

Menu Collections - Menu Analysis Report

Report Run: Nov 15, 2017

Date(s) Included: November 27, 2017 - December 22, 2017

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

Menu Collection Included: ALGONAC, LUNCH, Elementary, K-8, SY 2017-2018

List: All Items

Lunch - Main Entrees

Monday - 11/27/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.43
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 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.28
Sauce, Honey Mustard Dipping,	1 each	28.3	40.5	0.5	8.9	0	0.5	0.4	158.7	17.9	10.8	0.3	-	\$0.19
Main Entrees Totals			438.3	16.8	54.5	25.1	20.3	5	1105.9	94.1+	65.5	3.2	0+	\$1.01

Lunch - Alternate Entrees

Monday - 11/27/2017

Menu Item Name	Portion Size	Weight (g)	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 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
Alternate Entrees Totals			263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85

Lunch - Extra Extra

Monday - 11/27/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.06
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
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
2 APL CK12 Pears, Diced, Cann	1/2 cup	124.1	60.2	0	16.1	0	0	2	5	0.4+	0.8	0	0+	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, P	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			444.7	4.9	99.1	0	10.4	17.6	144.6	1072.8+	115.3	3.2	276.1+	\$1.76

Lunch - Milk & Condiments

Monday - 11/27/2017

Menu Item Name	Portion Size	Weight (g)	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

* indicates main item

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

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Lunch - Milk & Condiments

Monday - 11/27/2017

Menu Item Name	Portion Size	Weight (g)	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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 11/27/2017			1672	41.3	271.1	86.5	66.7	27.9	3635.8	2460.9+	1643.1	11.2	452.7+	\$4.65
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			278.7%	-	-	-	-	-	295.6%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 11/28/2017

Menu Item Name	Portion Size	Weight (g)	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,	7 each	134.9	284.1	14.2	28.4	35.5	14.2	3.6	816.8	-	71	1.9	-	\$0.81
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			358.6	15.5	42.7	35.5	16.6	5.7	962.7	76.2+	100.7	2.6	0+	\$0.91

Lunch - Alternate Entrees

Tuesday - 11/28/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Toasted	1 sandwich	128.5	297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80
Alternate Entrees Totals			297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80

Lunch - Extra Extra

Tuesday - 11/28/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.20
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
2 APL CK12 Salad, Fruit, Cranbe	1/2 cup	142.2	133.4	0.4	35.1	0	0.5	3.1	5.9	139.6	15.1	0.4	1.9	\$0.40
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, F	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			537.9	5.4	122.9	0	11.4	18.7	147.4	1154.9+	128.8	3.7	257.6+	\$2.03

Lunch - Milk & Condiments

Tuesday - 11/28/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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

* indicates main item

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Milk & Condiments Totals	525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 11/28/2017	1719.6	44.6	273.4	124.1	71.3	29.3	3875	2637.3+	1343	9.1	455.2+	\$4.79
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	286.6%	-	-	-	-	-	315%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 11/29/2017

Menu Item Name	Portion Size	Weight (g)	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 French Toast, Sticks, W	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
1 MM CK12 Syrup, Breakfast, B	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			513.1	20	66.3	60	18	2	573.7	5.9+	101.4	2.5	0+	\$0.82

Lunch - Alternate Entrees

Wednesday - 11/29/2017

Menu Item Name	Portion Size	Weight (g)	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 (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
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
Alternate Entrees Totals			274.5	11.3	26.3	45	18.4	3.1	585.9	76.2+	49.7	2.5	0+	\$0.45

Lunch - Extra Extra

Wednesday - 11/29/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Cucumbers, Cool M	1/2 cup	146.7	53	0.1	11.6	0	0.5	0.5	158.7	87.7	14.5	0.2	2	\$0.19
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
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	\$0.33
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, P	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			452.2	5	98.8	0	10.7	16.1	270.5	1131.4+	124	3.3	302.9+	\$2.02

Lunch - Milk & Condiments

Wednesday - 11/29/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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

