

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

List: All Items

Lunch - 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
*1 MM CK12 Sandwich, Toasted	1 sandwich	127.4	430.7	29	29.1	58.1	15.8	2.8	1102.4	202.6	531.6+	1.8+	146.4+	\$0.61
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*1 MM CK12 Burger, Cheesebur	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
Main Entrees Totals			826.1	47.7	66.5	107.3	40.9	10.3	1922.4	695.3+	806.1+	6.8+	291.8+	\$1.71

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.08
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.19
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			380	3	86.9	0	9.5	15.5	132.1+	964.3+	149.4	2.7	49+	\$1.78

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07

* indicates main item

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

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Lunch - 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
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/07/2019			1641.1	53.6	232.2	123.9	76	26.6	3363.7+	2082.3+	1858.4+	10+	477.2+	\$4.44
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			273.5%	-	-	-	-	-	273.5%	-	-	-	-	-

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Lunch - Main Entrees

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 Nachos, Beef (JTM)	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.36
2 APL CK12 Beans, Refried, Veg	1/4 cup	60.7	50.8	0.5	8.3	0+	3.2	2.9	264.5	211.5	21.8	1.1	2.2+	\$0.12
1 MM CK12 Salsa, Mild, 2 fl oz (1/4 cup)	1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.17
*2 APL CK12 Sandwich, Cheese	1 sandwich	124.1	398.4	23	30	56.7	18.2	3.8	1253	237.4+	695.6	1.9	179.7+	\$0.49
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			997.1	48.7	101.6	94.3+	41.9	14.5	2824	820.4+	846	6.3	205.1+	\$1.33

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.12
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.91
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			397.6	3.1	91.1	0	10.1	15.4	137.6+	1081.7+	137.9	2.8	167.2+	\$2.65

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96

* indicates main item

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Daily Totals for 01/08/2019	1829.7	54.8	271.6	111+	77.6	30.7	4270.7+	2324.8+	1886.8	9.6	508.7+	\$4.93
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	304.9%	-	-	-	-	-	347.2%	-	-	-	-	-

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Lunch - Main Entrees

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 French Toast, Stick	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.69
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	190	6	0	260	-	0	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
Main Entrees Totals			1040.2	46.8	122.5	381.8	37.1	9.3	1686.5	532.5+	105.1	6.9	-	\$1.75

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Tomatoes, Grape, F	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.26
2 APL CK12 Oranges, Mandarin	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.37
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			385	3.4	87.4	0	9.9	16.4	107.7+	990.8+	140.2	2.8	100.8+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/09/2019	1860.2	53.1	288.7	398.5	72.6	26.5	3103.5+	1946+	1148.3	10.1	237.1+	\$5.00
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	310%	-	-	-	-	-	252.3%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.71
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
3 CK12 Potato, Oven Fries, Crin	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	32.7	262	0	0.5	-	\$0.14
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.44
Main Entrees Totals			1026	27.5	167	41.8	35.3	15.2	1148.5	1273.9+	545	6.6	29.8+	\$2.39

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Broccoli, Florets, Fres	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.29
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Banana, Sliced Cinn	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			395.8	3.1	90.5	0	10.2	16.8	114.4+	1003.9+	145.3	2.9	39.8+	\$2.02

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.13
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.12
Daily Totals for 01/10/2019			2001.3	42.5	350.4	77.2	72	33.3	3618.7+	2685.7+	1613	10.1	206+	\$5.53

* indicates main item

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	333.6%	-	-	-	-	-	294.2%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.78
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			797.3	30.1	100.5	88	36	13.4	1147.2	489.6+	527.4	5.8	1213.9+	\$1.69

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.46
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Grapes, Fresh, Red	1/2 cup	77.7	53.6	0.1	14.1	0	0.6	0.7	1.6	148.4	7.8	0.3	2.3	\$0.28
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			435.2	3	100.4	0	9.6	17.2	173.7+	1044.9+	151.9	3.3	636.5+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96

