

# Menu Collections - Menu Analysis Report

Report Run: Oct 18, 2018

Date(s) Included: October 29, 2018 - November 20, 2018

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, 2018-2019 - Main Entrees

Monday - 10/29/2018

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 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.23
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
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>			245.3	6.4	36.2	10	9.7	0.9	340.7	142.9+	297.7	1	-	\$0.61
<b>Daily Totals for 10/29/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

\* indicates main item

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

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

**Monday - 10/29/2018**

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 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	\$0.24
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+	\$0.86

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

**Monday - 10/29/2018**

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	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 10/29/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.68
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	2.2	4.4	108.2	94.4+	206.4	2.1	1.3+	\$1.04
<b>Daily Totals for 10/30/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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

**Tuesday - 10/30/2018**

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 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	\$0.24
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+	\$0.86

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

**Tuesday - 10/30/2018**

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	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 10/30/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.59
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	53	0	4	3	145	110+	20	0.7	-	\$0.75
<b>Daily Totals for 10/31/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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

**Wednesday - 10/31/2018**

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 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	\$0.24
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+	\$0.86

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

**Wednesday - 10/31/2018**

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	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 10/31/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
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
<b>Main Entrees Totals</b>			232.7	6	42.4	0	5	2.5	280	-	2.7	1.1	-	\$0.59
<b>Daily Totals for 11/01/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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

**Thursday - 11/01/2018**

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 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	\$0.24
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+	\$0.86

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

**Thursday - 11/01/2018**

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	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 11/01/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.39
2 APL CK12 Apple, Red Deliciou	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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	401.3	140.7+	307.7	2	3.9+	\$0.81
<b>Daily Totals for 11/02/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-

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

**Friday - 11/02/2018**

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 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	\$0.24
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+	\$0.86

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

**Friday - 11/02/2018**

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	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 11/02/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-
<b>Daily Average for Week (10/29/2018 - 11/3/2018)</b>			737.6	8.6	146.7	24+	24.8	12	572.4	922.4+	826.8	1.9	20.9+	\$2.08
<b>% Average for Week (10/29/2018 - 11/3/2018)</b>			184.4%	-	-	-	-	-	106%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.23
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
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>			245.3	6.4	36.2	10	9.7	0.9	340.7	142.9+	297.7	1	-	\$0.61
<b>Daily Totals for 11/05/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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

**Monday - 11/05/2018**

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 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	\$0.24
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+	\$0.86

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

**Monday - 11/05/2018**

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	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 11/05/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.68
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	2.2	4.4	108.2	94.4+	206.4	2.1	1.3+	\$1.04
<b>Daily Totals for 11/06/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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

**Tuesday - 11/06/2018**

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 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	\$0.24
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+	\$0.86

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

**Tuesday - 11/06/2018**

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	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 11/06/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.59
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	53	0	4	3	145	110+	20	0.7	-	\$0.75
<b>Daily Totals for 11/07/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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

**Wednesday - 11/07/2018**

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 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	\$0.24
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+	\$0.86

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

**Wednesday - 11/07/2018**

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	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 11/07/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
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
<b>Main Entrees Totals</b>			232.7	6	42.4	0	5	2.5	280	-	2.7	1.1	-	\$0.59
<b>Daily Totals for 11/08/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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

**Thursday - 11/08/2018**

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 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	\$0.24
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+	\$0.86

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

**Thursday - 11/08/2018**

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	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 11/08/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.39
2 APL CK12 Apple, Red Deliciou	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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	401.3	140.7+	307.7	2	3.9+	\$0.81
<b>Daily Totals for 11/09/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-

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

**Friday - 11/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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+	\$0.86

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

**Friday - 11/09/2018**

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	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 11/09/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-
<b>Daily Average for Week (11/4/2018 - 11/10/2018)</b>			737.6	8.6	146.7	24+	24.8	12	572.4	922.4+	826.8	1.9	20.9+	\$2.08
<b>% Average for Week (11/4/2018 - 11/10/2018)</b>			184.4%	-	-	-	-	-	106%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.23
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
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>			245.3	6.4	36.2	10	9.7	0.9	340.7	142.9+	297.7	1	-	\$0.61
<b>Daily Totals for 11/12/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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

**Monday - 11/12/2018**

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 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	\$0.24
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+	\$0.86

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

**Monday - 11/12/2018**

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	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 11/12/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.68
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	2.2	4.4	108.2	94.4+	206.4	2.1	1.3+	\$1.04
<b>Daily Totals for 11/13/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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

