

Indianola Community Schools

Mar 28, 2016 thru Apr 1, 2016

Planned Menu Spreadsheet

take and talk actual

Weighted Values - Summary

008 - MIDDLE SCHOOL

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	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 - 03/28/2016	736	*66	1586	7.86	4.06	821.7	12513	9.95	*28	31.36	86.63	30.54	37.33%	9.30	11.37%	*0.00	*0.00%
Tue - 03/29/2016	652	62	1479	11.55	2.58	557.8	7373	9.83	*38	31.43	88.30	19.97	27.57%	7.53	10.39%	*0.00	*0.00%
Wed - 03/30/2016	715	21	683	9.13	1.84	957.8	8392	58.03	90	20.14	136.04	11.50	14.48%	1.35	1.70%	*0.00	*0.00%
Thu - 03/31/2016	601	50	1378	8.63	0.92	528.2	1153	20.04	*43	24.81	89.28	16.19	24.25%	5.48	8.21%	*0.00	*0.00%
Fri - 04/01/2016	793	60	847	12.00	4.31	777.8	2821	121.24	*50	30.32	114.60	27.57	31.29%	10.87	12.34%	*0.00	*0.00%
Weighted Average	699	*52	1194	9.83	2.74	728.7	6450	43.82	*50	27.61	102.97	21.16	27.22%	6.91	8.89%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	699		600 - 700	100%				
Cholesterol (mg)	52				Missing			
Sodium (mg)	1194		1360					
Fiber (g)	9.83							
Iron (mg)	2.74							
Calcium (mg)	728.7							
Vitamin A (IU)	6450							
Sugars (g)	50	28.52%			Missing			
Vitamin C (mg)	43.82							
Protein (g)	27.61	15.79%						
Carbohydrate (g)	102.97	58.89%						
Total Fat (g)	21.16	27.22%	<=30.00%					
Saturated Fat (g)	6.91	8.89%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			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.