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Daily Totals for 01/11/2019	1667.4	36	279.7	104.7	71.1	31.5	2630.1+	1957.2+	1582.3	9.4	1986.8+	\$4.95
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	277.9%	-	-	-	-	-	213.8%	-	-	-	-	-
Daily Average for Week (1/7/2019 - 1/12/2019)	1800	48	284.5	163.1+	73.8	29.7	3397.4+	2199.2+	1617.8+	9.8+	683.2+	\$4.97
% Average for Week (1/7/2019 - 1/12/2019)	300%	-	-	-	-	-	276.2%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.82
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
*1 MM CK12 Burger, Cheesebur	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
Main Entrees Totals			776.5	29.7	87.8	79.2+	45.4	17.2	1793.8	1005.6+	713.4	8.1	1618.3+	\$2.10

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.08
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.19
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			380	3	86.9	0	9.5	15.5	132.1+	964.3+	149.4	2.7	49+	\$1.78

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96

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Daily Totals for 01/14/2019	1591.5	35.6	253.5	95.9+	80.5	33.6	3235.1+	2392.7+	1765.7	11.3	1803.7+	\$4.83
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	265.3%	-	-	-	-	-	263%	-	-	-	-	-

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Lunch - Main Entrees

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 Bowl, Mashed Potatoes	1 serving(s)	243.6	362.3	15.4	36.1	24.7	18.9	3.6	420.4	328.7+	78.8	2.3	7.8+	\$0.56
1 MM CK12 Dinner Roll, WG White	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 Corn, Frozen, Seasoned	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
1 MM CK12 Cheese, Cheddar, Shredded	2 ounce	56.7	229.1	18.9	1.8	56.1	13	0	370.2	43.1	402.6	0.1	187.1	\$0.34
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
*2 APL CK12 Sandwich, Cheese, Ham	1 sandwich	124.1	398.4	23	30	56.7	18.2	3.8	1253	237.4+	695.6	1.9	179.7+	\$0.49
1 MM CK12 Corn, Frozen, Seasoned	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			1254.6	64.3	117.7	137.6	56.8	13.5	2312.4	1072.5+	1218.6	6	391.2+	\$1.89

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, Unpeeled	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.12
2 APL CK12 Applesauce, Rosy, Unsweetened	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.91
2 APL CK12 Orange, Wedges, 1/2	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			397.6	3.1	91.1	0	10.1	15.4	137.6+	1081.7+	137.9	2.8	167.2+	\$2.65

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8oz	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/15/2019			2087.1	70.3	287.7	154.3	92.5	29.7	3759.2+	2576.9+	2259.4	9.3	694.8+	\$5.49
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			347.9%	-	-	-	-	-	305.6%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.20
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.51
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
Main Entrees Totals			1017.8	44.7	124.8	91.7	38.2	10.7	1525.5	608.7+	94.8	6.3	0+	\$1.63

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Tomatoes, Grape, F	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.26
2 APL CK12 Oranges, Mandarin	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.37
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			385	3.4	87.4	0	9.9	16.4	107.7+	990.8+	140.2	2.8	100.8+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/16/2019			1837.8	51.1	291	108.4	73.6	28	2942.5+	2022.2+	1137.9	9.5	237.1+	\$4.89
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			306.3%	-	-	-	-	-	239.2%	-	-	-	-	-

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Lunch - Main Entrees

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 Pasta, Rotini, ENR	1/2 cup	27.2	101	0.4	20.3	0	3.5	0.9	1.6	60.7	5.7	0.9	0	\$0.06
2 APL CK12 Sauce, Italian Meat	1/2 cup	133.2	191.8	12.8	5.5	42.8	13.3	1.8	455	205+	38.8	1.9	19.9+	\$0.52
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.44
Main Entrees Totals			938.2	26.4	141.8	54.1	37.8	13.6	753.2	1393.1+	525.3	7	99.9+	\$2.20

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.29
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			395.8	3.1	90.5	0	10.2	16.8	114.4+	1003.9+	145.3	2.9	39.8+	\$2.02

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.13
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.12
Daily Totals for 01/17/2019			1913.5	41.3	325.2	89.5	74.6	31.7	3223.3+	2804.9+	1593.3	10.5	276.1+	\$5.34

