

Jackson County School District

Mar 1, 2012 thru Mar 31, 2012

PK-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 ¹ (g)	Tr. Fat ¹ % Cals
Thu - 03/01/2012	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%
Fri - 03/02/2012	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%
Mon - 03/05/2012	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 - 03/06/2012	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 - 03/07/2012	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 - 03/08/2012	753	86	1418	5.75	3.91	602.7	2003	425	41.53	32.62	101.34	24.48	29.27%	8.60	10.28%	*1.18	*1.41%
Fri - 03/09/2012	759	53	1364	6.52	*4.17	*585.0	*1220	*253	*32.04	29.98	116.88	19.89	23.58%	8.19	9.71%	*0.00	*0.00%
Tue - 03/13/2012	821	65	1275	9.02	5.34	547.0	2052	377	35.16	32.79	118.35	25.46	27.90%	9.56	10.48%	*0.74	*0.81%
Wed - 03/14/2012	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 - 03/15/2012	648	61	1688	7.44	*4.82	*529.1	*1660	*321	*33.74	30.47	92.15	18.25	25.36%	7.87	10.94%	*0.08	*0.11%
Fri - 03/16/2012	656	55	1037	8.53	3.29	498.6	*13723	*1627	44.60	28.30	108.47	12.63	17.32%	4.56	6.25%	*0.02	*0.03%
Mon - 03/19/2012	622	53	1222	7.79	4.90	537.2	2225	382	38.35	30.27	86.95	18.04	26.10%	6.66	9.64%	*0.14	*0.20%
Tue - 03/20/2012	791	58	1367	7.76	*4.56	*521.2	*1274	*273	*32.21	26.71	119.33	24.09	27.41%	10.19	11.60%	*0.00	*0.00%
Wed - 03/21/2012	682	67	1547	5.89	4.47	528.4	3227	377	32.75	30.10	96.12	20.06	26.48%	8.48	11.19%	*0.15	*0.20%
Thu - 03/22/2012	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 - 03/23/2012	912	49	1530	7.24	4.63	569.5	1555	332	62.13	33.01	132.90	28.36	28.00%	7.59	7.50%	*0.50	*0.49%
Mon - 03/26/2012	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 - 03/27/2012	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 - 03/28/2012	592	60	1383	5.29	3.29	544.2	1495	311	32.75	29.64	76.72	18.84	28.65%	7.77	11.81%	*0.26	*0.39%
Thu - 03/29/2012	643	50	1222	6.72	*2.40	*599.9	*1336	*274	*31.80	26.20	95.31	18.82	26.34%	*7.29	*10.20 %	*0.17	*0.24%
Fri - 03/30/2012	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%
Weighted Average	734	*63	1481	*6.97	*4.19	*571.2	*2841	*476	*39.69	30.56	104.73	22.17	27.16%	*7.94	*9.73%	*0.24	*0.30%

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 ¹ (g)	Tr. Fat ¹ % Cals
Thu - 03/01/2012	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%
Fri - 03/02/2012	720	67	1317	7.45	4.89	522.2	*3448	*709	64.62	32.36	94.90	23.31	29.12%	7.97	9.96%	*0.00	*0.00%
Mon - 03/05/2012	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 - 03/06/2012	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 - 03/07/2012	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 - 03/08/2012	975	105	1766	9.97	5.00	631.5	*2869	*608	54.13	37.60	143.25	29.99	27.67%	11.50	10.61%	*0.26	*0.24%
Fri - 03/09/2012	809	55	1519	7.97	*5.14	*653.7	*1410	*286	*35.41	33.97	121.95	21.63	24.07%	8.70	9.68%	*0.00	*0.00%
Tue - 03/13/2012	851	98	1424	12.40	5.63	575.7	*2545	*462	47.06	34.79	123.94	27.14	28.70%	9.99	10.57%	*0.74	*0.79%
Wed - 03/14/2012	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 - 03/15/2012	735	92	1863	11.14	*5.51	*550.1	*2029	*382	*44.35	34.28	106.06	20.92	25.62%	8.22	10.06%	*0.16	*0.20%
Fri - 03/16/2012	844	63	1364	9.16	4.47	523.3	8552	1099	58.90	30.34	135.35	22.44	23.92%	6.22	6.63%	*0.02	*0.02%
Mon - 03/19/2012	740	92	1727	9.80	6.29	540.3	3740	528	38.60	33.07	102.60	22.02	26.79%	6.68	8.13%	*0.26	*0.32%
Tue - 03/20/2012	825	71	1528	7.88	*4.65	*511.9	*2019	*310	*35.33	27.32	117.67	27.85	30.40%	10.80	11.78%	*0.00	*0.00%
Wed - 03/21/2012	677	98	1503	7.34	5.01	514.3	5688	522	37.51	30.76	98.86	18.27	24.27%	7.11	9.45%	*0.38	*0.51%
Thu - 03/22/2012	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 - 03/23/2012	938	104	1575	9.17	4.83	564.0	*1984	*339	65.65	34.82	146.29	24.18	23.20%	6.66	6.39%	*0.01	*0.01%
Mon - 03/26/2012	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 - 03/27/2012	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 - 03/28/2012	617	93	1538	6.02	4.05	541.0	*1884	*321	28.76	30.86	83.82	17.99	26.25%	6.87	10.02%	*0.24	*0.35%
Thu - 03/29/2012	830	54	1240	9.02	*2.71	*680.4	*1587	*317	*49.09	27.92	129.18	23.87	25.89%	*7.90	*8.57%	*0.17	*0.19%
Fri - 03/30/2012	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%
Weighted Average	828	*88	1634	*9.16	*4.86	*580.5	*4120	*645	*46.54	33.14	119.85	25.24	27.43%	*8.58	*9.32%	*0.22	*0.24%