

# Jackson County School District

Feb 1, 2012 thru Feb 29, 2012

K-6 Elementary

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Wed - 02/01/2012	610	62	1409	5.50	3.69	570.5	1470	314	31.20	30.10	80.36	19.05	28.12%	7.75	11.43%	*0.24	*0.36%
Thu - 02/02/2012	614	57	1294	6.12	4.24	546.5	*2005	*414	59.35	27.43	86.63	17.45	25.59%	6.23	9.14%	*0.00	*0.00%
Fri - 02/03/2012	672	62	1254	6.17	*2.67	*581.4	*1486	*311	*30.66	26.75	96.30	21.42	28.70%	*7.91	*10.60 %	*0.17	*0.23%
Mon - 02/06/2012	862	58	1807	7.68	*5.28	*647.5	*2738	*436	*40.21	34.04	126.57	24.55	25.64%	7.73	8.07%	*0.00	*0.00%
Tue - 02/07/2012	832	*81	1590	5.74	*3.59	514.2	1853	374	47.97	31.16	94.67	37.14	40.16%	*12.33	*13.33 %	*0.12	*0.13%
Wed - 02/08/2012	589	68	1671	7.03	*4.02	*542.0	*3942	*540	*31.95	29.23	82.79	16.22	24.80%	6.27	9.59%	*0.01	*0.01%
Thu - 02/09/2012	742	86	1368	5.66	3.76	602.2	1983	423	41.50	32.33	99.14	24.45	29.64%	8.60	10.42%	*1.18	*1.43%
Fri - 02/10/2012	786	59	1388	6.92	*3.56	*588.5	*1238	*253	*35.56	31.09	115.44	23.56	27.00%	9.39	10.76%	*0.01	*0.01%
Mon - 02/13/2012	556	63	1339	5.66	4.18	480.2	3112	627	43.65	27.30	78.99	14.86	24.04%	6.73	10.89%	*0.25	*0.40%
Tue - 02/14/2012	745	59	1203	8.90	4.42	577.0	1974	377	35.19	28.28	113.38	21.78	26.33%	8.91	10.77%	*0.50	*0.60%
Wed - 02/15/2012	861	54	1965	*6.97	*3.95	*659.9	*2757	*551	*42.49	31.71	126.89	26.17	27.37%	*7.09	*7.41%	*0.00	*0.00%
Thu - 02/16/2012	677	64	1855	7.40	*5.01	*479.2	*1618	*312	*32.25	31.47	94.94	19.53	25.96%	8.23	10.94%	*0.08	*0.11%
Fri - 02/17/2012	652	49	881	9.07	3.70	513.3	17699	2423	54.36	29.72	105.91	13.42	18.54%	4.63	6.39%	*0.02	*0.03%
Thu - 02/23/2012	793	86	1528	7.36	4.61	663.7	2891	475	37.60	33.24	108.59	25.70	29.15%	9.60	10.89%	*1.53	*1.73%
Fri - 02/24/2012	757	80	1435	5.86	*4.23	*509.5	*1454	*306	*36.27	29.44	115.68	20.41	24.26%	8.12	9.65%	*0.00	*0.00%
Mon - 02/27/2012	831	60	1689	7.35	*4.41	*691.6	*2816	*427	*34.48	33.78	115.92	25.95	28.11%	9.20	9.97%	*0.00	*0.00%
Tue - 02/28/2012	879	*86	1962	7.94	*5.18	*539.7	5393	1092	*32.33	36.79	129.90	24.55	25.14%	*7.44	*7.62%	*0.06	*0.06%
Wed - 02/29/2012	597	54	1417	5.24	3.42	499.3	1398	294	31.65	24.81	77.35	21.60	32.53%	8.74	13.16%	*0.41	*0.62%
Weighted Average	725	*66	1503	*6.81	*4.11	*567.0	*3213	*553	*38.81	30.48	102.75	22.10	27.43%	*8.05	*9.99%	*0.25	*0.32%

