

# Menu Collections - Menu Analysis Report

Report Run: Dec 17, 2018

Date(s) Included: January 7, 2019 - February 1, 2019

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

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

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 01/07/2019

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 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.25
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			255.3	6.4	40.2	10	9.7	0.9	330.7	72.9+	297.7	1	-	\$0.98
<b>Daily Totals for 01/07/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Monday - 01/07/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 01/07/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/07/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	3.2	4.4	118.3	94.4+	206.4	2.1	1.3+	\$0.68
<b>Daily Totals for 01/08/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Tuesday - 01/08/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 01/08/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/08/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, St	1 each	89.9	220	6	40	0	4	3	130	-	20	0.7	-	\$0.57
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			280	6	54	0	4	3	145	110+	20	0.7	-	\$0.72
<b>Daily Totals for 01/09/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Wednesday - 01/09/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 01/09/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/09/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Ap	1 each	43.9	160	4	30	0	2	3	130	-	200	1.8	-	\$0.60
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			230	4	48	0	2	3	135	40+	200	1.8	-	\$1.12
<b>Daily Totals for 01/10/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Thursday - 01/10/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 01/10/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/10/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.



Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	190	3	38	0	2	3	200	-	99.8	1.8	-	\$0.40
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			272.7	5.5	45.4	10	10	3.4	410	-	302.5	1.8	-	\$0.71
<b>Daily Totals for 01/11/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Friday - 01/11/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 01/11/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/11/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-
<b>Daily Average for Week (1/7/2019 - 1/12/2019)</b>			732	8.2	146.4	24	24.3	11.5	545.1	888.3+	865.2	2	20.1+	\$2.18
<b>% Average for Week (1/7/2019 - 1/12/2019)</b>			183%	-	-	-	-	-	100.9%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.25
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			255.3	6.4	40.2	10	9.7	0.9	330.7	72.9+	297.7	1	-	\$0.98
<b>Daily Totals for 01/14/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Monday - 01/14/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 01/14/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/14/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	3.2	4.4	118.3	94.4+	206.4	2.1	1.3+	\$0.68
<b>Daily Totals for 01/15/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Tuesday - 01/15/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 01/15/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/15/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, St	1 each	89.9	220	6	40	0	4	3	130	-	20	0.7	-	\$0.57
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			280	6	54	0	4	3	145	110+	20	0.7	-	\$0.72
<b>Daily Totals for 01/16/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Wednesday - 01/16/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 01/16/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/16/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.



Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Ap	1 each	43.9	160	4	30	0	2	3	130	-	200	1.8	-	\$0.60
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			230	4	48	0	2	3	135	40+	200	1.8	-	\$1.12
<b>Daily Totals for 01/17/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Thursday - 01/17/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 01/17/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/17/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	190	3	38	0	2	3	200	-	99.8	1.8	-	\$0.40
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			272.7	5.5	45.4	10	10	3.4	410	-	302.5	1.8	-	\$0.71
<b>Daily Totals for 01/18/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Friday - 01/18/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 01/18/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/18/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-
<b>Daily Average for Week (1/13/2019 - 1/19/2019)</b>			732	8.2	146.4	24	24.3	11.5	545.1	888.3+	865.2	2	20.1+	\$2.18
<b>% Average for Week (1/13/2019 - 1/19/2019)</b>			183%	-	-	-	-	-	100.9%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.25
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			255.3	6.4	40.2	10	9.7	0.9	330.7	72.9+	297.7	1	-	\$0.98
<b>Daily Totals for 01/21/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Monday - 01/21/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 01/21/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/21/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	3.2	4.4	118.3	94.4+	206.4	2.1	1.3+	\$0.68
<b>Daily Totals for 01/22/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Tuesday - 01/22/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 01/22/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/22/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.



Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, St	1 each	89.9	220	6	40	0	4	3	130	-	20	0.7	-	\$0.57
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			280	6	54	0	4	3	145	110+	20	0.7	-	\$0.72
<b>Daily Totals for 01/23/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Wednesday - 01/23/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 01/23/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/23/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Ap	1 each	43.9	160	4	30	0	2	3	130	-	200	1.8	-	\$0.60
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			230	4	48	0	2	3	135	40+	200	1.8	-	\$1.12
<b>Daily Totals for 01/24/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Thursday - 01/24/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 01/24/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/24/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	190	3	38	0	2	3	200	-	99.8	1.8	-	\$0.40
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			272.7	5.5	45.4	10	10	3.4	410	-	302.5	1.8	-	\$0.71
<b>Daily Totals for 01/25/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Friday - 01/25/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 01/25/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/25/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-
<b>Daily Average for Week (1/20/2019 - 1/26/2019)</b>			732	8.2	146.4	24	24.3	11.5	545.1	888.3+	865.2	2	20.1+	\$2.18
<b>% Average for Week (1/20/2019 - 1/26/2019)</b>			183%	-	-	-	-	-	100.9%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.25
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			255.3	6.4	40.2	10	9.7	0.9	330.7	72.9+	297.7	1	-	\$0.98
<b>Daily Totals for 01/28/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Monday - 01/28/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 01/28/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/28/2019</b>			738.8	9.6	140.2	30	28.2	9.5	648	897.7+	957.7	1.6	19.9+	\$2.32
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			184.7%	-	-	-	-	-	120%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.



Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	3.2	4.4	118.3	94.4+	206.4	2.1	1.3+	\$0.68
<b>Daily Totals for 01/29/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Tuesday - 01/29/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 01/29/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/29/2019</b>			688	6.3	144.6	20	21.8	13	435.6	919.2+	866.3	2.6	21.2+	\$2.02
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	80.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, St	1 each	89.9	220	6	40	0	4	3	130	-	20	0.7	-	\$0.57
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			280	6	54	0	4	3	145	110+	20	0.7	-	\$0.72
<b>Daily Totals for 01/30/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Wednesday - 01/30/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 01/30/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/30/2019</b>			763.4	9.2	154	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.06
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			190.9%	-	-	-	-	-	85.6%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Nutrigrain, Ap	1 each	43.9	160	4	30	0	2	3	130	-	200	1.8	-	\$0.60
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
<b>Main Entrees Totals</b>			230	4	48	0	2	3	135	40+	200	1.8	-	\$1.12
<b>Daily Totals for 01/31/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Thursday - 01/31/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 01/31/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 01/31/2019</b>			713.4	7.2	148	20	20.5	11.6	452.3	864.8+	859.9	2.3	19.9+	\$2.46
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			178.4%	-	-	-	-	-	83.8%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	190	3	38	0	2	3	200	-	99.8	1.8	-	\$0.40
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			272.7	5.5	45.4	10	10	3.4	410	-	302.5	1.8	-	\$0.71
<b>Daily Totals for 02/01/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-
<b>Daily Average for Week (1/27/2019 - 2/1/2019)</b>			732	8.2	146.4	24	24.3	11.5	545.1	888.3+	865.2	2	20.1+	\$2.18
<b>% Average for Week (1/27/2019 - 2/1/2019)</b>			183%	-	-	-	-	-	100.9%	-	-	-	-	-
<b>Daily Average for Dates: 01/07/2019 - 02/01/2019</b>			563	6.3	112.7	18.5	18.7	8.9	419.3	683.3+	665.6	1.6	15.5+	\$1.68
<b>% for Dates: 01/07/2019 - 02/01/2019</b>			140.8%	-	-	-	-	-	77.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.

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

**Friday - 02/01/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.88

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 02/01/2019**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 02/01/2019</b>			756.1	8.7	145.4	30	28.5	12	727.3	824.8+	962.4	2.4	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			189%	-	-	-	-	-	134.7%	-	-	-	-	-
<b>Daily Average for Week (1/27/2019 - 2/1/2019)</b>			732	8.2	146.4	24	24.3	11.5	545.1	888.3+	865.2	2	20.1+	\$2.18
<b>% Average for Week (1/27/2019 - 2/1/2019)</b>			183%	-	-	-	-	-	100.9%	-	-	-	-	-
<b>Daily Average for Dates: 01/07/2019 - 02/01/2019</b>			563	6.3	112.7	18.5	18.7	8.9	419.3	683.3+	665.6	1.6	15.5+	\$1.68
<b>% for Dates: 01/07/2019 - 02/01/2019</b>			140.8%	-	-	-	-	-	77.7%	-	-	-	-	-

\* indicates main item

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

Copyright © 2018 Compass Group North America. ("CGNA") All Rights Reserved. The contents of this website, including all information viewed, downloaded or printed from this website, are proprietary and confidential to CGNA and may not be copied, used or disclosed without the express written permission of CGNA.

Nutrient values in this report are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications, and other factors may result in nutrient content variations. Due to this inherent variability, data provided in this report should be used in conjunction with other information when planning menus for or treating individuals with medical conditions. This report is for use by Webtrition-trained associates and for internal use.