

# 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, LUNCH, Elementary, K-8, SY 2017-2018

List: All Items

## Lunch - 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
*3 CK12 Pasta, Beef Ravioli, Car	8 each	241.8	234.6	8.2	32.1	12.1	7.8	3.6	684.4	430.5	29	2.6	33.9	\$0.49
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 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
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 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
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
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
<b>Main Entrees Totals</b>			<b>784.1</b>	<b>29</b>	<b>109.5</b>	<b>42.5</b>	<b>29.7</b>	<b>17.7</b>	<b>1823.7</b>	<b>908.9+</b>	<b>245</b>	<b>7.4</b>	<b>66.7+</b>	<b>\$1.86</b>

## Lunch - Extra Extra

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 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.04
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Pears, Canned, Juic	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			<b>381.7</b>	<b>3</b>	<b>87.3</b>	<b>0</b>	<b>9.3</b>	<b>15.9</b>	<b>142.7</b>	<b>1024.9+</b>	<b>118</b>	<b>3.2</b>	<b>255.9+</b>	<b>\$1.67</b>

## Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01

\* indicates main item

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

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**Lunch - 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 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/09/2018</b>			1552.2	34.7	262.4	62.1	61.7	35	2761	3135.9+	1224.9	11.4	458.7+	\$4.38
<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%	-	-	-	-	-	224.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*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	-	\$0.43
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 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.72
2 APL CK12 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
<b>Main Entrees Totals</b>			892.8	37.5	98.5	74.3	44.6	10.9	1871.4	730.5+	289.2	8.5	44.9+	\$1.47

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.21
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
1 MM CK12 Pineapple, Tidbits, C	1/4 cup	47.1	28.3	0.1	7.3	0	0.2	0.6	0.5	58.4	7.5	0.1	1.4	\$0.10
2 APL CK12 Apple, Golden Delic	1 each	169	96.3	0.3	23	-	0.5	4.1	3.4	169	10.1	0.2	5.1	\$0.30
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			391.1	3.2	87.2	0+	9.5	17.1	118.2	978.8+	118.2	3	240.7+	\$1.58

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/10/2018</b>			1670.2	43.4	251.3	93.9+	76.9	29.4	2784.2	2911.4+	1269.2	12.3	421.7+	\$3.90

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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	278.4%	-	-	-	-	-	226.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*DELETE 4/20 3 CK12 French T	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Sandwich, Turkey (	1 sandwich	121.9	291.5	14.1	23.6	50.8	18.7	1.9	480.9	21.5+	216.3	1.3	93.6+	\$0.80
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	-	\$0.13
<b>Main Entrees Totals</b>			1119.4	50.6	132.7	110.8	40.8	8	1620.9	554.1+	316.5	5.3	93.6+	\$1.94

**Lunch - Extra Extra**

**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 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.18
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 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
2 APL CK12 Apple, Slices, Cann	1/2 cup	107.4	57.1	0.4	14.7	0	0.3	2.6	1.1	94.8	6.2	0.2	2.2	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			433	3.7	100.3	0	9.8	17.7	106.2	1274.3+	105.8	3.1	232.1+	\$1.77

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

\* indicates main item

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<b>Daily Totals for 04/11/2018</b>	1938.8	57	298.6	130.4	73.4	27.2	2521.6	3030.4+	1284.2	9.2	461.7+	\$4.55
<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>	323.1%	-	-	-	-	-	205%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.72
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			1121.2	26.4	182	60.5	47.8	18.6	1530.9	1102+	736.4	10.3	76.2+	\$2.42

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
2 APL CK12 Tomatoes, Cherry,	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.17
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 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 Honeydew, Melon,	1/2 cup	85	30.6	0.1	7.7	0	0.5	0.7	15.3	193.8	5.1	0.1	2.5	\$0.48
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			339.7	3	76.2	0	9.4	13.6	126.3	1093.6+	106.9	3	297.2+	\$1.96

