

# October 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 October 5 - 9, 2009	Actual Weighted Average from Planned Quantities for a School per Level October 12 - 16, 2009	Actual Weighted Average from Planned Quantities for a School per Level October 19 - 23, 2009	Actual Weighted Average from Planned Quantities for a School per Level October 26- 30, 2009	Actual Weighted Average from Planned Quantities for a School per Level Entire Month of October 2009	Diff.
<b><u>Lunch K-5</u></b>							
Calories	664	621	583	597	630	608.0	Elementary Menus are meeting the targets.
Protein	10 g	29	26	28	26	27	
Total Fat	<35%	28.6%	26.4%	28.9%	29.4%	28.3%	
Saturated Fat	<10%	9.3%	39.1%	9.3%	9.1%	9.3%	
Vitamin A IU	746 IU	2193	1559	2304	1840	1975	
Vitamin C	15 mg	29	22	28	32	28	
Calcium	286 mg	500	477	490	481	487	
Iron	3.5 mg	4.2	3.5	3.9	4.1	3.9	
<b><u>Lunch 6-8</u></b>							
Calories	825	686	612	656	665	654.0	The Middle School Menus, for the most part, are acceptable. We are showing an improvement from March on the saturated fats target.
Protein	16 g	30	29	30	27	29	
Total Fat	<35%	31.5%	24.7%	30.1%	31.8%	29.6%	
Saturated Fat	<10%	10.4%	7.6%	9.5%	11.5%	9.6%	
Vitamin A IU	1000 IU	2249	1871	2274	2658	2242	
Vitamin C	18 mg	35	32	32	46	36	
Calcium	400mg	475	448	456	551	479	
Iron	4.5 mg	4.5	4.3	4.8	4.7	4.6	
<b><u>Lunch 9-12</u></b>							
Calories	825	712	717	708	728	717.0	The High School Menus are within acceptable ranges for all nutrients except saturated fats. Again, we are not meeting our calcium goals. Our high school students are not selecting milk as a lunch beverage as much as we'd like to see.
Protein	16 g	34	33	33	33	33.0	
Total Fat	<35%	31.9%	32.2%	32.5%	32.4%	32.2%	
Saturated Fat	<10%	11.0%	10.6%	10.8%	10.6%	10.8%	
Vitamin A IU	1000 IU	2372	2209	2305	2320	2301	
Vitamin C	18 mg	26	30	34	22	28	
Calcium	400mg	350	335	358	340	345	
Iron	4.5 mg	4.5	4.5	4.7	4.6	4.6	

0.8%

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