

**Menu Collections - Menu Analysis Report**

**Report Run: Oct 18, 2018**

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

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

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

**List: All Items**

**Lunch - Main Entrees**

**Monday - 10/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.40
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 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 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
<b>Main Entrees Totals</b>			<b>932.9</b>	<b>38</b>	<b>106.9</b>	<b>74.3</b>	<b>45.8</b>	<b>12.5</b>	<b>1957.3</b>	<b>785.7+</b>	<b>306.4</b>	<b>8.7</b>	<b>44.9+</b>	<b>\$1.58</b>

**Lunch - Extra Extra**

**Monday - 10/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.04
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
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 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
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, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.41
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
<b>Extra Extra Totals</b>			<b>405.4</b>	<b>3.2</b>	<b>93.7</b>	<b>0</b>	<b>9.2</b>	<b>17</b>	<b>137.1</b>	<b>1044.8</b>	<b>126.9</b>	<b>3.1</b>	<b>247.2</b>	<b>\$1.60</b>

**Lunch - Milk & Condiments**

**Monday - 10/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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

\* indicates main item

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

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**Lunch - Milk & Condiments**

**Monday - 10/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 10/29/2018</b>			1773.3	44.1	279.5	90.9	80.5	30.3	3403.7	2238.4+	1336.3	12.2	428.5+	\$4.34
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			295.5%	-	-	-	-	-	276.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**Tuesday - 10/30/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Potato, Oven Fries,	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
*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 Potato, Oven Fries,	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
<b>Main Entrees Totals</b>			956.6	48.5	96.7	87.1	34.9	11	2619.4	693.9+	786.1	5	179.7+	\$1.54

**Lunch - Extra Extra**

**Tuesday - 10/30/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.15
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 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	\$0.72
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			404	3.4	93.5	0	9.4	16.9	120.1	1160.7	116.8	3.2	365.4	\$2.32

**Lunch - Milk & Condiments**

**Tuesday - 10/30/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

\* indicates main item

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<b>Daily Totals for 10/30/2018</b>	1795.5	54.8	269.1	103.8	69.8	28.7	4048.8	2262.5+	1805.9	8.6	681.5+	\$5.03
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	299.3%	-	-	-	-	-	329.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**Wednesday - 10/31/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stick	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
2 APL CK12 Sausage, Turkey, Link	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
2 APL CK12 Potato, Tater Tots (Fried)	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, 100%	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (Fried)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.40
2 APL CK12 Potato, Tater Tots (Fried)	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
<b>Main Entrees Totals</b>			1070.2	48.8	120.5	251.8	43.1	9.3	1586.5	532.5+	145.1	6.9	-	\$1.89

**Lunch - Extra Extra**

**Wednesday - 10/31/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bunch	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cauliflower, Florets, Steamed	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$1.25
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
2 APL CK12 Fruit, Tropical, Canned	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.32
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
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	\$0.41
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
<b>Extra Extra Totals</b>			448.6	3.3	104.2	0	11	18.2	139.2	1317.5	138.8	3.6	321.2	\$3.14

**Lunch - Milk & Condiments**

**Wednesday - 10/31/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk Condiment	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27

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<b>Milk &amp; Condiments Totals</b>	435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 10/31/2018</b>	1953.8	55	303.6	268.5	79.7	28.3	3035	2257.8+	1186.8	10.9	457.5+	\$6.20
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	325.6%	-	-	-	-	-	246.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**Thursday - 11/01/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.42
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	\$0.20
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
*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	\$1.43
<b>Main Entrees Totals</b>			1123.7	38.1	161.1	33.8	39.6	16.1	1163.3	1114.9+	681.2	7.4	816.5+	\$2.33

**Lunch - Extra Extra**

**Thursday - 11/01/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Broccoli, Florets, 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	\$0.15
2 APL CK12 Pears, Canned, 1/2	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.33
2 APL CK12 Cranberries, Dried,	1/4 cup	36.2	111.6	0.4	30	0	0.1	1.9	1.8	17.8	3.3	0.1	0.7	\$0.28
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
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	\$0.41
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
<b>Extra Extra Totals</b>			500	3.7	118.9	0	9.6	19.3	121	986	123.4	3.3	237.7	\$1.97

**Lunch - Milk & Condiments**

**Thursday - 11/01/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
<b>Daily Totals for 11/01/2018</b>			2203.1	53.6	372.9	69.2	75.7	36.6	3640	2508.7+	1727.4	11.3	1190.6+	\$5.66

\* 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	367.2%	-	-	-	-	-	295.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**Friday - 11/02/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	65.1	2.1	9.7	2.6	1.8	2.3	569	416.7	33.9	1	40.4	\$0.19
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.78
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
<b>Main Entrees Totals</b>			757.2	25	98	95.5	40.2	11.3	1353.7	699.8+	976.4	4.9	484+	\$1.81

