

**Menu Collections - Menu Analysis Report**

**Report Run: Sep 24, 2018**

**Date(s) Included: October 1, 2018 - October 26, 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, 2015-16 - Main Entrees*

**Monday - 10/01/2018**

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 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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>			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
<b>Daily Totals for 10/01/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

\* 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 - 10/01/2018**

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**

**Monday - 10/01/2018**

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 10/01/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
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>Main Entrees Totals</b>			201.3	3.4	45.3	0	2.1	5.7	163	407.1	207.5	3.9	3+	\$0.63
<b>Daily Totals for 10/02/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

\* indicates main item

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

**Tuesday - 10/02/2018**

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**

**Tuesday - 10/02/2018**

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 10/02/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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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 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
<b>Main Entrees Totals</b>			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.80
<b>Daily Totals for 10/03/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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

**Wednesday - 10/03/2018**

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 - 10/03/2018**

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 10/03/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

\* 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
*Yogurt, Strawberry Banana, Dan	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 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>			229.1	2.5	45.8	5.7	5.4	1	177.1	279.5+	213	0.7	-	\$0.44
<b>Daily Totals for 10/04/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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

**Thursday - 10/04/2018**

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 - 10/04/2018**

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 10/04/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.38
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	-	\$0.21
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	390.9	140.7+	307.7	2	3.9+	\$0.79
<b>Daily Totals for 10/05/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-

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

**Friday - 10/05/2018**

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**

**Friday - 10/05/2018**

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 10/05/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-
<b>Daily Average for Week (10/1/2018 - 10/6/2018)</b>			752.6	8.2	152.9	31.1+	24	13	536.7	1040.4+	835.1	2.4	22.1+	\$1.96
<b>% Average for Week (10/1/2018 - 10/6/2018)</b>			188.2%	-	-	-	-	-	99.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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>			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
<b>Daily Totals for 10/08/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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

**Monday - 10/08/2018**

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**

**Monday - 10/08/2018**

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 10/08/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
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>Main Entrees Totals</b>			201.3	3.4	45.3	0	2.1	5.7	163	407.1	207.5	3.9	3+	\$0.63
<b>Daily Totals for 10/09/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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

**Tuesday - 10/09/2018**

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**

**Tuesday - 10/09/2018**

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 10/09/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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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 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
<b>Main Entrees Totals</b>			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.80
<b>Daily Totals for 10/10/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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

**Wednesday - 10/10/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 - 10/10/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/10/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Dan	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 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>			229.1	2.5	45.8	5.7	5.4	1	177.1	279.5+	213	0.7	-	\$0.44
<b>Daily Totals for 10/11/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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

**Thursday - 10/11/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 - 10/11/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/11/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.38
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	-	\$0.21
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	390.9	140.7+	307.7	2	3.9+	\$0.79
<b>Daily Totals for 10/12/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-

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

**Friday - 10/12/2018**

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**

**Friday - 10/12/2018**

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 10/12/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-
<b>Daily Average for Week (10/7/2018 - 10/13/2018)</b>			752.6	8.2	152.9	31.1+	24	13	536.7	1040.4+	835.1	2.4	22.1+	\$1.96
<b>% Average for Week (10/7/2018 - 10/13/2018)</b>			188.2%	-	-	-	-	-	99.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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>			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
<b>Daily Totals for 10/15/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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

**Monday - 10/15/2018**

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**

**Monday - 10/15/2018**

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 10/15/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
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>Main Entrees Totals</b>			201.3	3.4	45.3	0	2.1	5.7	163	407.1	207.5	3.9	3+	\$0.63
<b>Daily Totals for 10/16/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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

**Tuesday - 10/16/2018**

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**

**Tuesday - 10/16/2018**

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 10/16/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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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 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
<b>Main Entrees Totals</b>			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.80
<b>Daily Totals for 10/17/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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

**Wednesday - 10/17/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 - 10/17/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/17/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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>			229.1	2.5	45.8	5.7	5.4	1	177.1	279.5+	213	0.7	-	\$0.44
<b>Daily Totals for 10/18/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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

**Thursday - 10/18/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 - 10/18/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/18/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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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, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.38
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.21
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	390.9	140.7+	307.7	2	3.9+	\$0.79
<b>Daily Totals for 10/19/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-

