

Menu Collections - Menu Analysis Report

Report Run: Mar 26, 2019

Date(s) Included: April 1, 2019 - April 26, 2019

Cost Analysis By: Sum All, Nutrient Analysis By: Sum All

Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8, SY 2018-2019

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 04/01/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Reduc	1 each	28.3	111.4	1	24.3	0	1	1	141.7	50.6	101.2	5.5	-	\$0.39
3 CK12 Strawberries, Diced, 4.5	1 each	127.6	89.7	0	21.9	0	1	2	0	-	0	0.4	-	\$0.33
Main Entrees Totals			201.1	1	46.2	0	2	3	141.7	50.6+	101.2	5.8	-	\$0.72
Daily Totals for 04/01/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

* indicates main item

(+) Indicates partial nutritional values. (-) Indicates no nutritional value available.

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Monday - 04/01/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/01/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/01/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			294.5	5.6	61.6	0	5.2	5.4	213.3	94.4+	306.4	2.8	1.3+	\$0.89
Daily Totals for 04/02/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Tuesday - 04/02/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/02/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/02/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.54
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.8	8.5	50	20	12	4	534.6	259.8+	259.9	2.7	-	\$0.93
Daily Totals for 04/03/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Wednesday - 04/03/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/03/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/03/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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*2 APL CK12 Bar, Nutrigrain, Str	1 each	43.9	159.8	4	29	0	2	3	149.8	-	249.7	2.7	-	\$0.56
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
Main Entrees Totals			229.8	4	47	0	2	3	154.8	40+	249.7	2.7	-	\$1.08
Daily Totals for 04/04/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Thursday - 04/04/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/04/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/04/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			293.2	5.1	53.3	10+	10.2	4.4	402.6	94.4+	304.9	2.1	1.3+	\$0.96
Daily Totals for 04/05/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Friday - 04/05/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/05/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/05/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-
Daily Average for Week (4/1/2019 - 4/6/2019)			753.1	8.1	151.6	26+	24.8	12.6	606.7	932.6+	904.3	3.8	20.4+	\$2.26
% Average for Week (4/1/2019 - 4/6/2019)			188.3%	-	-	-	-	-	112.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Reduc	1 each	28.3	111.4	1	24.3	0	1	1	141.7	50.6	101.2	5.5	-	\$0.39
3 CK12 Strawberries, Diced, 4.5	1 each	127.6	89.7	0	21.9	0	1	2	0	-	0	0.4	-	\$0.33
Main Entrees Totals			201.1	1	46.2	0	2	3	141.7	50.6+	101.2	5.8	-	\$0.72
Daily Totals for 04/08/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

