

# 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, LUNCH, Elementary, K-8, SY 2018-2019

List: All Items

## Lunch - 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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 Broccoli, Florets, Fro	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*1 MM CK12 Quesadilla, Cheddar	1 each	181.4	502.3	28.7	39.2	69.4	21.9	1.3	1210.9	71.4+	357.4	2.1	97.7+	\$0.63
1 MM CK12 Broccoli, Florets, Fro	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
<b>Main Entrees Totals</b>			924.5	50	79.2	94.5	43.7	10.3	1811.5	530.8+	464.7	5.9	198.2+	\$1.49

## Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.18
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.26
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			394.1	3	90.6	0	9.6	15.7	156.1+	939.9+	139.4	2.8	47.5+	\$1.87

## Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02

\* indicates main item

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**Lunch - 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
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/01/2019</b>			1753.6	55.9	248.7	111.2	78.9	26.8	3276.8+	1893.4+	1507	9.1	382+	\$4.37
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			292.3%	-	-	-	-	-	266.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Nachos, Beef (JTM	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.36
2 APL CK12 Beans, Refried, Veg	1/4 cup	60.7	50.8	0.5	8.3	0+	3.2	2.9	264.5	211.5	21.8	1.1	2.2+	\$0.12
1 MM CK12 Salsa, Mild, 2 fl oz (	1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.18
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.14
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
<b>Main Entrees Totals</b>			943.6	34.9	112.2	78.5+	49.7	14.6	2491.5	892.5+	369.9	6.6	238.6+	\$2.19

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.17
2 APL CK12 Pineapple, Fresh, C	1/2 cup	141.7	70.9	0.2	18.6	0	0.8	2	1.4	154.5	18.4	0.4	4.3	\$0.77
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.33
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			436.4	3	102	0	10.3	16.6	107.8+	1082.7+	158.4	3.1	74.5+	\$2.54

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

\* indicates main item

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/02/2019</b>	1815	40.9	293	95.2+	85.6	32	3908.6+	2397.9+	1431.3	10.2	449.5+	\$5.73
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	302.5%	-	-	-	-	-	317.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.71
2 APL CK12 Sausage, Pork, Pat	2 each	56.7	218.8	19.9	1	44.8	8	0	537.1	-	19.9	0.4	-	\$0.37
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
<b>Main Entrees Totals</b>			1149.2	57.8	129.6	241.9	34.9	9.8	2262.5	532.5+	160.8	5.9	-	\$2.17

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Peas, Sugar Snap,	1/4 cup	24.5	10.3	0	1.8	0	0.7	0.6	1	49	10.5	0.5	13.2	\$0.22
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			382	3	86.8	0	10.3	15.4	106.4+	1025.8+	143.5	3.2	97.8+	\$1.93

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/03/2019</b>	1966.2	63.7	295.2	258.6	70.8	26.1	3678.2+	1981.1+	1207.2	9.5	234.2+	\$5.10
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	327.7%	-	-	-	-	-	299%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Hot Dog, Beef (Type)	1 sandwich	117.7	310.4	16.1	28.2	32.1	13.2	2.7	776.1	96.4+	33.5	2.2	-	\$0.74
2 APL CK12 Beans, Baked, Canned	1/2 cup	130	140	0.5	30	0	5	6	370	-	40	1.8	-	\$0.24
3 CK12 Potato, Oven Fries, Crinkle Cut	1/2 cup	56.7	88.1	3	15.2	0	1	1	20.2	-	0	0.4	-	\$0.01
*1 MM CK12 Parfait, Lunch, Yogurt	1 serving(s)	462.9	610.5	9.4	119	5	15.2	8.8+	225.1	439.1+	266.7	3.6+	2.6+	\$1.70
<b>Main Entrees Totals</b>			1149	29	192.4	37.1	34.4	18.5+	1391.4	535.5+	340.2	8+	2.6+	\$2.69

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Broccoli, Florets, Fresh	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.22
2 APL CK12 Pears, Canned, Diced	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.63
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			390.1	3.2	88.5	0	10.5	16.6	126.9+	1101.4+	149.8	2.9	174+	\$2.43