**Lunch - Extra Extra**

**Friday - 11/02/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.48
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			496.8	3.5	116.2	0	9.8	20.6	178.2	1338.6+	126.8	3.6	835.4+	\$2.16

**Lunch - Milk & Condiments**

**Friday - 11/02/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

\* indicates main item

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<b>Daily Totals for 11/02/2018</b>	1689	31.4	293.1	112.2	75.5	32.8	2841.2	2446.2+	2006.1	9	1455.8+	\$5.13
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	281.5%	-	-	-	-	-	231%	-	-	-	-	-
<b>Daily Average for Week (10/29/2018 - 11/3/2018)</b>	1882.9	47.8	303.6	128.9	76.3	31.3	3393.7	2342.7+	1612.5	10.4	842.8+	\$5.27
<b>% Average for Week (10/29/2018 - 11/3/2018)</b>	313.8%	-	-	-	-	-	275.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**Monday - 11/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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+	\$0.54
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.22
*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
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.22
<b>Main Entrees Totals</b>			996.4	44.4	102	74.2	47.6	12.4	2061.1	609.8+	315.9	8.2	44.9+	\$1.72

**Lunch - Extra Extra**

**Monday - 11/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.04
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
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 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
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, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.41
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
<b>Extra Extra Totals</b>			405.4	3.2	93.7	0	9.2	17	137.1	1044.8	126.9	3.1	247.2	\$1.60

**Lunch - Milk & Condiments**

**Monday - 11/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/05/2018</b>			1836.8	50.6	274.6	90.9	82.3	30.2	3507.5	2062.5+	1345.8	11.7	428.5+	\$4.49

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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	306.1%	-	-	-	-	-	285.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**Tuesday - 11/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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 (J)	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
<b>Main Entrees Totals</b>			997.1	48.7	101.6	94.3+	41.9	14.5	2824	820.4+	846	6.3	205.1+	\$1.32

**Lunch - Extra Extra**

**Tuesday - 11/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.15
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 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	\$0.72
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			404	3.4	93.5	0	9.4	16.9	120.1	1160.7	116.8	3.2	365.4	\$2.32

**Lunch - Milk & Condiments**

**Tuesday - 11/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

\* indicates main item

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<b>Daily Totals for 11/06/2018</b>	1836.1	55	274	111+	76.8	32.2	4253.3	2389+	1865.8	9.9	706.9+	\$4.82
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	306%	-	-	-	-	-	345.8%	-	-	-	-	-

\* indicates main item

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**Lunch - Main Entrees**

**Wednesday - 11/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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, Baked, Canr	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.26
*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	-	\$0.40
1 MM CK12 Beans, Baked, Canr	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.26
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			928.1	34.2	111.3	92.7	54.4	22.3	2404.7	999.9+	416.4	11.5	44.9+	\$1.75

**Lunch - Extra Extra**

**Wednesday - 11/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$1.25
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
2 APL CK12 Fruit, Tropical, Canr	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.32
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
1 MM CK12 Fruit, Assorted, Canr	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	\$0.41
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
<b>Extra Extra Totals</b>			448.6	3.3	104.2	0	11	18.2	139.2	1317.5	138.8	3.6	321.2	\$3.14

**Lunch - Milk & Condiments**

**Wednesday - 11/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

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<b>Daily Totals for 11/07/2018</b>	1811.8	40.4	294.3	109.4	91	41.2	3853.2	2725.2+	1458.2	15.6	502.5+	\$6.06
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	302%	-	-	-	-	-	313.3%	-	-	-	-	-

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**Lunch - Main Entrees**

**Thursday - 11/08/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 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	\$1.43
<b>Main Entrees Totals</b>			1236.7	34.3	199.1	398.1	38.1	13.5	1258.4	1202+	574.5	7.6	29.8+	\$2.62

**Lunch - Extra Extra**

**Thursday - 11/08/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Broccoli, Florets, 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	\$0.15
2 APL CK12 Pears, Canned, 1/2	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.33
2 APL CK12 Cranberries, Dried,	1/4 cup	36.2	111.6	0.4	30	0	0.1	1.9	1.8	17.8	3.3	0.1	0.7	\$0.28
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
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	\$0.41
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
<b>Extra Extra Totals</b>			500	3.7	118.9	0	9.6	19.3	121	986	123.4	3.3	237.7	\$1.97

**Lunch - Milk & Condiments**

**Thursday - 11/08/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36

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<b>Daily Totals for 11/08/2018</b>	2316.1	49.8	410.9	433.5	74.2	34	3735.1	2595.9+	1620.7	11.6	403.9+	\$5.95
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	386%	-	-	-	-	-	303.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**Friday - 11/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.78
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
<b>Main Entrees Totals</b>			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.88