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Lunch - Milk & Condiments

Wednesday - 11/29/2017

Menu Item Name	Portion Size	Weight (g)	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, Ranch	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Italian	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 11/29/2017			1765.4	48.3	269.8	143.3	71.4	23.4	3412.9	2438.1+	1163.3	9.4	443.5+	\$4.32
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			294.2%	-	-	-	-	-	277.5%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 11/30/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Cheese	1 sandwich	95.7	284.4	12.8	29.8	27.8	12.7	3.8	669.5	234.9+	296.4	1.7	57+	\$0.36
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	-	\$0.11
Main Entrees Totals			389.2	16.1	46.8	27.8	14.1	5.1	702.3	496.8+	296.4	2.1	57+	\$0.47

Lunch - Alternate Entrees

Thursday - 11/30/2017

Menu Item Name	Portion Size	Weight (g)	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 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	\$1.42
Alternate Entrees Totals			603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42

Lunch - Extra Extra

Thursday - 11/30/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.28
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
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 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, P	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			484.7	5.2	109.4	0	10.8	20.5	109	1208.8+	125.8	3.5	288.2+	\$2.02

Lunch - Milk & Condiments

Thursday - 11/30/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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

* indicates main item

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Milk & Condiments Totals	525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 11/30/2017	2002.8	44	345.8	77.4	68.4	36.7	3063.9	3866.1+	1764.8	10.4	515.6+	\$4.94
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	333.8%	-	-	-	-	-	249.1%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 12/01/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.78
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
Main Entrees Totals			358	10.3	45.4	30+	22.3	7.9	917.5	538+	426	3	-	\$0.94

Lunch - Alternate Entrees

Friday - 12/01/2017

Menu Item Name	Portion Size	Weight (g)	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
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
Alternate Entrees Totals			332.2	15.9	30	22.4	18.1	4.3	526.9	76.2+	74.5	2.7	0+	\$0.53

Lunch - Extra Extra

Friday - 12/01/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.36
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
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, P	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			452.5	5.1	99.5	0	11.3	17.1	138.4	1126.1+	115.3	3.4	260.7+	\$2.02

Lunch - Milk & Condiments

Friday - 12/01/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18

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Lunch - Milk & Condiments

Friday - 12/01/2017

Menu Item Name	Portion Size	Weight (g)	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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/01/2017			1668.4	43.3	253.2	90.7+	75.8	31.5	3565.6	2964.9+	1503.9	10.2	401.3+	\$4.52
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			278.1%	-	-	-	-	-	289.9%	-	-	-	-	-
Daily Average for Week (11/27/2017 - 12/2/2017)			1765.6	44.3	282.6	104.4+	70.7	29.8	3510.6	2873.5+	1483.6	10.1	453.6+	\$4.64
% USDA2014 Average for Week (11/27/2017 - 12/2/2017)			294.3%	-	-	-	-	-	285.4%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
Main Entrees Totals			453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55

Lunch - Alternate Entrees

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
Alternate Entrees Totals			263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85

Lunch - Sides for All Meals

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
2 APL CK12 Cookie, Candy, WG	1 each	28.3	103.8	3.1	18.5	10.2	1.6	2	90.7	-	7.5	0.7	-	\$0.11
Sides for All Meals Totals			236.9	9.3	34.9	10.2	3.6	4	408.1	204.8+	7.5	0.7	-	\$0.24

Lunch - Extra Extra

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.53
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
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
2 APL CK12 Pears, Diced, Cann	1/2 cup	124.1	60.2	0	16.1	0	0	2	5	0.4+	0.8	0	0+	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			402.2	2.9	92.8	0	9.2	17.8	181.4	1013+	120.5	3.5	854.2+	\$1.99

Lunch - Milk & Condiments

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21

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Lunch - Milk & Condiments

Monday - 12/04/2017

Menu Item Name	Portion Size	Weight (g)	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 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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/04/2017			1881.6	51	292.2	96.7	71.6	32.7	3694.4	2623.5+	1696.6	13.5	1030.7+	\$4.67
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			313.6%	-	-	-	-	-	300.4%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	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+	\$0.05
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	\$0.05
Main Entrees Totals			435.9	20.4	48.2	34.5	14.9+	5.2	719.9	30.4+	69.8	3	51.3+	\$0.69

