

San Marcos Unified School District

Feb 1, 2012 thru Feb 29, 2012 Spreadsheet

Twin Oaks High - Traditional

Jan 27, 2012

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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Wed - 02/01/2012	872	*57	1231	10.84	9.46	540.8	*10179	*880	50.64	38.58	123.20	28.89	29.83%	5.94	6.13%	*0.00	*0.00%
Thu - 02/02/2012	944	*53	1275	11.14	6.59	478.0	*10488	*881	127.77	36.03	136.78	32.02	30.53%	6.00	5.72%	*0.00	*0.00%
Fri - 02/03/2012	782	*60	1231	11.95	6.45	536.0	*18298	*1736	77.52	35.27	109.10	26.29	30.24%	6.07	6.98%	*0.00	*0.00%
Mon - 02/06/2012	900	*53	1186	9.61	6.29	588.0	*10301	*888	166.80	37.58	119.90	33.59	33.60%	7.16	7.16%	*0.00	*0.00%
Tue - 02/07/2012	825	*55	1232	11.36	5.87	554.6	*10149	*869	66.60	35.65	116.29	27.56	30.07%	6.04	6.59%	*0.00	*0.00%
Wed - 02/08/2012	882	*59	1260	11.25	7.37	497.0	*19368	*1930	37.42	37.59	117.31	32.97	33.64%	6.09	6.22%	*0.00	*0.00%
Thu - 02/09/2012	893	*55	1158	11.70	7.42	583.4	*10522	*939	180.25	42.38	122.13	28.96	29.19%	5.71	5.76%	*0.00	*0.00%
Fri - 02/10/2012	901	*63	1340	12.32	7.41	497.8	*18990	*1836	43.24	39.35	123.42	32.04	32.02%	6.09	6.09%	*0.00	*0.00%
Mon - 02/13/2012	796	*53	1213	12.47	5.71	534.7	*10777	*997	41.88	34.16	113.07	26.82	30.32%	6.38	7.21%	*0.00	*0.00%
Tue - 02/14/2012	888	*56	1238	11.66	7.13	516.7	*18838	*1811	84.90	37.72	117.64	32.52	32.95%	5.98	6.06%	*0.00	*0.00%
Wed - 02/15/2012	845	*57	1171	10.54	7.30	528.8	*10179	*880	50.64	37.68	119.00	27.99	29.82%	5.64	6.01%	*0.00	*0.00%
Thu - 02/16/2012	944	*53	1275	11.14	6.59	478.0	*10488	*881	127.77	36.03	136.78	32.02	30.53%	6.00	5.72%	*0.00	*0.00%
Fri - 02/17/2012	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Mon - 02/20/2012	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 02/21/2012	825	*55	1232	11.36	5.87	554.6	*10149	*869	66.60	35.65	116.29	27.56	30.07%	6.04	6.59%	*0.00	*0.00%
Wed - 02/22/2012	882	*59	1260	11.25	7.37	497.0	*19368	*1930	37.42	37.59	117.31	32.97	33.64%	6.09	6.22%	*0.00	*0.00%
Thu - 02/23/2012	893	*55	1158	11.70	7.42	583.4	*10522	*939	180.25	42.38	122.13	28.96	29.19%	5.71	5.76%	*0.00	*0.00%
Fri - 02/24/2012	901	*63	1340	12.32	7.41	497.8	*18990	*1836	43.24	39.35	123.42	32.04	32.02%	6.09	6.09%	*0.00	*0.00%
Mon - 02/27/2012	796	*53	1213	12.47	5.71	534.7	*10777	*997	41.88	34.16	113.07	26.82	30.32%	6.38	7.21%	*0.00	*0.00%
Tue - 02/28/2012	888	*56	1238	11.66	7.13	516.7	*18838	*1811	84.90	37.72	117.64	32.52	32.95%	5.98	6.06%	*0.00	*0.00%
Wed - 02/29/2012	845	*57	1171	10.54	7.30	528.8	*10179	*880	50.64	37.68	119.00	27.99	29.82%	5.64	6.01%	*0.00	*0.00%
Weighted Average	868	*57	1233	11.44	6.94	528.8	*13547	*1252	82.12	37.50	120.18	30.03	31.12%	6.05	6.27%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	868		846	103%			
Cholesterol (mg)	57				Missing		
Sodium (mg)	1233						
Fiber (g)	11.44						
Iron (mg)	6.94		4.50	154%			
Calcium (mg)	528.8		400.00	132%			
Vitamin A (IU)	13547		1500	903%	Missing		
Vitamin A (RE)	1252		300	417%	Missing		
Vitamin C (mg)	82.12		19.20	428%			
Protein (g)	37.50	17.27%	16.70	225%			
Carbohydrate (g)	120.18	55.35%					
Total Fat (g)	30.03	31.12%	<=30.00%				Correction Required - Total Fat too High
Saturated Fat (g)	6.05	6.27%	<10.00%				
Trans Fat (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 - denotes optional nutrient values

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.