

Scottsdale Unified School District

Nutrients Breakdown Summary Report

From Jan 5, 2009 To Jan 30, 2009

A - Breakfast Menu - Elementary

Nutrient	Average		% of Cals	Target	% of Target	Shortfall	Overage	Miss Data
Calories	352			498	71%	146		
Cholesterol	54	mg		100	54%			
Sodium	433	mg		1000	43%			
Fiber	3.31	g		5.00	66%	2		
Iron	4.01	mg		2.63	153%			
Calcium	298.80	mg		214.29	139%			
Vitamin A	1003	IU		839	120%			
Vitamin C	36.50	mg		11.43	319%			
Total Fat	6.61	g	16.90%	<30.0%				
Protein	11.76	g	13.36%	7.34	160%			
Carbohydrate	64.96	g	73.76%	68.75	94%	4		
Saturated Fat	2.59	g	6.63%	<10.0%				
Cost	\$0.00							