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	318.9%	-	-	-	-	-	262.1%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.53
2 APL CK12 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.12
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.78
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			855.1	31.2	106.7	88	37	10.1	1307.9	510.9+	504.1	6.2	427.2+	\$1.55

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.46
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Grapes, Fresh, Red	1/2 cup	77.7	53.6	0.1	14.1	0	0.6	0.7	1.6	148.4	7.8	0.3	2.3	\$0.28
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			435.2	3	100.4	0	9.6	17.2	173.7+	1044.9+	151.9	3.3	636.5+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/18/2019			1725.3	37.2	285.9	104.6	72.1	28.1	2790.8+	1978.5+	1559	9.8	1200.1+	\$4.80

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	287.5%	-	-	-	-	-	226.9%	-	-	-	-	-
Daily Average for Week (1/13/2019 - 1/19/2019)	1831.1	47.1	288.7	110.5+	78.7	30.2	3190.2+	2355+	1663.1	10.1	842.4+	\$5.07
% Average for Week (1/13/2019 - 1/19/2019)	305.2%	-	-	-	-	-	259.4%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.49
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*1 MM CK12 Burger, Cheesebur	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
Main Entrees Totals			683.2	32.2	62.2	87.6+	40.6	11	1426.7	528.3+	627.7	6.7	179.1+	\$1.61

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.08
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.19
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			380	3	86.9	0	9.5	15.5	132.1+	964.3+	149.4	2.7	49+	\$1.78

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/21/2019			1498.2	38.2	227.9	104.3+	75.7	27.3	2868+	1915.4+	1680	9.9	364.5+	\$4.34

* indicates main item

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	249.7%	-	-	-	-	-	233.2%	-	-	-	-	-

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Lunch - Main Entrees

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 Taco Filling, Beef	3/8 cup	90.7	111.6	4.5	4.5	34.5	12.7	1.8	293.9	-	42.6	1.8	-	\$0.12
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	240	14	28	0	-	2	360	-	20	0.4	-	\$0.46
2 APL CK12 Breadstick, Cinnamon	1 each	30.6	82.4	1.9	15.3	0	2	1.2	65	1.4+	3.3	0.7	0+	\$0.12
1 MM CK12 Lettuce, Romaine, S	1/4 cup	11.7	2	0	0.4	0	0.1	0.2	0.9	29	3.9	0.1	51.2	\$0.08
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	57.3	4.7	0.4	14	3.2	0	92.6	10.8	100.6	0	46.8	\$0.08
1 MM CK12 Salsa, Mild, 2 fl oz (1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.17
*2 APL CK12 Sandwich, Cheese	1 sandwich	124.1	398.4	23	30	56.7	18.2	3.8	1253	237.4+	695.6	1.9	179.7+	\$0.49
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
Main Entrees Totals			964.1	51	90.2	105.2	37.9+	13.4	2580.7	635.8+	918.1	5.8	1079.4+	\$1.70

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.12
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.91
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			397.6	3.1	91.1	0	10.1	15.4	137.6+	1081.7+	137.9	2.8	167.2+	\$2.65

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07

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Lunch - 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
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/22/2019			1796.7	57.1	260.2	121.9	73.5+	29.6	4027.5+	2140.2+	1959	9	1383+	\$5.31
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			299.4%	-	-	-	-	-	327.4%	-	-	-	-	-

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Lunch - Main Entrees

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 French Toast, Stick	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.69
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	190	6	0	260	-	0	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Dinner Roll, WG (R	2 each	70.9	160	3	28	0	6	4	140	-	0	2.2	-	\$0.23
Main Entrees Totals			1200.2	49.8	150.5	381.8	43.1	13.3	1826.5	532.5+	105.1	9	-	\$1.97

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Tomatoes, Grape, F	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.26
2 APL CK12 Oranges, Mandarin	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.37
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			385	3.4	87.4	0	9.9	16.4	107.7+	990.8+	140.2	2.8	100.8+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/23/2019			2020.2	56.1	316.7	398.5	78.6	30.5	3243.5+	1946+	1148.3	12.2	237.1+	\$5.23
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			336.7%	-	-	-	-	-	263.7%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Burger, Cheesebur	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
2 APL CK12 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.12
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.44
Main Entrees Totals			1019	27.8	156.3	60.5	42.7	13.2	1285.2	1307.2+	676.5	8.4	74.8+	\$2.30

