

## Average Cycle Nutritional Summary

SS08 Sysco National Menu

SS08 National 844

Diet: Regular  
Goal: NAS DRI 51-70 Female

		KCAL	FAT	SFA	CHOL	CHO	TDFB	PRO	VTAIU	VITC	B1	B2	NIA	FOLT	B6	NA	K	P	FE	CA	ZN
		KCAL	GM	GM	MG	GM	GM	GM	IU	MG	MG	MG	MG	MCG	MG	MG	MG	MG	MG	MG	MG
<b>Week 1</b>	Average per day	2,351.19	89.14	28.63	334.33	306.26	16.66	88.57	10,627.98	155.54	1.91	2.68	21.41	437.41	1.71	5,139.00	3,081.33	1,487.01	18.52	1,106.52	11.11
	Average % of Goal	123.75%	141.49%	159.06%	111.44%	107.46%	79.33%	177.13%	265.70%	207.39%	173.94%	243.50%	152.95%	109.35%	113.82%	214.12%	65.56%	212.43%	231.54%	92.21%	138.92%
<b>Week 2</b>	Average per day	2,373.28	96.10	30.02	411.86	295.24	17.26	88.53	7,692.81	170.10	1.90	2.71	22.71	447.82	1.76	5,373.57	3,060.96	1,474.21	18.53	1,067.25	10.98
	Average % of Goal	124.91%	152.53%	166.76%	137.29%	103.59%	82.19%	177.05%	192.32%	226.80%	172.56%	246.60%	162.20%	111.96%	117.09%	223.90%	65.13%	210.60%	231.58%	88.94%	137.23%
<b>Week 3</b>	Average per day	2,351.11	87.51	28.63	412.79	306.31	18.58	90.82	8,049.24	173.07	1.82	2.63	19.72	416.92	1.66	5,124.16	3,169.72	1,562.87	18.29	1,125.73	11.61
	Average % of Goal	123.74%	138.91%	159.07%	137.60%	107.48%	88.48%	181.64%	201.23%	230.77%	165.57%	239.46%	140.86%	104.23%	110.61%	213.51%	67.44%	223.27%	228.61%	93.81%	145.08%
<b>Week 4</b>	Average per day	2,368.79	95.44	30.85	347.00	292.33	18.37	91.28	10,442.47	177.85	1.93	2.72	23.75	470.39	1.93	5,392.93	3,213.41	1,576.16	19.85	1,174.39	11.65
	Average % of Goal	124.67%	151.49%	171.41%	115.67%	102.57%	87.49%	182.56%	261.06%	237.13%	175.86%	247.07%	169.61%	117.60%	128.42%	224.71%	68.37%	225.17%	248.16%	97.87%	145.62%
<b>Week 5</b>	Average per day	2,307.74	90.27	28.44	410.05	290.43	17.14	87.97	4,689.05	162.68	1.98	2.72	21.66	456.43	1.74	4,962.89	3,042.16	1,593.93	18.71	1,077.80	11.57
	Average % of Goal	121.46%	143.29%	158.02%	136.68%	101.91%	81.62%	175.94%	117.23%	216.91%	179.82%	246.95%	154.68%	114.11%	116.20%	206.79%	64.73%	227.70%	233.87%	89.82%	144.66%
<b>Average Cycle Total</b>		<b>2,350.42</b>	<b>91.69</b>	<b>29.32</b>	<b>383.20</b>	<b>298.12</b>	<b>17.60</b>	<b>89.43</b>	<b>8,300.31</b>	<b>167.85</b>	<b>1.91</b>	<b>2.69</b>	<b>21.85</b>	<b>445.79</b>	<b>1.76</b>	<b>5,198.51</b>	<b>3,113.51</b>	<b>1,538.84</b>	<b>18.78</b>	<b>1,110.34</b>	<b>11.38</b>
<b>Average % of Goal Total</b>		<b>123.71%</b>	<b>145.54%</b>	<b>162.86%</b>	<b>127.73%</b>	<b>104.60%</b>	<b>83.82%</b>	<b>178.87%</b>	<b>207.51%</b>	<b>223.80%</b>	<b>173.55%</b>	<b>244.72%</b>	<b>156.06%</b>	<b>111.45%</b>	<b>117.23%</b>	<b>216.60%</b>	<b>66.24%</b>	<b>219.83%</b>	<b>234.75%</b>	<b>92.53%</b>	<b>142.30%</b>