* indicates main item

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Monday - 04/08/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/08/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/08/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			294.5	5.6	61.6	0	5.2	5.4	213.3	94.4+	306.4	2.8	1.3+	\$0.89
Daily Totals for 04/09/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Tuesday - 04/09/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/09/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/09/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.54
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.8	8.5	50	20	12	4	534.6	259.8+	259.9	2.7	-	\$0.93
Daily Totals for 04/10/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Wednesday - 04/10/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/10/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/10/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Str	1 each	43.9	159.8	4	29	0	2	3	149.8	-	249.7	2.7	-	\$0.56
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
Main Entrees Totals			229.8	4	47	0	2	3	154.8	40+	249.7	2.7	-	\$1.08
Daily Totals for 04/11/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Thursday - 04/11/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/11/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/11/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			293.2	5.1	53.3	10+	10.2	4.4	402.6	94.4+	304.9	2.1	1.3+	\$0.96
Daily Totals for 04/12/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Friday - 04/12/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/12/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/12/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-
Daily Average for Week (4/7/2019 - 4/13/2019)			753.1	8.1	151.6	26+	24.8	12.6	606.7	932.6+	904.3	3.8	20.4+	\$2.26
% Average for Week (4/7/2019 - 4/13/2019)			188.3%	-	-	-	-	-	112.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Reduc	1 each	28.3	111.4	1	24.3	0	1	1	141.7	50.6	101.2	5.5	-	\$0.39
3 CK12 Strawberries, Diced, 4.5	1 each	127.6	89.7	0	21.9	0	1	2	0	-	0	0.4	-	\$0.33
Main Entrees Totals			201.1	1	46.2	0	2	3	141.7	50.6+	101.2	5.8	-	\$0.72
Daily Totals for 04/15/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Monday - 04/15/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/15/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/15/2019			684.5	4.2	146.2	20	20.6	11.6	459.1	875.4+	761.2	6.4	19.9+	\$2.06
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171.1%	-	-	-	-	-	85%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			294.5	5.6	61.6	0	5.2	5.4	213.3	94.4+	306.4	2.8	1.3+	\$0.89
Daily Totals for 04/16/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Tuesday - 04/16/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/16/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/16/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.54
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.8	8.5	50	20	12	4	534.6	259.8+	259.9	2.7	-	\$0.93
Daily Totals for 04/17/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Wednesday - 04/17/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/17/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/17/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Str	1 each	43.9	159.8	4	29	0	2	3	149.8	-	249.7	2.7	-	\$0.56
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
Main Entrees Totals			229.8	4	47	0	2	3	154.8	40+	249.7	2.7	-	\$1.08
Daily Totals for 04/18/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Thursday - 04/18/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/18/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/18/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-
Daily Average for Week (4/14/2019 - 4/20/2019)			747.2	8	151.2	25	23.9	12.5	578.4	936+	889.2	4	20.2+	\$2.24
% Average for Week (4/14/2019 - 4/20/2019)			186.8%	-	-	-	-	-	107.1%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			294.5	5.6	61.6	0	5.2	5.4	213.3	94.4+	306.4	2.8	1.3+	\$0.89
Daily Totals for 04/23/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Tuesday - 04/23/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/23/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/23/2019			778	8.8	161.6	20	23.8	14	530.6	919.2+	966.3	3.4	21.2+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.5%	-	-	-	-	-	98.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.54
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.8	8.5	50	20	12	4	534.6	259.8+	259.9	2.7	-	\$0.93
Daily Totals for 04/24/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

* indicates main item

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Wednesday - 04/24/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/24/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/24/2019			813.2	11.7	150	40	30.5	12.6	852	1084.6+	919.8	3.2	19.9+	\$2.27
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	157.8%	-	-	-	-	-

* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Str	1 each	43.9	159.8	4	29	0	2	3	149.8	-	249.7	2.7	-	\$0.56
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
Main Entrees Totals			229.8	4	47	0	2	3	154.8	40+	249.7	2.7	-	\$1.08
Daily Totals for 04/25/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Thursday - 04/25/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/25/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/25/2019			713.2	7.2	147	20	20.5	11.6	472.1	864.8+	909.6	3.2	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			178.3%	-	-	-	-	-	87.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			293.2	5.1	53.3	10+	10.2	4.4	402.6	94.4+	304.9	2.1	1.3+	\$0.96
Daily Totals for 04/26/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-
Daily Average for Week (4/21/2019 - 4/26/2019)			770.3	9	153	27.5+	25.9	12.8	643.6	947+	940.1	3.1	20.5+	\$2.30
% Average for Week (4/21/2019 - 4/26/2019)			192.6%	-	-	-	-	-	119.2%	-	-	-	-	-
Daily Average for Dates: 04/01/2019 - 04/26/2019			523.1	5.7	105.1	18.1+	17.2	8.7	421.4	648.4+	629.3	2.5	14.1+	\$1.57
% for Dates: 04/01/2019 - 04/26/2019			130.8%	-	-	-	-	-	78%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Sides for All Meals

Friday - 04/26/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/26/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/26/2019			776.7	8.3	153.3	30+	28.8	13	719.9	919.2+	964.8	2.6	21.2+	\$2.30
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			194.2%	-	-	-	-	-	133.3%	-	-	-	-	-
Daily Average for Week (4/21/2019 - 4/26/2019)			770.3	9	153	27.5+	25.9	12.8	643.6	947+	940.1	3.1	20.5+	\$2.30
% Average for Week (4/21/2019 - 4/26/2019)			192.6%	-	-	-	-	-	119.2%	-	-	-	-	-
Daily Average for Dates: 04/01/2019 - 04/26/2019			523.1	5.7	105.1	18.1+	17.2	8.7	421.4	648.4+	629.3	2.5	14.1+	\$1.57
% for Dates: 04/01/2019 - 04/26/2019			130.8%	-	-	-	-	-	78%	-	-	-	-	-

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