**Lunch - 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	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, Strawberry, Skim, 8oz	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ranch	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Italian	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk Condiment	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.17
<b>Daily Totals for 04/04/2019</b>			2118.6	44	373.9	72.5	71.5	36.4+	3874.1+	2044.7+	1412.7	11.6+	313+	\$6.29

\* indicates main item

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	353.1%	-	-	-	-	-	315%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121	287.9	14	24.9	36.9+	16.3	2.7	651.9	168.9+	333.6	1.7	101.3+	\$0.48
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
<b>Main Entrees Totals</b>			660.4	25.9	78.3	99.8+	31.7	8.7	1052	452.1+	776.9	3.9	545+	\$1.57

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.41
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
<b>Extra Extra Totals</b>			498.3	2.9+	115.3	0+	9.3+	17.3+	210+	1019.2+	227.5	3.2+	644.4+	\$2.38

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00

\* indicates main item

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<b>Daily Totals for 04/05/2019</b>	1593.6	31.7+	272.5	116.5+	66.6+	26.8+	2571.2+	1894+	1907.4	7.5+	1325.8+	\$4.95
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	265.6%	-	-	-	-	-	209%	-	-	-	-	-
<b>Daily Average for Week (4/1/2019 - 4/6/2019)</b>	1849.4	47.2+	296.6	130.8+	74.7+	29.6+	3461.8+	2042.2+	1493.1	9.6+	540.9+	\$5.29
<b>% Average for Week (4/1/2019 - 4/6/2019)</b>	308.2%	-	-	-	-	-	281.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Chicken, Popcorn	12 piece	184.3	425.2	22.3	26.3	60.7	26.3	4	648	-	-	2.2	-	\$1.37
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
2 APL CK12 Sauce, Sweet & So	2 floz	111	144.3	0	34.8	0	0.7	0.6	229.7	133.2	0	0	-	\$1.55
2 APL CK12 Rice, White, ENR P	1/2 cup	228.1	195.1	0.5	42.2	0	3.9	0.9	229.6	92.6	42.4	1.7	0	\$0.10
*1 MM CK12 Quesadilla, Cheddar	1 each	181.4	502.3	28.7	39.2	69.4	21.9	1.3	1210.9	71.4+	357.4	2.1	97.7+	\$0.63
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
<b>Main Entrees Totals</b>			1374.5	57.2	157	130.2	53.9	13	2428	655.3+	465.3+	7	1671.1+	\$4.00

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.18
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.26
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			394.1	3	90.6	0	9.6	15.7	156.1+	939.9+	139.4	2.8	47.5+	\$1.87

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/08/2019</b>	2203.5	63.1	326.4	146.9	89.1	29.5	3893.3+	2017.9+	1507.6+	10.2	1854.9+	\$6.88
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	367.3%	-	-	-	-	-	316.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
3 CK12 Potato, Oven Fries, Crin	1/2 cup	56.7	88.1	3	15.2	0	1	1	20.2	-	0	0.4	-	\$0.01
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.14
3 CK12 Potato, Oven Fries, Crin	1/2 cup	56.7	88.1	3	15.2	0	1	1	20.2	-	0	0.4	-	\$0.01
<b>Main Entrees Totals</b>			853.7	30.9	96.2	65.9	47.4	9.2	1619.9	206.8+	310.6	6.7	204.9+	\$1.70

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.17
2 APL CK12 Pineapple, Fresh, C	1/2 cup	141.7	70.9	0.2	18.6	0	0.8	2	1.4	154.5	18.4	0.4	4.3	\$0.77
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.33
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			436.4	3	102	0	10.3	16.6	107.8+	1082.7+	158.4	3.1	74.5+	\$2.54

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/09/2019</b>			1725.1	36.9	277	82.6	83.3	26.6	3036.9+	1712.2+	1372	10.2	415.8+	\$5.25

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	287.5%	-	-	-	-	-	246.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.20
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	190	6	0	260	-	0	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
<b>Main Entrees Totals</b>			893.5	38.6	120.5	227.1	25.6	9.1	1778.5	532.5+	60.9	5	-	\$1.54

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Peas, Sugar Snap,	1/4 cup	24.5	10.3	0	1.8	0	0.7	0.6	1	49	10.5	0.5	13.2	\$0.22
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			382	3	86.8	0	10.3	15.4	106.4+	1025.8+	143.5	3.2	97.8+	\$1.93

