

March Nutrient Analysis

The Wake County Public School System takes a weekly look at meals served and evaluates how they compare to standards set for each age group.

| | Recommended Nutrient Amounts | Actual Weighted Average from Planned Quantities for a School per Level March 2 - 6, 2009 | Actual Weighted Average from Planned Quantities for a School per Level March 9 - 13, 2009 | Actual Weighted Average from Planned Quantities for a School per Level March 16 - 20, 2009 | Actual Weighted Average from Planned Quantities for a School per Level March 23 - 27, 2009 | Actual Weighted Average from Planned Quantities for a School per Level Entire Month of March 09 | Diff. | |
|--------------------------|------------------------------|---|--|---|---|--|-------|---|
| <u>Lunch K-5</u> | | | | | | | | |
| Calories | 664 | 649 | 563 | 610 | 552 | 593.0 | 0.5% | With the exception of calories and two weeks being high on saturated fats, our Elementary Menus are meeting the targets. |
| Protein | 10 g | 30 | 26 | 26 | 26 | 27 | | |
| Total Fat | <35% | 32.3% | 30.7% | 29.8% | 28.2% | 30.3% | | |
| Saturated Fat | <10% | 11.2% | 10.9% | 9.4% | 10.0% | 10.5% | | |
| Vitamin A IU | 746 IU | 1326 | 2128 | 1711 | 1852 | 1757 | | |
| Vitamin C | 15 mg | 46 | 28 | 52 | 39.0 | 41 | | |
| Calcium | 286 mg | 505.1 | 472 | 484 | 489 | 487 | | |
| Iron | 3.5 mg | 4.5 | 3.6 | 4.2 | 4 | 4.1 | | |
| <u>Lunch 6-8</u> | | | | | | | | |
| Calories | 825 | 601 | 669 | 594 | 605 | 617.0 | 0.1% | The Middle School Menus , for the most part, are acceptable. We are maintaining our targets in all areas with the exception of saturated fats. With the higher calorie requirements, we continue to come up short. |
| Protein | 16 g | 29 | 31 | 27 | 28 | 29 | | |
| Total Fat | <35% | 26.2% | 31.0% | 30.4% | 29.4% | 29.3% | | |
| Saturated Fat | <10% | 8.7% | 10.6% | 10.9% | 10.1% | 10.1% | | |
| Vitamin A IU | 1000 IU | 1462 | 2063 | 2286 | 1847 | 1915 | | |
| Vitamin C | 18 mg | 54 | 47 | 32 | 39 | 43 | | |
| Calcium | 400mg | 491 | 520 | 530 | 481 | 505 | | |
| Iron | 4.5 mg | 4.6 | 5 | 4.4 | 4.6 | 4.7 | | |
| <u>Lunch 9-12</u> | | | | | | | | |
| Calories | 825 | 710 | 726 | 717 | 754 | 727.0 | 1.8% | The High School Menus are within acceptable ranges for all nutrients except saturated fats in three of the weeks. We are significantly closer to meeting our calcium goals this month compared to October 08. |
| Protein | 16 g | 35 | 34 | 34 | 36 | 34.5 | | |
| Total Fat | <35% | 32.8% | 34.0% | 34.3% | 34.4% | 33.9% | | |
| Saturated Fat | <10% | 11.9% | 11.4% | 11.7% | 12.2% | 11.8% | | |
| Vitamin A IU | 1000 IU | 2356 | 1997 | 2160 | 2409 | 2231 | | |
| Vitamin C | 18 mg | 30 | 23 | 26 | 22 | 25 | | |
| Calcium | 400mg | 402 | 379 | 396 | 413 | 397 | | |
| Iron | 4.5 mg | 4.8 | 4.6 | 4.8 | 5 | 4.8 | 3 | |