

Lassen Union High School

May 2, 2022 thru May 27, 2022

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 - 05/02/2022	780	47	1230	12.34	*3.36	*499.1	*1117	*61.46	*28	36.57	109.83	22.95	26.49%	5.39	6.22%	*0.00	*0.00%
Tue - 05/03/2022	628	51	1026	10.80	4.70	545.4	*10095	*74.92	*25	33.65	86.33	16.94	24.27%	4.86	6.97%	*0.40	*0.57%
Wed - 05/04/2022	770	34	1262	16.59	4.63	700.0	*812	*68.95	*28	34.47	110.28	21.59	25.24%	5.87	6.86%	*0.00	*0.00%
Thu - 05/05/2022	817	75	1669	10.75	*3.45	*487.1	*5370	*41.66	*25	39.69	103.87	27.86	30.68%	8.20	9.03%	*0.00	*0.00%
Fri - 05/06/2022	985	63	1328	11.81	6.04	659.3	*3229	*70.93	*52	35.34	123.28	42.25	38.61%	11.06	10.11%	*0.00	*0.00%
Mon - 05/09/2022	738	74	981	11.33	*3.66	*526.0	*5706	*65.27	*24	35.45	94.80	26.14	31.90%	8.24	10.06%	*0.00	*0.00%
Tue - 05/10/2022	672	67	1010	8.89	*3.79	*634.9	*5442	*10.66	*18	35.48	79.07	23.91	32.00%	6.94	9.29%	*0.28	*0.37%
Wed - 05/11/2022	696	41	1184	10.39	*4.29	*496.8	*3003	*46.69	*30	26.20	91.72	26.16	33.85%	5.77	7.47%	*0.24	*0.31%
Thu - 05/12/2022	747	58	1310	11.00	*4.89	*517.2	*2371	*51.24	*28	33.62	104.74	24.34	29.32%	7.78	9.37%	*0.40	*0.49%
Fri - 05/13/2022	1054	72	1747	9.33	*5.29	*662.6	*6362	*40.42	*32	34.46	94.18	62.60	53.45%	14.78	12.62%	*0.01	*0.01%
Mon - 05/16/2022	771	64	1328	12.20	*4.84	*511.9	*3307	*35.40	*25	33.17	91.69	31.52	36.81%	9.58	11.19%	*0.00	*0.00%
Tue - 05/17/2022	780	78	1241	11.64	*3.31	*562.6	*17390	*71.80	*18	45.64	99.05	22.85	26.36%	4.88	5.62%	*0.00	*0.00%
Wed - 05/18/2022	749	44	1510	10.09	*3.62	*429.7	*6157	*48.17	*30	27.02	94.32	31.20	37.52%	7.22	8.68%	*0.00	*0.00%
Thu - 05/19/2022	940	46	1631	11.09	3.06	710.3	*5941	*56.67	*31	34.30	117.80	38.43	36.80%	8.64	8.27%	*0.05	*0.04%
Fri - 05/20/2022	986	63	1388	12.01	6.43	676.2	*5129	*10.89	*48	35.55	120.65	43.43	39.64%	11.26	10.28%	*0.00	*0.00%
Mon - 05/23/2022	772	56	1520	14.25	7.35	771.5	*1405	*53.80	*15	36.38	101.99	25.83	30.11%	8.06	9.39%	*0.00	*0.00%
Tue - 05/24/2022	763	59	1444	11.77	*3.00	*509.4	*6627	*10.99	*27	35.21	109.21	21.42	25.27%	5.54	6.54%	*0.31	*0.36%
Wed - 05/25/2022	896	65	1583	11.81	*3.98	*570.6	*6757	*42.29	*28	31.86	108.26	41.84	42.01%	9.16	9.20%	*0.00	*0.00%
Thu - 05/26/2022	711	51	1049	9.21	3.87	558.8	*3523	*79.72	*30	32.73	91.94	25.68	32.51%	7.71	9.76%	*0.42	*0.54%
Fri - 05/27/2022	818	54	980	7.91	3.34	613.5	*6445	*45.19	*32	32.10	89.84	38.75	42.62%	10.50	11.55%	*0.01	*0.01%
Weighted Average	804	58	1321	11.26	*4.34	*582.1	*5310	*49.36	*29	34.45	101.14	30.79	34.48%	8.07	9.04%	*0.11	*0.12%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	804		750 - 850	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	1321		1420					
Sodium 2 (mg)	1321		1080				241	Correction Required - Sodium too High
Fiber (g)	11.26							
Iron (mg)	4.34				Missing			
Calcium (mg)	582.1				Missing			
Vitamin A (IU)	5310				Missing			
Sugars (g)	29	14.33%			Missing			
Vitamin C (mg)	49.36				Missing			
Protein (g)	34.45	17.14%						
Carbohydrate (g)	101.14	50.34%						
Total Fat (g)	30.79	34.48%						
Saturated Fat (g)	8.07	9.04%	<10.00%					
Trans Fat ¹ (g)	0.11	0.12%			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.