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/10/2019</b>	1710.5	44.5	286.2	243.8	61.5	25.4	3194.1+	1981.1+	1107.3	8.6	234.2+	\$4.47
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	285.1%	-	-	-	-	-	259.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.82
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	610.5	9.4	119	5	15.2	8.8+	225.1	439.1+	266.7	3.6+	2.6+	\$1.70
Retail CK12 Popsicle, Triple Ber	1 each	43.9	50	0.5	11	0	1	1	25	-	20	0	-	\$0.36
<b>Main Entrees Totals</b>			1060.6	22.7	180.1	35+	40	19.8+	1194.4	1168.7+	738.9	7.1+	52.8+	\$3.22

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.22
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.63
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			390.1	3.2	88.5	0	10.5	16.6	126.9+	1101.4+	149.8	2.9	174+	\$2.43

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.17

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<b>Daily Totals for 04/11/2019</b>	2030.2	37.7	361.6	70.4+	77.1	37.7+	3677+	2677.9+	1811.4	10.6+	363.2+	\$6.81
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	338.4%	-	-	-	-	-	298.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
<b>Main Entrees Totals</b>			682.3	22.9	86.4	92.9	38.4	9	779.9	283.2+	943.1	4	443.7+	\$1.61

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.41
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
<b>Extra Extra Totals</b>			498.3	2.9+	115.3	0+	9.3+	17.3+	210+	1019.2+	227.5	3.2+	644.4+	\$2.38

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00

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<b>Daily Totals for 04/12/2019</b>	1615.6	28.7+	280.6	109.6+	73.3+	27.1+	2299.1+	1725.1+	2073.6	7.5+	1224.5+	\$5.00
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	269.3%	-	-	-	-	-	186.9%	-	-	-	-	-
<b>Daily Average for Week (4/7/2019 - 4/13/2019)</b>	1857	42.2+	306.4	130.7+	76.8+	29.3+	3220.1+	2022.8+	1574.4+	9.4+	818.5+	\$5.68
<b>% Average for Week (4/7/2019 - 4/13/2019)</b>	309.5%	-	-	-	-	-	261.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
*1 MM CK12 Quesadilla, Cheddar	1 each	181.4	502.3	28.7	39.2	69.4	21.9	1.3	1210.9	71.4+	357.4	2.1	97.7+	\$0.63
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
<b>Main Entrees Totals</b>			947.7	50.7	84.2	94.5	41.7	12.1	1867.7	505.8+	477.6	6	1671.1+	\$1.49

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.18
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.26
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			394.1	3	90.6	0	9.6	15.7	156.1+	939.9+	139.4	2.8	47.5+	\$1.87

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00

\* indicates main item

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

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<b>Daily Totals for 04/15/2019</b>	1776.7	56.6	253.7	111.2	76.9	28.6	3333+	1868.3+	1519.9	9.2	1854.9+	\$4.36
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	296.1%	-	-	-	-	-	271%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Taco Filling, Beef	3/8 cup	90.7	111.6	4.5	4.5	34.5	12.7	1.8	293.9	-	42.6	1.8	-	\$0.12
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	240	14	28	0	-	2	360	-	20	0.4	-	\$0.45
2 APL CK12 Breadstick, Cinnamon	1 each	30.6	82.4	1.9	15.3	0	2	1.2	65	1.4+	3.3	0.7	0+	\$0.12
1 MM CK12 Lettuce, Romaine, S	1/4 cup	11.7	2	0	0.4	0	0.1	0.2	0.9	29	3.9	0.1	51.2	\$0.05
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	57.3	4.7	0.4	14	3.2	0	92.6	10.8	100.6	0	46.8	\$0.08
1 MM CK12 Salsa, Mild, 2 fl oz (	1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.18
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.14
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
<b>Main Entrees Totals</b>			<b>943.3</b>	<b>37.1</b>	<b>109.5</b>	<b>89.4</b>	<b>47.3+</b>	<b>12.4</b>	<b>2194.2</b>	<b>722.3+</b>	<b>412</b>	<b>6</b>	<b>334.4+</b>	<b>\$2.52</b>