**Lunch - Extra Extra**

**Friday - 11/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.48
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			496.8	3.5	116.2	0	9.8	20.6	178.2	1338.6+	126.8	3.6	835.4+	\$2.16

**Lunch - Milk & Condiments**

**Friday - 11/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/09/2018</b>			1630.7	26.3	290.8	109.6+	71.9	33	2809.1	2442.6+	1865.4	8.7	1399+	\$5.20

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<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	271.8%	-	-	-	-	-	228.4%	-	-	-	-	-
<b>Daily Average for Week (11/4/2018 - 11/10/2018)</b>	1886.3	44.4	308.9	170.9+	79.2	34.1	3631.6	2443+	1631.2	11.5	688.2+	\$5.30
<b>% Average for Week (11/4/2018 - 11/10/2018)</b>	314.4%	-	-	-	-	-	295.3%	-	-	-	-	-

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**Lunch - Main Entrees**

**Monday - 11/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.40
2 APL CK12 Cookie, Chocolate (1 each)	1 each	28.3	104	3.1	18.5	10.4	1.7	1.9	93.7	-	10.3	0.6	-	\$0.11
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
*1 MM CK12 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 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
<b>Main Entrees Totals</b>			933.9	33.8	115.4	84.6	46.6	11.8	1686.7	688.5+	326.8	8.6	44.9+	\$1.58

**Lunch - Extra Extra**

**Monday - 11/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.04
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
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 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
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, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.41
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
<b>Extra Extra Totals</b>			405.4	3.2	93.7	0	9.2	17	137.1	1044.8	126.9	3.1	247.2	\$1.60

**Lunch - Milk & Condiments**

**Monday - 11/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10

\* indicates main item

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**Lunch - Milk & Condiments**

**Monday - 11/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/12/2018</b>			1774.3	39.9	288	101.3	81.4	29.6	3133	2141.2+	1356.7	12.1	428.5+	\$4.35
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			295.7%	-	-	-	-	-	254.7%	-	-	-	-	-

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**Lunch - Main Entrees**

**Tuesday - 11/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	\$0.06
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	\$0.20
<b>Main Entrees Totals</b>			964.1	51	90.2	105.2	37.9+	13.4	2580.7	635.8+	918.1	5.8	1079.4+	\$1.69

**Lunch - Extra Extra**

**Tuesday - 11/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.15
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 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	\$0.72
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			404	3.4	93.5	0	9.4	16.9	120.1	1160.7	116.8	3.2	365.4	\$2.32

**Lunch - Milk & Condiments**

**Tuesday - 11/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10

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**Lunch - Milk & Condiments**

**Tuesday - 11/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/13/2018</b>			1803.1	57.3	262.6	121.9	72.8+	31.1	4010.1	2204.4+	1937.9	9.4	1581.1+	\$5.18
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			300.5%	-	-	-	-	-	326%	-	-	-	-	-

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**Lunch - Main Entrees**

**Wednesday - 11/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stick	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
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	-	\$0.40
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 (Ri	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.11
<b>Main Entrees Totals</b>			1120.2	48.3	136.5	411.8	40.1	11.3	1746.5	532.5+	145.1	7.9	-	\$1.83

**Lunch - Extra Extra**

**Wednesday - 11/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$1.25
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
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.32
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			448.6	3.3	104.2	0	11	18.2	139.2	1317.5	138.8	3.6	321.2	\$3.14

**Lunch - Milk & Condiments**

**Wednesday - 11/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05

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**Lunch - Milk & Condiments**

**Wednesday - 11/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/14/2018</b>			2003.8	54.5	319.6	428.5	76.7	30.3	3195	2257.8+	1186.8	11.9	457.5+	\$6.14
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			334%	-	-	-	-	-	259.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**Thursday - 11/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Turkey, Roasted (USDA)	2 oz meat	57.6	76.3	4	0	30.8	10.7	0	259.7	-	0	0	-	\$0.41
1 MM CK12 Dinner Roll, WG (Ri)	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.11
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
1 MM CK12 Carrots, Fresh, Cinn	1/2 cup	119.3	80	2.5	14.4	0	1.1	3.3	108.3	368.2	41.9	0.4	946.9	\$0.23
2 APL CK12 Bar, Pumpkin, WG	1 piece	78.2	238.3	11.8	31.8	18.8	2.9	2.1	274.7	105	17.5	1.2	221.2+	\$0.15
2 APL CK12 Sauce, Cranberry, 1	1/4 cup	69.3	110.1	0.1	28	0	0.6	0.8	3.5	19.4	2.1	0.3	1.4	\$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	\$1.43
<b>Main Entrees Totals</b>			1278.6	31	218.6	61	39.8	17.9	1125.7	1679.7+	535.8	7.2	1199.3+	\$2.57

