

	Recommended Nutrient Amounts	Actual Weighted Average from Planned Quantities for a School per Level October 4-8, 2010	Actual Weighted Average from Planned Quantities for a School per Level October 11-15, 2010	Actual Weighted Average from Planned Quantities for a School per Level October 18-22, 2010	Actual Weighted Average from Planned Quantities for a School per Level October 25-29, 2010	Actual Weighted Average from Planned Quantities for a School per Level Entire Month of October 10	Diff.		
<b><u>Lunch K-5</u></b>									
Calories	664	631.6	595.5	639.2	581	612.1		In light of issues with childhood obesity, we are careful with our menu choices with regards to calories.	
Protein	10 g	28.9	27.9	29.7	27.9	28.6			
Total Fat	<35%	20.2%	18.1%	19.8%	17.3%	18.9%			
Saturated Fat	<10%	7.2%	6.3%	7.2%	5.5%	6.6%			
Vitamin A IU	746 IU	1976.3	1437.6	2179.1	1410.9	1754.1			
Vitamin C	15 mg	16.3	20.5	17.6	19.6	18.4			
Calcium	286 mg	609.4	536.9	643.9	488.9	570.3			
Iron	3.5 mg	3.2	2.9	3.3	3	3.1			
<b><u>Lunch 6-8</u></b>									
Calories	825	702.2	600.8	620.6	619.1	635.2			
Protein	16 g	31.5	29.1	29	28.4	29.5			
Total Fat	<35%	23.7%	19.2%	19.6%	21.1%	20.9%			
Saturated Fat	<10%	8.1%	6.8%	6.4%	6.4%	6.9%			
Vitamin A IU	1000 IU	1984.1	1619.5	1750.2	1743.5	1772.9			
Vitamin C	18 mg	22.6	21.6	21.1	25.6	22.8			
Calcium	400mg	573.0	468.6	509.3	424.0	493.1			
Iron	4.5 mg	4.2	3.5	3.8	3.6	3.8			
<b><u>Lunch 9-12</u></b>									
Calories	825	645.0	642.9	617.6	658.6	641.0			
Protein	16 g	30.6	30.9	30.3	30.9	30.7			
Total Fat	<35%	19.6%	19.1%	18.5%	19.2%	19.1%			
Saturated Fat	<10%	7.0%	7.0%	7.0%	7.6%	7.2%			
Vitamin A IU	1000 IU	1353.5	1371.1	1428.3	1451.3	1401.0			
Vitamin C	18 mg	13.3	12.9	11.9	12.1	12.5			
Calcium	400mg	463.4	462.7	483.5	509.8	479.8			
Iron	4.5 mg	3.8	3.8	3.7	3.8	3.8			