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.17
2 APL CK12 Pineapple, Fresh, C	1/2 cup	141.7	70.9	0.2	18.6	0	0.8	2	1.4	154.5	18.4	0.4	4.3	\$0.77
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.33
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			<b>436.4</b>	<b>3</b>	<b>102</b>	<b>0</b>	<b>10.3</b>	<b>16.6</b>	<b>107.8+</b>	<b>1082.7+</b>	<b>158.4</b>	<b>3.1</b>	<b>74.5+</b>	<b>\$2.54</b>

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02

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**Lunch - 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
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/16/2019</b>			1814.6	43.1	290.4	106.1	83.1+	29.8	3611.3+	2227.7+	1473.3	9.5	545.3+	\$6.06
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			302.4%	-	-	-	-	-	293.6%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.71
2 APL CK12 Sausage, Pork, Pat	1 each	28.3	109.4	9.9	0.5	22.4	4	0	268.6	-	9.9	0.2	-	\$0.19
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
<b>Main Entrees Totals</b>			1039.8	47.8	129.1	219.5	30.9	9.8	1994	532.5+	150.9	5.7	-	\$1.99

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Peas, Sugar Snap,	1/4 cup	24.5	10.3	0	1.8	0	0.7	0.6	1	49	10.5	0.5	13.2	\$0.22
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			382	3	86.8	0	10.3	15.4	106.4+	1025.8+	143.5	3.2	97.8+	\$1.93

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/17/2019</b>	1856.7	53.7	294.7	236.2	66.8	26.1	3409.6+	1981.1+	1197.3	9.3	234.2+	\$4.92
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	309.5%	-	-	-	-	-	277.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Chicken, Tenders (3 piece)	3 piece	96.1	263	15.2	16.2	25.3	15.2	3	394.5	-	40.5	1.8	-	\$0.82
1 MM CK12 Beans, Green, Frozen	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
1 MM CK12 Dinner Roll, WG (Whole Grain)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
*1 MM CK12 Parfait, Lunch, Yogurt	1 serving(s)	462.9	610.5	9.4	119	5	15.2	8.8+	225.1	439.1+	266.7	3.6+	2.6+	\$1.70
<b>Main Entrees Totals</b>			989.3	28.2	154.6	30.3	34	16.3+	766.3	640.2+	369.9	6.6+	19.1+	\$2.81

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Broccoli, Florets, Frozen	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.22
2 APL CK12 Pears, Canned, Diced	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.63
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			390.1	3.2	88.5	0	10.5	16.6	126.9+	1101.4+	149.8	2.9	174+	\$2.43

**Lunch - 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	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, Strawberry, Skim, 8oz	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ranch	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Italian	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk Condiment	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.17
<b>Daily Totals for 04/18/2019</b>			1958.9	43.2	336.1	65.7	71	34.1+	3249+	2149.4+	1442.4	10.2+	329.5+	\$6.41

\* indicates main item

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<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	326.5%	-	-	-	-	-	264.1%	-	-	-	-	-
<b>Daily Average for Week (4/14/2019 - 4/20/2019)</b>	1851.7	49.2	293.7	129.8	74.5+	29.7+	3400.7+	2056.6+	1408.2	9.6+	741+	\$5.44
<b>% Average for Week (4/14/2019 - 4/20/2019)</b>	308.6%	-	-	-	-	-	276.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.14
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
<b>Main Entrees Totals</b>			680.6	27.7	64.6	66	45.8	10.9	1520.3	575.5+	324.1	5.7	305.4+	\$2.01

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.17
2 APL CK12 Pineapple, Fresh, C	1/2 cup	141.7	70.9	0.2	18.6	0	0.8	2	1.4	154.5	18.4	0.4	4.3	\$0.77
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.33
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			436.4	3	102	0	10.3	16.6	107.8+	1082.7+	158.4	3.1	74.5+	\$2.54

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00

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<b>Daily Totals for 04/23/2019</b>	1552	33.6	245.4	82.7	81.7	28.3	2937.4+	2080.9+	1385.4	9.2	516.2+	\$5.56
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	258.7%	-	-	-	-	-	238.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Beef, Sloppy Joe M	3/8 cup	106.3	149.8	6.2	10.3	45.5	13.4	2.1	430.8	-	35.1	2.1	-	\$0.24
2 APL CK12 Bun, Hamburger, W	1 each	56.7	149.1	3.4	25.3	0	5.4	2.2	259.7	90.7	53.9	2.2	0	\$0.13
2 APL CK12 Potato, Oven Fries,	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Potato, Oven Fries,	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
<b>Main Entrees Totals</b>			<b>782.6</b>	<b>33.8</b>	<b>88</b>	<b>75.9</b>	<b>33.1</b>	<b>9.3</b>	<b>1911</b>	<b>471+</b>	<b>149.9</b>	<b>6.7</b>	<b>0+</b>	<b>\$1.33</b>

