

Menu Collections - Menu Analysis Report

Report Run: Mar 22, 2018

Date(s) Included: April 9, 2018 - April 27, 2018

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

Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8. SY 2017-2018

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 04/09/2018

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 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
Daily Totals for 04/09/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

* 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 - 04/09/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Sides for All Meals Totals			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/09/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/09/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

* 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			201.4	5.5	38.3	0	3	4	262	45.6+	302.5	4.4	-	\$0.42
Daily Totals for 04/10/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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

Tuesday - 04/10/2018

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 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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/10/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/10/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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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
*3 CK12 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
Daily Totals for 04/11/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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

Wednesday - 04/11/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			258.8	0.4	66.5	0	2	4.7	21	562.5	29.2	1	3.9+	\$0.55

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/11/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/11/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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*2 APL CK12 Smoothie, Blender	8 floz	236.4	166.4	1.4	35	5.7	4.7	0.8	63.8	308.4	163.9	0.3	13.1	\$0.53
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			256.4	3.9	51	5.7	6.7	1.8	163.8	308.4+	263.9	1	13.1+	\$0.58
Daily Totals for 04/12/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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

Thursday - 04/12/2018

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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/12/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/12/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			329.6	7.5	54.9	10+	12	4	489.6	-	399.8	2.5	-	\$0.70
Daily Totals for 04/13/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-

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

Friday - 04/13/2018

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 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
Sides for All Meals Totals			68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/13/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/13/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-
Daily Average for Week (4/9/2018 - 4/14/2018)			734.5	9.3	137.9	30.7+	30.5	7.5	673.3	1528.3+	1100.9	3.3	276.4+	\$1.50
% Average for Week (4/9/2018 - 4/14/2018)			183.6%	-	-	-	-	-	124.7%	-	-	-	-	-

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*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
Daily Totals for 04/16/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

* indicates main item

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

Monday - 04/16/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Sides for All Meals Totals			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/16/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/16/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

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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, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			201.4	5.5	38.3	0	3	4	262	45.6+	302.5	4.4	-	\$0.42
Daily Totals for 04/17/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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

Tuesday - 04/17/2018

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 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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/17/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/17/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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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
*3 CK12 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
Daily Totals for 04/18/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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

Wednesday - 04/18/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			258.8	0.4	66.5	0	2	4.7	21	562.5	29.2	1	3.9+	\$0.55

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/18/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/18/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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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 Smoothie, Blender	8 floz	236.4	166.4	1.4	35	5.7	4.7	0.8	63.8	308.4	163.9	0.3	13.1	\$0.53
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			256.4	3.9	51	5.7	6.7	1.8	163.8	308.4+	263.9	1	13.1+	\$0.58
Daily Totals for 04/19/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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

Thursday - 04/19/2018

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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/19/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/19/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			329.6	7.5	54.9	10+	12	4	489.6	-	399.8	2.5	-	\$0.70
Daily Totals for 04/20/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-

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

Friday - 04/20/2018

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 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
Sides for All Meals Totals			68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/20/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/20/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-
Daily Average for Week (4/15/2018 - 4/21/2018)			734.5	9.3	137.9	30.7+	30.5	7.5	673.3	1528.3+	1100.9	3.3	276.4+	\$1.50
% Average for Week (4/15/2018 - 4/21/2018)			183.6%	-	-	-	-	-	124.7%	-	-	-	-	-

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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 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
Daily Totals for 04/23/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

* indicates main item

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

Monday - 04/23/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Sides for All Meals Totals			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/23/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/23/2018			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			171%	-	-	-	-	-	115.9%	-	-	-	-	-

* 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			201.4	5.5	38.3	0	3	4	262	45.6+	302.5	4.4	-	\$0.42
Daily Totals for 04/24/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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

Tuesday - 04/24/2018

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 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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/24/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/24/2018			690.1	8.3	135	19.6	27.4	8.8	658.2	1589.1+	1170.7	5.8	273.8+	\$1.41
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.5%	-	-	-	-	-	121.9%	-	-	-	-	-

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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
*3 CK12 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
Daily Totals for 04/25/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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

Wednesday - 04/25/2018

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
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Sides for All Meals Totals			258.8	0.4	66.5	0	2	4.7	21	562.5	29.2	1	3.9+	\$0.55

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 04/25/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/25/2018			862	11.3	166.4	19.6	30.7	8.7	641.2	1646.9+	988.2	2.9	273.8+	\$1.64
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			215.5%	-	-	-	-	-	118.7%	-	-	-	-	-

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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 Smoothie, Blender	8 floz	236.4	166.4	1.4	35	5.7	4.7	0.8	63.8	308.4	163.9	0.3	13.1	\$0.53
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
Main Entrees Totals			256.4	3.9	51	5.7	6.7	1.8	163.8	308.4+	263.9	1	13.1+	\$0.58
Daily Totals for 04/26/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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

Thursday - 04/26/2018

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
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
Sides for All Meals Totals			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 04/26/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/26/2018			745.1	6.7	147.7	25.3	31	6.5	560	1852+	1132.1	2.4	286.9+	\$1.57
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			186.3%	-	-	-	-	-	103.7%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			329.6	7.5	54.9	10+	12	4	489.6	-	399.8	2.5	-	\$0.70
Daily Totals for 04/27/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-
Daily Average for Week (4/22/2018 - 4/27/2018)			734.5	9.3	137.9	30.7+	30.5	7.5	673.3	1528.3+	1100.9	3.3	276.4+	\$1.50
% Average for Week (4/22/2018 - 4/27/2018)			183.6%	-	-	-	-	-	124.7%	-	-	-	-	-
Daily Average for Dates: 04/09/2018 - 04/27/2018			579.9	7.4	108.9	24.2+	24.1	5.9	531.6	1206.6+	869.1	2.6	218.2+	\$1.18
% for Dates: 04/09/2018 - 04/27/2018			145%	-	-	-	-	-	98.4%	-	-	-	-	-

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

Friday - 04/27/2018

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 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
Sides for All Meals Totals			68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 04/27/2018

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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/27/2018			691.2	10.1	118	29.6+	35.1	7.1	881.2	1225.1+	1246.7	3.1	273.8+	\$1.51
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172.8%	-	-	-	-	-	163.2%	-	-	-	-	-
Daily Average for Week (4/22/2018 - 4/27/2018)			734.5	9.3	137.9	30.7+	30.5	7.5	673.3	1528.3+	1100.9	3.3	276.4+	\$1.50
% Average for Week (4/22/2018 - 4/27/2018)			183.6%	-	-	-	-	-	124.7%	-	-	-	-	-
Daily Average for Dates: 04/09/2018 - 04/27/2018			579.9	7.4	108.9	24.2+	24.1	5.9	531.6	1206.6+	869.1	2.6	218.2+	\$1.18
% for Dates: 04/09/2018 - 04/27/2018			145%	-	-	-	-	-	98.4%	-	-	-	-	-

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