

Kamehameha School Maui
Apr 1, 2013 thru Apr 30, 2013 Spreadsheet
KS Maui Lunch A'a-12

	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
Mon - 04/01/2013	624	*43	*391	*4.12	*3.96	*108.3	*1647	*124	*20.77	*24.55	*82.41	*20.12	*29.04 %	*3.56	*5.13%	*0.00	*0.00%
Tue - 04/02/2013	533	*51	*1140	*3.08	*5.57	*446.3	*5180	*863	*33.47	*14.92	68.82	*21.21	*35.78 %	*5.17	*8.73%	*2.03	*3.42%
Wed - 04/03/2013	763	*86	*1045	*6.59	*7.57	*380.5	*2907	*340	*27.49	*25.77	113.88	*26.91	*31.74 %	*11.65	*13.74 %	*0.00	*0.00%
Thu - 04/04/2013	690	*118	*987	*5.16	*7.78	*169.5	*6008	*616	*30.56	*28.29	78.60	*31.52	*41.12 %	*13.14	*17.14 %	*1.43	*1.87%
Fri - 04/05/2013	470	323	953	5.98	6.34	100.7	690	48	26.52	9.88	65.79	19.56	37.45%	4.61	8.82%	*0.00	*0.00%
Mon - 04/08/2013	614	*27	*774	*4.48	*22.64	*370.3	*6905	*425	*20.13	*22.14	104.35	*20.39	*29.90 %	*3.09	*4.53%	*0.00	*0.00%
Tue - 04/09/2013	734	*73	*1302	*8.34	*8.84	*182.4	*2556	*301	*38.13	*33.96	100.44	*22.87	*28.06 %	*6.54	*8.03%	*1.14	*1.40%
Wed - 04/10/2013	668	*62	*815	*5.91	*7.00	*290.1	*5186	*910	*33.14	*30.98	97.55	*20.03	*26.97 %	*4.41	*5.93%	*2.09	*2.82%
Thu - 04/11/2013	1139	*114	3269	29.10	7.93	419.7	3457	467	44.98	47.22	168.71	36.75	29.04%	17.16	13.56%	*0.00	*0.00%
Fri - 04/12/2013	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 - 04/15/2013	307	*19	*624	*3.51	*4.09	*131.3	*1816	*154	*28.30	*7.65	43.29	*12.58	*36.92 %	*4.31	*12.66 %	*0.09	*0.27%
Tue - 04/16/2013	486	*14	*909	*3.27	*4.57	*272.1	*3589	*513	*25.41	*11.22	70.00	*17.97	*33.30 %	*3.82	*7.08%	*2.09	*3.88%
Wed - 04/17/2013	807	*7	*2027	*3.42	*5.83	*127.1	*1789	*153	*21.25	*46.39	112.57	*24.85	*27.72 %	*6.09	*6.79%	*0.00	*0.00%
Thu - 04/18/2013	308	*30	*498	*3.02	*3.83	*109.4	*2059	*200	*22.66	*6.14	45.63	*12.58	*36.77 %	*2.78	*8.13%	*1.43	*4.18%
Fri - 04/19/2013	602	*358	*1678	*6.92	*6.69	*144.7	*2936	*182	*39.05	*26.35	71.76	*24.60	*36.78 %	*5.50	*8.23%	*0.00	*0.00%
Mon - 04/22/2013	653	*47	*1058	*6.12	*7.61	*170.5	*3618	*342	*20.64	*28.07	88.48	*21.66	*29.86 %	*4.19	*5.78%	*0.00	*0.00%
Tue - 04/23/2013	659	*14	*873	*4.73	*3.86	*233.0	*3708	*352	*24.64	*23.61	75.22	*30.28	*41.33 %	*5.60	*7.64%	*0.91	*1.25%
Wed - 04/24/2013	592	75	1106	2.94	5.16	636.8	1848	337	29.30	35.15	43.78	30.49	46.39%	13.35	20.31%	*0.09	*0.14%
Thu - 04/25/2013	1057	*120	3161	23.22	6.99	386.7	3281	431	55.18	51.84	143.45	34.92	29.74%	15.93	13.57%	*0.00	*0.00%
Fri - 04/26/2013	490	*114	*1828	*1.97	*6.48	*138.1	*4837	*590	*25.01	*34.84	45.78	*16.97	*31.15 %	*5.00	*9.18%	*1.36	*2.50%
Mon - 04/29/2013	564	*32	*744	*5.80	*8.28	*164.5	*3177	*383	*28.85	*20.68	81.98	*17.97	*28.68 %	*4.77	*7.61%	*0.00	*0.00%
Tue - 04/30/2013	631	*7	*2268	*4.65	*4.25	*123.0	*3499	*516	*27.66	*35.22	93.87	*17.29	*24.65 %	*4.18	*5.95%	*0.00	*0.00%
Weighted Average	638	*83	*1307	*6.78	*6.92	*243.1	*3366	*393	*29.67	*26.90	*85.54	*22.93	*32.37 %	*6.90	*9.74%	*0.60	*0.85%

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.

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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
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		739	86%		101		Correction Required - Calories are Low
Cholesterol (mg)	83		300	28%	Missing			
Sodium (mg)	1307		2400		Missing			Correction Required - Fiber is Low
Fiber (g)	6.78		25.00	27%	Missing	18.22		
Iron (mg)	6.92		3.95	175%	Missing			Correction Required - Calcium is Low
Calcium (mg)	243.1		338.62	72%	Missing	95.51		
Vitamin A (IU)	3366		1295	260%	Missing			Correction Required - Total Fat too High
Vitamin A (RE)	393		259	152%	Missing			
Vitamin C (mg)	29.67		16.68	178%	Missing			Correction Required - Total Fat too High
Protein (g)	26.90	16.88%	12.74	211%	Missing			
Carbohydrate (g)	85.54	53.67%	300.00		Missing			Correction Required - Total Fat too High
Total Fat (g)	22.93	32.37%	<=30.00%		Missing			
Saturated Fat (g)	6.90	9.74%	<10.00%		Missing			Correction Required - Total Fat too High
Trans Fat (g)	0.60	0.85%			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*

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