

Weekly Nutrient Summary - December 3-7, 2018 - Breakfast

Site Group: Elementary Serving Group: K-8

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)*	514.40	508.11	385.08	358.35	445.80	[400.00 - 500.00]	442.35	
Fat (g)	8.58 (15.01%)	15.33 (27.16%)	6.45 (15.07%)	3.03 (7.60%)	6.37 (12.86%)		7.95	16.18 %
Saturated Fat (g)*	3.52 (6.15%)	5.33 (9.45%)	1.90 (4.44%)	1.18 (2.95%)	2.14 (4.33%)	< 10.00 % of Calories	2.81	5.73 %
Trans Fat (g)**	0.00	0.00	0.00	0.00	0.00		0.00	
Cholesterol (mg)	28.83	174.67	25.58	16.33	94.50		67.98	
Sodium (mg)*	415.77	685.49	288.72	350.97	428.65	< 540.00	433.92	
Carbohydrates (g)	98.40 (76.51%)	70.63 (55.60%)	69.66 (72.36%)	69.43 (77.50%)	80.87 (72.56%)		77.80	70.35 %
Total Dietary Fiber (g)	6.98	3.19	2.65	3.04	3.28		3.83	
Sugars (g)	60.63 (47.14%)	34.43 (27.10%)	50.75 (52.71%)	44.94 (50.17%)	48.41 (43.44%)		47.83	43.25 %
Protein (g)	14.82 (11.53%)	21.68 (17.07%)	14.80 (15.37%)	16.98 (18.96%)	17.81 (15.98%)		17.22	15.57 %

Legend

* Standard Value is the daily average requirement for a school week.

** Trans Fat is provided for informational purposes, not for monitoring purposes.