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.29
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			395.8	3.1	90.5	0	10.2	16.8	114.4+	1003.9+	145.3	2.9	39.8+	\$2.02

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.13
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.12
Daily Totals for 01/24/2019			1994.3	42.7	339.7	95.9	79.4	31.3	3755.4+	2719+	1744.5	11.9	251+	\$5.45
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	332.4%	-	-	-	-	-	305.3%	-	-	-	-	-
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* indicates main item

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Lunch - Main Entrees

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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Beans, Green, Frozen	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
1 MM CK12 Potato, Mashed, Instant	1/2 cup	146	95	0	20.4	0	2.7	1.4	24	326.9	17.2	0.3	0+	\$0.11
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
1 MM CK12 Dinner Roll, WG (Whole Grain)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
*2 APL CK12 Fun Lunch: Muffin, Raisin	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.78
2 APL CK12 Carrots, Fresh, Baby	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			822.9	28.5	107.9	88	36.9	12	1092.4	686.5+	521.9	5.6	443.7+	\$1.74

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Carrots, Fresh, Baby	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.46
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Grapes, Fresh, Red	1/2 cup	77.7	53.6	0.1	14.1	0	0.6	0.7	1.6	148.4	7.8	0.3	2.3	\$0.28
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			435.2	3	100.4	0	9.6	17.2	173.7+	1044.9+	151.9	3.3	636.5+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8oz	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/25/2019			1693	34.4	287.1	104.7	72	30	2575.4+	2154.1+	1576.8	9.3	1216.6+	\$5.00
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			282.2%	-	-	-	-	-	209.4%	-	-	-	-	-
Daily Average for Week (1/20/2019 - 1/26/2019)			1800.5	45.7	286.3	165.1+	75.8+	29.7	3294+	2174.9+	1621.7	10.5	690.4+	\$5.06
% Average for Week (1/20/2019 - 1/26/2019)			300.1%	-	-	-	-	-	267.8%	-	-	-	-	-

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Lunch - Main Entrees

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
*DS CK12 Hazel Park Pretzel, R	1 each	28.3	70	0.5	14	0	2	1	65	-	0	0.7	-	\$0.13
*DS CK12 Hazel Park Pretzel, R	1 each	28.3	70	0.5	14	0	2	1	65	-	0	0.7	-	\$0.13
*DS CK12 Hazel Park Pretzel, R	1 each	28.3	70	0.5	14	0	2	1	65	-	0	0.7	-	\$0.13
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*2 APL CK12 Burger, Cheesebut	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			885.4	31.3	114.6	87.1	42.8	10.1	1765.3	496.3+	618.9	26	61.5+	\$1.83

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.08
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.19
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			380	3	86.9	0	9.5	15.5	132.1+	964.3+	149.4	2.7	49+	\$1.78

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/28/2019			1700.4	37.2	280.3	103.8	77.9	26.5	3206.6+	1883.4+	1671.2	29.2	246.9+	\$4.56
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			283.4%	-	-	-	-	-	260.7%	-	-	-	-	-

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Lunch - Main Entrees

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 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
1 MM CK12 Dinner Roll, WG (Ri	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.11
*2 APL CK12 Sandwich, Cheese	1 sandwich	124.1	398.4	23	30	56.7	18.2	3.8	1253	237.4+	695.6	1.9	179.7+	\$0.49
2 APL CK12 Carrots, Frozen, Se	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.19
Main Entrees Totals			843.7	44.7	74.2	79.1	38	14.2	1813.7	595.6+	805.8	6	1753.1+	\$1.40

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.12
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
2 APL CK12 Cantaloupe, Cubes	1/2 cup	80	27.2	0.2	6.5	0	0.7	0.7	12.8	213.6	7.2	0.2	135.2	\$0.91
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			397.6	3.1	91.1	0	10.1	15.4	137.6+	1081.7+	137.9	2.8	167.2+	\$2.65

