

	Recommended Nutrient Amounts	Actual Weighted Average from Planned Quantities for a School per Level March 1 - 5, 2010	Actual Weighted Average from Planned Quantities for a School per Level March 8 - 12, 2010	Actual Weighted Average from Planned Quantities for a School per Level March 15 - 19, 2010	Actual Weighted Average from Planned Quantities for a School per Level March 22 - 26, 2010	Actual Weighted Average from Planned Quantities for a School per Level Entire Month of March 10	Diff.		
<b><u>Lunch K-5</u></b>									
<b>Calories</b>	<b>664</b>	565.4	587.7	587.9	574.7	578.8		As a result of working hard on our menus, recipes and nutrient data base, we successfully met the targets for all nutrients for all grade levels! In light of issues with childhood obesity, we are careful with our menu choices with regards to calories.	
<b>Protein</b>	<b>10 g</b>	27	27.9	26.7	26.8	27			
<b>Total Fat</b>	<b>&lt;35%</b>	17.2%	17.1%	17.8%	16.8%	17.2%			
<b>Saturated Fat</b>	<b>&lt;10%</b>	5.6%	5.5%	5.7%	5.4%	5.6%			
<b>Vitamin A IU</b>	<b>746 IU</b>	1216.3	3982.6	1822.6	1526.7	2131			
<b>Vitamin C</b>	<b>15 mg</b>	17.6	23.1	21	18	20			
<b>Calcium</b>	<b>286 mg</b>	490.9	494.1	500.6	489.9	494			
<b>Iron</b>	<b>3.5 mg</b>	3.7	3.4	3.7	3.5	3.6			
<b><u>Lunch 6-8</u></b>									
<b>Calories</b>	<b>825</b>	643	1032.6	686.4	832.9	786.4			
<b>Protein</b>	<b>16 g</b>	30.9	51.8	31.2	40.6	38			
<b>Total Fat</b>	<b>&lt;35%</b>	21.0%	35.9%	21.9%	28.4%	26.3%			
<b>Saturated Fat</b>	<b>&lt;10%</b>	6.9%	13.7%	6.8%	10.3%	9.2%			
<b>Vitamin A IU</b>	<b>1000 IU</b>	1606.5	2325.5	1637.3	1444.8	1723			
<b>Vitamin C</b>	<b>18 mg</b>	27	33	29.5	33	30			
<b>Calcium</b>	<b>400mg</b>	536	643	609.4	583	590			
<b>Iron</b>	<b>4.5 mg</b>	4.2	7	4.4	5.4	5.2			
<b><u>Lunch 9-12</u></b>									
<b>Calories</b>	<b>825</b>	736.1	675.2	718.6	654.9	696.2			
<b>Protein</b>	<b>16 g</b>	37	31.6	36.2	32.3	34.2			
<b>Total Fat</b>	<b>&lt;35%</b>	21.3%	19.8%	21.8%	18.7%	20.4%			
<b>Saturated Fat</b>	<b>&lt;10%</b>	8.4%	8.0%	8.9%	7.2%	8.1%			
<b>Vitamin A IU</b>	<b>1000 IU</b>	1418.5	1354.5	1519	1310.4	1400.6			
<b>Vitamin C</b>	<b>18 mg</b>	20.6	26.8	19.9	22.8	22.6			
<b>Calcium</b>	<b>400mg</b>	414.7	408.4	413.2	375.9	403			
<b>Iron</b>	<b>4.5 mg</b>	4.9	4.4	4.7	4.4	4.6			