

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

Site Group: Middle School Serving Group: 6-8

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)*	461.74	484.87	445.07	503.07	425.07	[400.00 - 550.00]	463.96	
Fat (g)	14.18 (27.64%)	10.08 (18.71%)	7.26 (14.68%)	9.93 (17.76%)	7.26 (15.38%)		9.74	18.90%
Saturated Fat (g)*	5.51 (10.73%)	2.66 (4.94%)	2.17 (4.39%)	3.51 (6.27%)	2.51 (5.31%)	< 10.00 % of Calories	3.27	6.34%
Trans Fat (g)**	0.00	0.00	0.00	0.00	0.00		0.00	
Cholesterol (mg)	126.75	30.24	13.42	28.75	27.58		45.35	
Sodium (mg)*	531.98	393.02	388.64	365.98	423.64	< 600.00	420.65	
Carbohydrates (g)	65.71 (56.92%)	86.20 (71.12%)	80.04 (71.93%)	91.37 (72.65%)	75.37 (70.93%)		79.74	68.75%
Total Dietary Fiber (g)	4.17	4.2	6.17	7.5	4		5.21	
Sugars (g)	45.47 (39.39%)	58.06 (47.90%)	50.30 (45.20%)	60.30 (47.94%)	54.63 (51.41%)		53.75	46.34%
Protein (g)	19.71 (17.08%)	15.43 (12.73%)	16.88 (15.17%)	16.21 (12.89%)	17.55 (16.51%)		17.16	14.79%

**Legend**

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

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