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
2 APL CK12 Peas, Sugar Snap,	1/4 cup	24.5	10.3	0	1.8	0	0.7	0.6	1	49	10.5	0.5	13.2	\$0.22
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 Banana, Sliced Cinn	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			<b>382</b>	<b>3</b>	<b>86.8</b>	<b>0</b>	<b>10.3</b>	<b>15.4</b>	<b>106.4+</b>	<b>1025.8+</b>	<b>143.5</b>	<b>3.2</b>	<b>97.8+</b>	<b>\$1.93</b>

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			<b>435</b>	<b>2.9</b>	<b>78.8</b>	<b>16.7</b>	<b>25.6</b>	<b>0.8</b>	<b>1309.2</b>	<b>422.7+</b>	<b>903</b>	<b>0.4</b>	<b>136.4+</b>	<b>\$1.00</b>

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<b>Daily Totals for 04/24/2019</b>	1599.6	39.7	253.6	92.6	68.9	25.5	3326.7+	1919.6+	1196.3	10.3	234.2+	\$4.26
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	266.6%	-	-	-	-	-	270.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Breadstick, Pepperoni F	2 each	210	480	18	58	50	22	6	1000	-	300	3.6	-	\$0.81
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	610.5	9.4	119	5	15.2	8.8+	225.1	439.1+	266.7	3.6+	2.6+	\$1.70
<b>Main Entrees Totals</b>			1176.9	30.1	193	55	39.3	16.8+	1226	632.5+	569.3	7.6+	10.9+	\$2.70

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.22
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.63
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
<b>Extra Extra Totals</b>			390.1	3.2	88.5	0	10.5	16.6	126.9+	1101.4+	149.8	2.9	174+	\$2.43

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00
<b>Daily Totals for 04/25/2019</b>			2002	36.2	360.4	71.7	75.4	34.2+	2662.1+	2156.6+	1622.1	11+	321.3+	\$6.13
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	333.7%	-	-	-	-	-	216.4%	-	-	-	-	-
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\* indicates main item

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**Lunch - Main Entrees**

**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
*1 MM CK12 Pizza, Pepperoni (\$	1 slice	121	287.9	14	24.9	36.9+	16.3	2.7	651.9	168.9+	333.6	1.7	101.3+	\$0.48
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
<b>Main Entrees Totals</b>			660.4	25.9	78.3	99.8+	31.7	8.7	1052	452.1+	776.9	3.9	545+	\$1.57

**Lunch - Extra Extra**

**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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.09
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.41
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned,	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
<b>Extra Extra Totals</b>			498.3	2.9+	115.3	0+	9.3+	17.3+	210+	1019.2+	227.5	3.2+	644.4+	\$2.38

**Lunch - 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	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, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.10
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$1.00

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<b>Daily Totals for 04/26/2019</b>	1593.6	31.7+	272.5	116.5+	66.6+	26.8+	2571.2+	1894+	1907.4	7.5+	1325.8+	\$4.95
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	265.6%	-	-	-	-	-	209%	-	-	-	-	-
<b>Daily Average for Week (4/21/2019 - 4/26/2019)</b>	1686.8	35.3+	283	90.9+	73.1+	28.7+	2874.3+	2012.8+	1527.8	9.5+	599.4+	\$5.23
<b>% Average for Week (4/21/2019 - 4/26/2019)</b>	281.1%	-	-	-	-	-	233.7%	-	-	-	-	-
<b>Daily Average for Dates: 04/01/2019 - 04/26/2019</b>	1257.2	30.2+	204.7	84.2+	51.8+	20.3+	2250.4+	1407.8+	1041.6+	6.6+	467.6+	\$3.75
<b>% for Dates: 04/01/2019 - 04/26/2019</b>	209.5%	-	-	-	-	-	183%	-	-	-	-	-

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