

Kamehameha School Maui

Mar 1, 2013 thru Mar 16, 2013 Spreadsheet

KS Maui Lunch A'a-12

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Feb 27, 2013

	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
Fri - 03/01/2013	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%
Mon - 03/04/2013	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 - 03/05/2013	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 - 03/06/2013	398	*36	*760	*3.62	*4.13	*277.0	*1986	*222	*23.68	*13.38	53.95	*14.03	*31.77 %	*6.02	*13.62 %	*0.00	*0.00%
Thu - 03/07/2013	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%
Fri - 03/08/2013	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 - 03/11/2013	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 - 03/12/2013	631	*7	*1404	*6.66	*6.47	*134.9	*4106	*387	*20.73	*39.30	76.89	*20.75	*29.61 %	*4.88	*6.97%	*0.00	*0.00%
Wed - 03/13/2013	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 - 03/14/2013	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 - 03/15/2013	726	*84	*1755	*4.09	*5.74	*143.0	*3410	*247	*26.35	*39.57	92.73	*25.64	*31.80 %	*8.53	*10.58 %	*0.00	*0.00%
Weighted Average	603	*76	*1015	*5.42	*7.74	*209.6	*3352	*338	*27.36	*25.71	*83.78	*20.54	*30.66 %	*5.61	*8.38%	*0.42	*0.63%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	603		739	82%		136		Correction Required - Calories are Low
Cholesterol (mg)	76		300	25%	Missing			
Sodium (mg)	1015		2400		Missing			
Fiber (g)	5.42		25.00	22%	Missing	19.58		Correction Required - Fiber is Low
Iron (mg)	7.74		3.95	196%	Missing			
Calcium (mg)	209.6		338.62	62%	Missing	129.06		Correction Required - Calcium is Low
Vitamin A (IU)	3352		1295	259%	Missing			
Vitamin A (RE)	338		259	131%	Missing			
Vitamin C (mg)	27.36		16.68	164%	Missing			
Protein (g)	25.71	17.06%	12.74	202%	Missing			
Carbohydrate (g)	83.78	55.60%	300.00		Missing			
Total Fat (g)	20.54	30.66%	<=30.00%		Missing			Correction Required - Total Fat too High
Saturated Fat (g)	5.61	8.38%	<10.00%		Missing			
Trans Fat (g)	0.42	0.63%			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.