

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

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)*	736.79	666.87	624.66	572.29	451.48	[600.00 - 700.00]	610.42	
Fat (g)	24.49 (29.91%)	22.79 (30.76%)	27.29 (39.32%)	18.23 (28.67%)	10.74 (21.41%)		20.71	30.53%
Saturated Fat (g)*	7.53 (9.20%)	4.04 (5.45%)	9.63 (13.88%)	5.06 (7.95%)	2.91 (5.79%)	< 10.00 % of Calories	5.83	8.60%
Trans Fat (g)**	0.00	0.00	0.00	0.00	0.00		0.00	
Cholesterol (mg)	35.99	34.77	37.02	35.18	107.66		50.12	
Sodium (mg)*	1079.23	1073.59	1056.62	1297.14	671.55	< 1360.00	1035.63	
Carbohydrates (g)	102.88 (55.86%)	83.94 (50.35%)	71.58 (45.84%)	77.81 (54.38%)	68.42 (60.62%)		80.93	53.03%
Total Dietary Fiber (g)	12.67	8.61	8.34	9.21	4.63		8.69	
Sugars (g)	37.60 (20.41%)	30.04 (18.02%)	29.35 (18.80%)	35.38 (24.73%)	35.42 (31.38%)		35.56	21.99%
Pro (g)	25.65 (13.92%)	29.46 (17.67%)	27.98 (17.92%)	27.74 (19.39%)	19.59 (17.35%)		26.08	17.09%

**Legend**

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

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