**Lunch - 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, Strawberry, Skim,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim,	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/12/2018</b>			1847.2	32.2	323.8	80.1	79.9	33.6	2451.7	3397.6+	1705.2	14.1	509.4+	\$5.22
<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>			307.9%	-	-	-	-	-	199.3%	-	-	-	-	-

\* indicates main item

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**Lunch - Main Entrees**

**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 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 Sauce, Marinara, Ca	1/2 cup	130.2	65.1	2.1	9.7	2.6	1.8	2.3	569	416.7	33.9	1	40.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
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>			715.9	22.7	93	95.5	39	9	1352.9	574.8+	943.3	4.4	467.6+	\$1.66

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$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 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			385.1	3.1	87.1	0	9.7	15.3	136.3	954.6+	107.2	3.1	240.5+	\$1.82

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/13/2018</b>			1487.4	28.5	245.6	115.1	71.5	25.7	2283.7	2731.5+	1912.5	8.3	844.1+	\$4.32
<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	247.9%	-	-	-	-	-	185.7%	-	-	-	-	-
Daily Average for Week (4/9/2018 - 4/14/2018)	1699.2	39.2	276.3	96.3+	72.7	30.2	2560.4	3041.4+	1479.2	11.1	539.1+	\$4.47
% Average for Week (4/9/2018 - 4/14/2018)	283.2%	-	-	-	-	-	208.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Sandwich, Chicken	1 sandwich	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
*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
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
<b>Main Entrees Totals</b>			963.3	43.7	104.2	55.4	39	12.8	2054.6	521.3+	167.2	6.2	0+	\$1.52

**Lunch - Extra Extra**

**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 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.42
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 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			413.5	3.1	96	0	8.7	19.2	177.5	988+	119.8	3.3	833.5+	\$1.81

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/16/2018</b>			1763.2	49.5	265.8	75	70.4	33.4	3026.7	2711.3+	1148.8	10.3	969.6+	\$4.17
<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	293.9%	-	-	-	-	-	246.1%	-	-	-	-	-
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**Lunch - Main Entrees**

**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 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	-	\$0.34
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+	\$0.11
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	\$0.17
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
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.72
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>			1030.6	43	121.4	86.8+	49	16.3	2398.3	906.8+	387.6	9.4	78.6+	\$1.72

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.21
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 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.45
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			412.3	3.3	96	0	9.6	18.9	118.5	1034.2+	120.3	3.2	237.1+	\$1.89

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

\* indicates main item

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<b>Daily Totals for 04/17/2018</b>	1829.3	49	282.9	106.3+	81.4	36.6	3311.3	3143.1+	1369.7	13.4	451.8+	\$4.45
<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>	304.9%	-	-	-	-	-	269.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.21
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Sandwich, Turkey (	1 sandwich	121.9	291.5	14.1	23.6	50.8	18.7	1.9	480.9	21.5+	216.3	1.3	93.6+	\$0.80
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
<b>Main Entrees Totals</b>			914.8	40.1	110.9	277.5+	30	9.9	1475.8	21.5+	256.3	3.9	93.6+	\$1.67

**Lunch - Extra Extra**

**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 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.24
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Honeydew, Melon,	1/2 cup	85	30.6	0.1	7.7	0	0.5	0.7	15.3	193.8	5.1	0.1	2.5	\$0.48
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			356.7	3	79.7	0	8.7	14.1	124.6	921.6+	92.8	2.7	266+	\$1.90

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

\* indicates main item

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<b>Daily Totals for 04/18/2018</b>	1657.8	45.9	256.3	297.1+	61.4	25.4	2394.9	2145.2+	1211	7.5	495.6+	\$4.42
<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>	276.3%	-	-	-	-	-	194.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
1 MM CK12 Biscuit, WG (GM 10)	1 each	56.7	208.9	9.9	26.9	0	4	2	457.6	-	149.2	1.1	-	\$0.28
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			<b>1106</b>	<b>35.9</b>	<b>161.4</b>	<b>33.8</b>	<b>39.6</b>	<b>16.2</b>	<b>1165.9</b>	<b>1123+</b>	<b>682.6</b>	<b>7.4</b>	<b>854.9+</b>	<b>\$2.33</b>

