

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

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)*	667.42	600.87	664.42	550.41	592.64	[600.00 - 650.00]	615.15	
Fat (g)	19.95 (26.90%)	25.92 (38.82%)	21.55 (29.19%)	18.20 (29.75%)	21.55 (32.73%)		21.43	31.36%
Saturated Fat (g)*	3.78 (5.09%)	9.33 (13.97%)	5.79 (7.85%)	4.54 (7.42%)	4.88 (7.42%)	< 10.00 % of Calories	5.66	8.29%
Trans Fat (g)**	0.00	0.00	0.00	0.00	0.00		0.00	
Cholesterol (mg)	33.74	36.91	70.67	41.53	58.02		48.17	
Sodium (mg)*	917.67	1014.99	774.78	1210.81	1213.45	< 1230.00	1026.34	
Carbohydrates (g)	88.98 (53.33%)	69.60 (46.33%)	91.75 (55.24%)	70.45 (51.20%)	74.65 (50.38%)		79.08	51.42%
Total Dietary Fiber (g)	9.19	7.17	7.62	4.67	5.1		6.75	
Sugars (g)	32.06 (19.22%)	29.14 (19.40%)	45.02 (27.10%)	38.33 (27.85%)	32.60 (22.00%)		35.43	23.04%
Pro (g)	29.99 (17.97%)	27.13 (18.06%)	31.30 (18.84%)	24.62 (17.89%)	28.39 (19.16%)		28.29	18.39%

**Legend**

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

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