**Lunch - Extra Extra**

**Thursday - 11/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 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	\$0.15
2 APL CK12 Pears, Canned, 1/2	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.33
2 APL CK12 Cranberries, Dried,	1/4 cup	36.2	111.6	0.4	30	0	0.1	1.9	1.8	17.8	3.3	0.1	0.7	\$0.28
2 APL CK12 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			500	3.7	118.9	0	9.6	19.3	121	986	123.4	3.3	237.7	\$1.97

**Lunch - Milk & Condiments**

**Thursday - 11/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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

\* indicates main item

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**Lunch - Milk & Condiments**

**Thursday - 11/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
<b>Daily Totals for 11/15/2018</b>			2358	46.4	430.4	96.4	75.9	38.5	3602.4	3073.6+	1582	11.1	1573.4+	\$5.91
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>			393%	-	-	-	-	-	292.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**Friday - 11/16/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.78
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
<b>Main Entrees Totals</b>			671.9	25.7	79.4	101.3+	31.7	9.1	1063.4	452.1+	782.4	3.7	545+	\$1.57

**Lunch - Extra Extra**

**Friday - 11/16/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.48
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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
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
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	\$0.41
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
<b>Extra Extra Totals</b>			496.8	3.5	116.2	0	9.8	20.6	178.2	1338.6+	126.8	3.6	835.4+	\$2.16

**Lunch - Milk & Condiments**

**Friday - 11/16/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
<b>Daily Totals for 11/16/2018</b>			1603.7	32.1	274.5	118+	67	30.5	2550.9	2198.5+	1812.1	7.8	1516.7+	\$4.90

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	267.3%	-	-	-	-	-	207.4%	-	-	-	-	-
Daily Average for Week (11/11/2018 - 11/17/2018)	1908.6	46.1	315	173.2+	74.7+	32	3298.3	2375.1+	1575.1	10.5	1111.5+	\$5.30
% Average for Week (11/11/2018 - 11/17/2018)	318.1%	-	-	-	-	-	268.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**Monday - 11/19/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Chicken, Nuggets, Ring	5 each	103.8	300	17.5	15	50	21.3	1.3	450	-	25	1.8	-	\$0.47
1 MM CK12 Breadstick, Plain (B)	1 each	28.3	70	1	14	0	2	1	65	-	0	0.7	-	\$0.11
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 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, 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
<b>Main Entrees Totals</b>			967.7	48.6	93.8	99.2	49.4	9.5	1855	641.9+	247	8.1	44.9+	\$1.60

**Lunch - Extra Extra**

**Monday - 11/19/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.04
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
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 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
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	\$0.41
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
<b>Extra Extra Totals</b>			405.4	3.2	93.7	0	9.2	17	137.1	1044.8	126.9	3.1	247.2	\$1.60

**Lunch - Milk & Condiments**

**Monday - 11/19/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

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<b>Daily Totals for 11/19/2018</b>	1808.1	54.8	266.4	115.9	84.1	27.3	3301.4	2094.6+	1276.9	11.7	428.5+	\$4.36
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	301.4%	-	-	-	-	-	268.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**Tuesday - 11/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	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, Seas	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
<b>Main Entrees Totals</b>			997.1	48.7	101.6	94.3+	41.9	14.5	2824	820.4+	846	6.3	205.1+	\$1.32

**Lunch - Extra Extra**

**Tuesday - 11/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.15
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 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	\$0.72
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
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	\$0.41
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
<b>Extra Extra Totals</b>			404	3.4	93.5	0	9.4	16.9	120.1	1160.7	116.8	3.2	365.4	\$2.32

**Lunch - Milk & Condiments**

**Tuesday - 11/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
<b>Milk &amp; Condiments Totals</b>			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17

\* indicates main item

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<b>Daily Totals for 11/20/2018</b>	1836.1	55	274	111+	76.8	32.2	4253.3	2389+	1865.8	9.9	706.9+	\$4.82
<b>USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Lunch, 5-13 y</b>	306%	-	-	-	-	-	345.8%	-	-	-	-	-
<b>Daily Average for Week (11/18/2018 - 11/20/2018)</b>	1822.1	54.9	270.2	113.4+	80.5	29.7	3777.4	2241.8+	1571.3	10.8	567.7+	\$4.59
<b>% Average for Week (11/18/2018 - 11/20/2018)</b>	303.7%	-	-	-	-	-	307.1%	-	-	-	-	-
<b>Daily Average for Dates: 10/29/2018 - 11/20/2018</b>	1392.7	34.8	225.1	112.7+	57.1+	23.8	2572.7	1751.6+	1184.2	8	623.8+	\$3.85
<b>% for Dates: 10/29/2018 - 11/20/2018</b>	232.1%	-	-	-	-	-	209.2%	-	-	-	-	-

\* indicates main item

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

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