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.18
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 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
1 MM CK12 Strawberries, Fresh	1/4 cup	44.2	14.2	0.1	3.4	0	0.3	0.9	0.4	67.7	7.1	0.2	0.4	\$0.27
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			<b>334</b>	<b>3.1</b>	<b>74.8</b>	<b>0</b>	<b>8.9</b>	<b>13.9</b>	<b>105.2</b>	<b>911.1+</b>	<b>115.4</b>	<b>3</b>	<b>229.5+</b>	<b>\$1.63</b>

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			<b>386.4</b>	<b>2.7</b>	<b>65.6</b>	<b>19.6</b>	<b>22.7</b>	<b>1.4</b>	<b>794.5</b>	<b>1202.1+</b>	<b>861.9</b>	<b>0.8</b>	<b>136+</b>	<b>\$0.84</b>
<b>Daily Totals for 04/19/2018</b>			<b>1826.3</b>	<b>41.7</b>	<b>301.7</b>	<b>53.4</b>	<b>71.3</b>	<b>31.6</b>	<b>2065.7</b>	<b>3236.1+</b>	<b>1660</b>	<b>11.2</b>	<b>1220.3+</b>	<b>\$4.80</b>
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			<b>600-650</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>≤1230</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	304.4%	-	-	-	-	-	167.9%	-	-	-	-	-
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**Lunch - Main Entrees**

**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
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	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	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
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>			671.9	25.7	79.4	101.3+	31.7	9.1	1063.4	452.1+	782.4	3.7	545+	\$1.61

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.42
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 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			396.8	3	91.7	0	8.5	17.5	178.7	938.3+	118.4	3.5	830.8+	\$1.85

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/20/2018</b>			1455	31.5	236.7	120.9+	62.9	28	2036.6	2592.4+	1762.7	8	1511.8+	\$4.30
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	242.5%	-	-	-	-	-	165.6%	-	-	-	-	-
<b>Daily Average for Week (4/15/2018 - 4/21/2018)</b>	1706.3	43.5	268.7	130.5+	69.5	31	2567	2765.6+	1430.4	10.1	929.8+	\$4.43
<b>% Average for Week (4/15/2018 - 4/21/2018)</b>	284.4%	-	-	-	-	-	208.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Chicken, Nuggets	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.43
2 APL CK12 Cookie, Chocolate	1 each	28.3	104	3.1	18.5	10.4	1.7	1.9	93.7	-	10.3	0.6	-	\$0.11
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
*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
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
2 APL CK12 Cookie, Chocolate	1 each	28.3	104	3.1	18.5	10.4	1.7	1.9	93.7	-	10.3	0.6	-	\$0.11
<b>Main Entrees Totals</b>			896	34	116	76.3	36	11.5	1568	502.9+	146.3	6.1	0+	\$1.58

**Lunch - Extra Extra**

**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 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.42
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			393.2	3.1	90.5	0	9.4	17.1	178.8	1102.9+	124.5	3.8	855.4+	\$1.98

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05

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**Lunch - 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
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
<b>Daily Totals for 04/23/2018</b>			1675.6	39.8	272	95.9	68.1	30	2541.3	2807.9+	1132.7	10.7	991.4+	\$4.40
<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>			279.3%	-	-	-	-	-	206.6%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 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	-	\$0.34
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+	\$0.11
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	\$0.17
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
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.72
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>			1030.6	43	121.4	86.8+	49	16.3	2398.3	906.8+	387.6	9.4	78.6+	\$1.72