## 7-12 Secondary

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Wed - 02/01/2012	600	81	1569	5.94	3.82	469.4	*1733	*288	28.66	24.78	80.92	20.39	30.59%	7.53	11.30%	*0.24	*0.36%
Thu - 02/02/2012	660	67	1274	6.90	4.35	519.1	*3448	*709	62.56	30.36	84.57	22.31	30.41%	7.81	10.64%	*0.00	*0.00%
Fri - 02/03/2012	916	90	1334	7.39	*3.50	*625.1	*2039	*428	*45.68	29.57	132.15	31.67	31.12%	*9.78	*9.61%	*0.17	*0.17%
Mon - 02/06/2012	944	115	1748	10.33	*5.76	*663.8	*3641	*566	*47.23	37.50	140.06	27.26	26.01%	8.57	8.18%	*0.32	*0.31%
Tue - 02/07/2012	948	*140	1771	9.76	4.60	582.6	*2377	*516	62.12	34.90	112.55	41.94	39.79%	*14.52	*13.78 %	*0.32	*0.31%
Wed - 02/08/2012	654	*77	1824	8.95	*3.79	*530.7	*6501	*829	*40.62	29.66	89.56	20.57	28.29%	*6.22	*8.55%	*0.00	*0.00%
Thu - 02/09/2012	968	110	1739	9.89	4.91	631.9	*2822	*601	54.13	39.23	141.50	29.14	27.11%	11.25	10.47%	*0.26	*0.24%
Fri - 02/10/2012	822	62	1552	8.43	*4.69	*655.1	*1478	*291	*37.79	35.26	119.26	24.17	26.47%	9.87	10.80%	*0.01	*0.01%
Mon - 02/13/2012	714	96	1799	9.95	5.79	520.9	*5221	*1038	66.34	32.60	106.99	18.90	23.83%	7.54	9.51%	*0.51	*0.64%
Tue - 02/14/2012	834	92	1395	12.84	5.25	608.8	*2467	*462	49.16	32.27	129.31	24.46	26.38%	9.51	10.26%	*0.50	*0.54%
Wed - 02/15/2012	925	82	1838	*11.83	*5.40	*637.6	*12474	*1548	*52.34	37.02	144.99	24.20	23.55%	*7.96	*7.75%	*0.01	*0.01%
Thu - 02/16/2012	765	95	2030	11.10	*5.70	*500.1	*1988	*374	*42.87	35.28	108.85	22.20	26.13%	8.58	10.09%	*0.16	*0.19%
Fri - 02/17/2012	793	79	1143	10.12	4.48	538.0	12528	1894	68.67	31.71	128.93	19.13	21.72%	6.14	6.98%	*0.02	*0.02%
Thu - 02/23/2012	857	119	1663	10.16	5.54	647.8	4744	626	36.49	36.20	119.26	26.89	28.23%	9.06	9.52%	*1.53	*1.60%
Fri - 02/24/2012	791	93	1596	5.98	*4.33	*500.1	*2199	*343	*39.39	30.05	114.02	24.18	27.50%	8.73	9.93%	*0.00	*0.00%
Mon - 02/27/2012	887	91	2080	7.97	*5.02	*680.7	*3830	*489	*33.95	35.11	127.69	26.32	26.71%	8.30	8.43%	*0.00	*0.00%
Tue - 02/28/2012	1044	*64	2429	11.69	*5.93	*495.0	9707	1949	*36.84	37.55	162.08	29.32	25.29%	*9.38	*8.09%	*0.08	*0.07%
Wed - 02/29/2012	604	85	1546	5.75	3.79	469.8	*1812	*301	29.21	25.57	80.82	20.54	30.58%	7.86	11.70%	*0.41	*0.61%
Weighted Average	818	*91	1685	*9.17	*4.81	*570.9	*4500	*736	*46.34	33.03	117.97	25.20	27.72%	*8.81	*9.69%	*0.25	*0.28%