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

**Friday - 10/19/2018**

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**

**Friday - 10/19/2018**

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 10/19/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-
<b>Daily Average for Week (10/14/2018 - 10/20/2018)</b>			752.6	8.2	152.9	31.1+	24	13	536.7	1040.4+	835.1	2.4	22.1+	\$1.96
<b>% Average for Week (10/14/2018 - 10/20/2018)</b>			188.2%	-	-	-	-	-	99.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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>			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
<b>Daily Totals for 10/22/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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

**Monday - 10/22/2018**

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 - 10/22/2018**

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 10/22/2018</b>			802.5	10.7	158.9	59.8	23.5	11.6	551.7	934.8+	779.8	2.3	19.9+	\$1.86
<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>			200.6%	-	-	-	-	-	102.2%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
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>Main Entrees Totals</b>			201.3	3.4	45.3	0	2.1	5.7	163	407.1	207.5	3.9	3+	\$0.63
<b>Daily Totals for 10/23/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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

**Tuesday - 10/23/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 - 10/23/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/23/2018</b>			684.7	6.6	145.4	20	20.7	14.3	480.3	1231.9+	867.5	4.4	22.9+	\$1.95
<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>			171.2%	-	-	-	-	-	89%	-	-	-	-	-

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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 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
<b>Main Entrees Totals</b>			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.80
<b>Daily Totals for 10/24/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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

**Wednesday - 10/24/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 - 10/24/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/24/2018</b>			771.8	9.4	157.2	20	22.9	14.8	448.6	965.5+	687.8	1.4	23.8+	\$2.12
<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>			193%	-	-	-	-	-	83.1%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Dan	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 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>			229.1	2.5	45.8	5.7	5.4	1	177.1	279.5+	213	0.7	-	\$0.44
<b>Daily Totals for 10/25/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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

**Thursday - 10/25/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 - 10/25/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/25/2018</b>			712.5	5.7	145.8	25.7	23.9	9.6	494.5	1104.3+	872.9	1.3	19.9+	\$1.77
<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>			178.1%	-	-	-	-	-	91.6%	-	-	-	-	-

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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, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.38
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.21
<b>Main Entrees Totals</b>			308	5.2	57.1	10+	10.3	6.1	390.9	140.7+	307.7	2	3.9+	\$0.79
<b>Daily Totals for 10/26/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-
<b>Daily Average for Week (10/21/2018 - 10/26/2018)</b>			752.6	8.2	152.9	31.1+	24	13	536.7	1040.4+	835.1	2.4	22.1+	\$1.96
<b>% Average for Week (10/21/2018 - 10/26/2018)</b>			188.2%	-	-	-	-	-	99.4%	-	-	-	-	-
<b>Daily Average for Dates: 10/01/2018 - 10/26/2018</b>			578.9	6.3	117.6	23.9+	18.4	10	412.8	800.3+	642.4	1.8	17+	\$1.51
<b>% for Dates: 10/01/2018 - 10/26/2018</b>			144.7%	-	-	-	-	-	76.5%	-	-	-	-	-

\* indicates main item

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

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

**Friday - 10/26/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 - 10/26/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 10/26/2018</b>			791.4	8.4	157.1	30+	28.9	14.7	708.3	965.5+	967.6	2.5	23.8+	\$2.12
<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%	-	-	-	-	-	131.2%	-	-	-	-	-
<b>Daily Average for Week (10/21/2018 - 10/26/2018)</b>			752.6	8.2	152.9	31.1+	24	13	536.7	1040.4+	835.1	2.4	22.1+	\$1.96
<b>% Average for Week (10/21/2018 - 10/26/2018)</b>			188.2%	-	-	-	-	-	99.4%	-	-	-	-	-
<b>Daily Average for Dates: 10/01/2018 - 10/26/2018</b>			578.9	6.3	117.6	23.9+	18.4	10	412.8	800.3+	642.4	1.8	17+	\$1.51
<b>% for Dates: 10/01/2018 - 10/26/2018</b>			144.7%	-	-	-	-	-	76.5%	-	-	-	-	-

\* indicates main item

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