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.21
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 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
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	\$0.52
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			353.7	3.1	79.5	0	9.4	15.2	132.2	965+	107.7	2.8	369.4+	\$1.92

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

\* indicates main item

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<b>Daily Totals for 04/24/2018</b>	1770.6	48.8	266.4	106.3+	81.2	32.9	3325	3073.8+	1357.1	13	584.1+	\$4.48
<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>	295.1%	-	-	-	-	-	270.3%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*DELETE 4/20 3 CK12 French T	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Sandwich, Turkey (	1 sandwich	121.9	291.5	14.1	23.6	50.8	18.7	1.9	480.9	21.5+	216.3	1.3	93.6+	\$0.80
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	-	\$0.13
<b>Main Entrees Totals</b>			1089.4	48.6	134.7	270.8	34.8	8	1710.9	554.1+	316.5	5.3	93.6+	\$1.76

**Lunch - Extra Extra**

**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 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.18
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 Banana, Sliced Cini	1/2 cup	41.6	40.2	0.1	10.3	0	0.4	1.1	0.4	145.4	3.1	0.1	1.2	\$0.11
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			366.8	3	81.7	0	8.9	12.9	119.3	975.3+	96.4	2.7	227.4+	\$1.44

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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<b>Daily Totals for 04/25/2018</b>	1842.6	54.3	282	290.4	66.5	22.4	2624.7	2731.4+	1274.8	8.8	457+	\$4.04
<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>	307.1%	-	-	-	-	-	213.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Hot Dog, Turkey (B	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
1 MM CK12 Beans, Baked, Can	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			1025.6	24.1	167.9	65.2	40.1	18.7	1701.6	1439.3+	580.5	7.9	29.8+	\$1.96

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Tomatoes, Cherry, F	1/2 cup	74.5	13.4	0.1	2.9	0	0.7	0.9	3.7	176.6	7.4	0.2	31.3	\$0.35
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Fruit Cocktail, Can	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			381.4	3	87.1	0	9.8	15.3	116.5	1098.2+	108.8	3.2	297.6+	\$2.01

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			517.7	11.7	77.9	37.4	23.8	2	1658.2	1231.3+	874	1.2	140.6+	\$0.93
<b>Daily Totals for 04/26/2018</b>			1924.7	38.8	332.9	102.6	73.7	36.1	3476.4	3768.9+	1563.4	12.3	468+	\$4.91
<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>			320.8%	-	-	-	-	-	282.6%	-	-	-	-	-

\* indicates main item

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**Lunch - Main Entrees**

**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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
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
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
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>			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.88

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.21
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.41
<b>Extra Extra Totals</b>			416.5	2.9+	93.9	0+	8.8+	13.4+	154.4	811.4+	180.5	2.6+	234.2+	\$1.73

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
<b>Milk &amp; Condiments Totals</b>			542.7	12	82.6	38.3	24.3	2.3	2069.5	1231.3+	890.4	1.3	140.6+	\$1.07
<b>Daily Totals for 04/27/2018</b>			1658.1	34.8+	272.2	131.3+	69.6+	27.3+	3545.5	2738.9+	1906.5	8.6+	802+	\$4.68
<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	276.3%	-	-	-	-	-	288.3%	-	-	-	-	-
Daily Average for Week (4/22/2018 - 4/27/2018)	1774.3	43.3+	285.1	145.3+	71.8+	29.7+	3102.6	3024.2+	1446.9	10.7+	660.5+	\$4.50
% Average for Week (4/22/2018 - 4/27/2018)	295.7%	-	-	-	-	-	252.2%	-	-	-	-	-
Daily Average for Dates: 04/09/2018 - 04/27/2018	1363.1	33.2+	218.4	97.9+	56.3+	23.9+	2165.8	2324+	1146.5	8.4+	560.4+	\$3.53
% for Dates: 04/09/2018 - 04/27/2018	227.2%	-	-	-	-	-	176.1%	-	-	-	-	-

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