**Tuesday - 11/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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+	\$0.86

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

**Tuesday - 11/13/2018**

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	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 11/13/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.59
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	53	0	4	3	145	110+	20	0.7	-	\$0.75
<b>Daily Totals for 11/14/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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

**Wednesday - 11/14/2018**

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 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	\$0.24
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+	\$0.86

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

**Wednesday - 11/14/2018**

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	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 11/14/2018</b>			763.4	9.2	153	20	22.5	11.6	462.3	934.8+	679.9	1.3	19.9+	\$2.07
<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%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
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
<b>Main Entrees Totals</b>			232.7	6	42.4	0	5	2.5	280	-	2.7	1.1	-	\$0.59
<b>Daily Totals for 11/15/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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

**Thursday - 11/15/2018**

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 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	\$0.24
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+	\$0.86

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

**Thursday - 11/15/2018**

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	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 11/15/2018</b>			716.1	9.2	142.4	20	23.5	11.1	597.3	824.8+	662.6	1.7	19.9+	\$1.91
<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>			179%	-	-	-	-	-	110.6%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.39
2 APL CK12 Apple, Red Deliciou	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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	401.3	140.7+	307.7	2	3.9+	\$0.81
<b>Daily Totals for 11/16/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-

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

**Friday - 11/16/2018**

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
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	\$0.24
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+	\$0.86

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

**Friday - 11/16/2018**

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	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 11/16/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	718.6	965.5+	967.6	2.5	23.8+	\$2.14
<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>			197.9%	-	-	-	-	-	133.1%	-	-	-	-	-
<b>Daily Average for Week (11/11/2018 - 11/17/2018)</b>			737.6	8.6	146.7	24+	24.8	12	572.4	922.4+	826.8	1.9	20.9+	\$2.08
<b>% Average for Week (11/11/2018 - 11/17/2018)</b>			184.4%	-	-	-	-	-	106%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Crackers, Graham	1 each	28.3	125.3	3.9	21.2	0	1.7	0.9	115.7	32.9	97.7	1	-	\$0.23
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.22
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>			245.3	6.4	36.2	10	9.7	0.9	340.7	142.9+	297.7	1	-	\$0.61
<b>Daily Totals for 11/19/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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

**Monday - 11/19/2018**

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 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	\$0.24
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+	\$0.86

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

**Monday - 11/19/2018**

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	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 11/19/2018</b>			728.8	9.6	136.2	30	28.2	9.5	658	967.7+	957.7	1.6	19.9+	\$1.93
<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>			182.2%	-	-	-	-	-	121.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.68
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	2.2	4.4	108.2	94.4+	206.4	2.1	1.3+	\$1.04
<b>Daily Totals for 11/20/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-
<b>Daily Average for Week (11/18/2018 - 11/20/2018)</b>			708.4	8	140.4	25	24.5	11.3	541.8	943.4+	912	2.1	20.5+	\$2.15
<b>% Average for Week (11/18/2018 - 11/20/2018)</b>			177.1%	-	-	-	-	-	100.3%	-	-	-	-	-
<b>Daily Average for Dates: 10/29/2018 - 11/20/2018</b>			542.6	6.3	107.9	17.8+	18.3	8.8	420.4	683.6+	618.5	1.4	15.4+	\$1.55
<b>% for Dates: 10/29/2018 - 11/20/2018</b>			135.7%	-	-	-	-	-	77.9%	-	-	-	-	-

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

**Tuesday - 11/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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+	\$0.86

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

**Tuesday - 11/20/2018**

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	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 11/20/2018</b>			688	6.3	144.6	20	20.8	13	425.5	919.2+	866.3	2.6	21.2+	\$2.36
<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%	-	-	-	-	-	78.8%	-	-	-	-	-
<b>Daily Average for Week (11/18/2018 - 11/20/2018)</b>			708.4	8	140.4	25	24.5	11.3	541.8	943.4+	912	2.1	20.5+	\$2.15
<b>% Average for Week (11/18/2018 - 11/20/2018)</b>			177.1%	-	-	-	-	-	100.3%	-	-	-	-	-
<b>Daily Average for Dates: 10/29/2018 - 11/20/2018</b>			542.6	6.3	107.9	17.8+	18.3	8.8	420.4	683.6+	618.5	1.4	15.4+	\$1.55
<b>% for Dates: 10/29/2018 - 11/20/2018</b>			135.7%	-	-	-	-	-	77.9%	-	-	-	-	-

\* indicates main item

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