	*1.96	*522.6	*939	*45.11	*45	21.46	107.97	8.32	12.81%	4.11	6.34%	*0.01	*0.01%
Wed - 05/11/2022	566	*90	657	6.03	*3.79	*514.0	*1056	*44.34	*32	23.23	93.08	12.83	20.41%	6.14	9.76%	*0.01	*0.02%
Thu - 05/12/2022	535	*17	413	6.26	3.17	422.2	827	68.40	*37	16.01	102.65	8.69	14.61%	3.26	5.47%	*0.01	*0.02%
Fri - 05/13/2022	542	*28	507	4.84	4.16	385.3	873	50.26	*39	17.93	99.52	10.72	17.82%	4.06	6.74%	*0.01	*0.02%
Mon - 05/16/2022	563	*23	537	4.80	4.47	536.8	1063	42.18	*32	21.01	97.49	11.75	18.79%	5.33	8.52%	*0.01	*0.02%
Tue - 05/17/2022	601	*13	489	7.08	5.35	532.3	1140	51.87	*45	17.87	112.18	11.99	17.94%	3.21	4.80%	*0.01	*0.02%
Wed - 05/18/2022	569	*34	678	5.91	2.88	450.9	*1673	*56.64	*38	20.30	87.40	16.91	26.73%	9.46	14.95%	*0.01	*0.01%
Thu - 05/19/2022	487	*30	490	4.04	3.58	390.6	1024	50.07	*31	16.93	85.14	10.40	19.22%	3.92	7.24%	*0.01	*0.01%
Fri - 05/20/2022	626	*55	495	5.72	*3.93	*509.1	*1023	*19.48	*47	21.57	106.68	14.69	21.10%	5.80	8.34%	*0.01	*0.01%
Mon - 05/23/2022	498	*29	530	5.68	3.83	402.9	*768	94.08	*35	18.32	87.28	9.78	17.68%	4.15	7.50%	*0.01	*0.02%
Tue - 05/24/2022	549	*14	316	4.67	3.48	405.0	944	52.59	*28	16.75	102.11	10.24	16.78%	3.47	5.69%	*0.01	*0.01%
Wed - 05/25/2022	560	*92	613	6.12	*3.91	*504.2	*1118	*18.18	*35	22.31	93.61	12.50	20.09%	5.95	9.56%	*0.01	*0.02%
Thu - 05/26/2022	489	*23	534	5.87	4.48	496.0	1025	99.22	*30	19.06	84.57	9.24	17.03%	3.72	6.86%	*0.01	*0.03%
Fri - 05/27/2022	514	*35	532	7.12	4.79	444.0	1031	30.09	*38	18.51	89.57	10.19	17.84%	4.69	8.22%	*0.01	*0.02%
Weighted Average	548	*33	513	5.73	*3.86	*456.8	*1028	*55.89	*36	19.01	96.54	11.29	18.54%	4.75	7.81%	*0.01	*0.02%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	548		450 - 600	100%				
Cholesterol (mg)	33				Missing			
Sodium 1 (mg)	513		640					
Sodium 2 (mg)	513		570					
Fiber (g)	5.73							
Iron (mg)	3.86				Missing			
Calcium (mg)	456.8				Missing			
Vitamin A (IU)	1028				Missing			
Sugars (g)	36	26.34%			Missing			
Vitamin C (mg)	55.89				Missing			
Protein (g)	19.01	13.88%						
Carbohydrate (g)	96.54	70.48%						
Total Fat (g)	11.29	18.54%						
Saturated Fat (g)	4.75	7.81%	<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

* - 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.