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96

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Daily Totals for 01/29/2019	1676.2	50.7	244.1	95.8	73.7	30.4	3260.5+	2100+	1846.7	9.3	2056.7+	\$5.00
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	279.4%	-	-	-	-	-	265.1%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.20
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.51
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
Main Entrees Totals			1017.8	44.7	124.8	91.7	38.2	10.7	1525.5	608.7+	94.8	6.3	0+	\$1.63

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Tomatoes, Grape, F	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.26
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.37
1 MM CK12 Blueberries, Frozen,	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			385	3.4	87.4	0	9.9	16.4	107.7+	990.8+	140.2	2.8	100.8+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05

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Lunch - 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
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96
Daily Totals for 01/30/2019			1837.8	51.1	291	108.4	73.6	28	2942.5+	2022.2+	1137.9	9.5	237.1+	\$4.89
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			306.3%	-	-	-	-	-	239.2%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.82
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.18
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.44
Main Entrees Totals			1003.4	23.5	161.4	41.3+	43.2	18.8	1214.1	1665.4+	906.7	7.2	80.1+	\$2.60

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.29
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
2 APL CK12 Banana, Sliced Cinn	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
2 APL CK12 Orange, Wedges, 1/4	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			395.8	3.1	90.5	0	10.2	16.8	114.4+	1003.9+	145.3	2.9	39.8+	\$2.02

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.13
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.12
Daily Totals for 01/31/2019			1978.7	38.5	344.9	76.7+	80	36.9	3684.3+	3077.2+	1974.7	10.7	256.2+	\$5.75

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	329.8%	-	-	-	-	-	299.5%	-	-	-	-	-

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Lunch - Main Entrees

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 Chicken, Drumstick	1 each	125.4	191.9	11.2	5	50	16	1	450	0+	20	1.1	-	\$0.82
2 APL CK12 Beans, Baked, Can	1/2 cup	130	140	0.5	30	0	5	6	370	-	40	1.8	-	\$0.24
1 MM CK12 Biscuit, WG (GM 10)	1 each	56.7	208.9	9.9	26.9	0	4	2	457.6	-	149.2	1.1	-	\$0.28
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198.4	311.4	9.5	43.7	63	13.9	2	355.1	23.8+	392.1	1.1	36+	\$0.78
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			872	31.2	110.2	113	39.2	12.6	1676.9	158.2+	619.5	5.6	427.2+	\$2.25

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.46
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Grapes, Fresh, Red	1/2 cup	77.7	53.6	0.1	14.1	0	0.6	0.7	1.6	148.4	7.8	0.3	2.3	\$0.28
2 APL CK12 Orange, Wedges, 1	4 wedge	97.4	45.8	0.1	11.4	0	0.9	2.3	0	176.3	39	0.1	10.7	\$0.41
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.40
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			435.2	3	100.4	0	9.6	17.2	173.7+	1044.9+	151.9	3.3	636.5+	\$2.30

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	422.7+	903	0.4	136.4+	\$0.96

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Daily Totals for 02/01/2019	1742.2	37.2	289.4	129.6	74.4	30.7	3159.8+	1625.8+	1674.3	9.3	1200.1+	\$5.50
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	290.4%	-	-	-	-	-	256.9%	-	-	-	-	-
Daily Average for Week (1/27/2019 - 2/1/2019)	1787.1	42.9	289.9	102.9+	75.9	30.5	3250.7+	2141.7+	1661	13.6	799.4+	\$5.14
% Average for Week (1/27/2019 - 2/1/2019)	297.8%	-	-	-	-	-	264.3%	-	-	-	-	-
Daily Average for Dates: 01/07/2019 - 02/01/2019	1388.2	35.3	221.1	104.1+	58.5+	23.1	2525.4+	1705.9+	1262.2+	8.5+	579.9+	\$3.89
% for Dates: 01/07/2019 - 02/01/2019	231.4%	-	-	-	-	-	205.3%	-	-	-	-	-

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