Lunch - Alternate Entrees

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Toasted	1 sandwich	128.5	297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80
Alternate Entrees Totals			297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80

Lunch - Sides for All Meals

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	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 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
Sides for All Meals Totals			76	4.8	4.7	14	4.2	1.2	552.9	188.8	120.1	0.3	61.7	\$0.25

Lunch - Extra Extra

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Lettuce, Romaine, S	1/2 cup	23.5	4	0.1	0.8	0	0.3	0.5	1.9	58	7.8	0.2	102.5	\$0.11
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
2 APL CK12 Applesauce, Cinnam	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 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			404.6	3.2	94.5	0	8.9	18.6	108.7	980.6+	113	3.2	328.6+	\$1.65

Lunch - Milk & Condiments

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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* indicates main item

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Lunch - Milk & Condiments

Tuesday - 12/05/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/05/2017			1638	45.6	245.3	123.8	70.8+	29.9	3626.5	2606.2+	1412.4	9.1	639.1+	\$4.29
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			273%	-	-	-	-	-	294.8%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 12/06/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.21
2 APL CK12 Topping, Strawberry	1/3 cup	72.8	82.5	0	20.8	0	0.1	0.7	4.4	72.9	5.3	0.3	0.6+	\$0.16
Main Entrees Totals			235.8	4	48.1	6.7	3.5	2.7	224.2	72.9+	5.3	1.5	0.6+	\$0.37

Lunch - Alternate Entrees

Wednesday - 12/06/2017

Menu Item Name	Portion Size	Weight (g)	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 (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
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 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
Alternate Entrees Totals			360.9	14.1	42.3	45	20.6	5.1	586.7	269.6+	52.4	2.9	8.3+	\$0.64

Lunch - Sides for All Meals

Wednesday - 12/06/2017

Menu Item Name	Portion Size	Weight (g)	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 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
Sides for All Meals Totals			370	16	44	60+	13	3	435	-	40	1.1	-	\$0.69

Lunch - Extra Extra

Wednesday - 12/06/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.28
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
2 APL CK12 Honeydew, Melon,	1/2 cup	85	30.6	0.1	7.7	0	0.5	0.7	15.3	193.8	5.1	0.1	2.5	\$0.60
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			326.2	3.1	72.6	0	8.8	14.4	120.1	982.3+	96.2	2.8	267.7+	\$2.12

Lunch - Milk & Condiments

Wednesday - 12/06/2017

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/06/2017			1716.8	42.6	275.4	136.6+	69.6	27.3	2828.9	2549.4+	1078	9.1	417.2+	\$4.71
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			286.1%	-	-	-	-	-	230%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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
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			332.2	15.9	30	22.4	18.1	4.3	526.9	76.2+	74.5	2.7	0+	\$0.53

Lunch - Alternate Entrees

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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 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	\$1.42
Alternate Entrees Totals			603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42

Lunch - Sides for All Meals

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
Sides for All Meals Totals			36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20

Lunch - Extra Extra

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.18
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
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 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	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			367.8	3	83.8	0	9.4	14	111.3	1015.9+	122.6	3.2	284.8+	\$1.63

Lunch - Milk & Condiments

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21

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Lunch - Milk & Condiments

Thursday - 12/07/2017

Menu Item Name	Portion Size	Weight (g)	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 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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/07/2017			1763.3	35.7	301	58.7	71.3	32.3	2428.3	3439.7+	1570	11.1	1280.2+	\$4.68
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			293.9%	-	-	-	-	-	197.4%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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	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
Main Entrees Totals			289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48

Lunch - Alternate Entrees

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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
1 MM CK12 Dinner Roll, WG	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 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
Alternate Entrees Totals			373.5	18.2	35.1	22.4	19.3	6.7	527.7	201.1+	107.6	3.2	16.4+	\$0.71

Lunch - Sides for All Meals

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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 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
Sides for All Meals Totals			41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19

Lunch - Extra Extra

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.20
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
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			377.7	3	85.7	0	9	14.8	121.8	841.6+	105.4	2.9	235.4+	\$1.57

Lunch - Milk & Condiments

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21

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Lunch - Milk & Condiments

Friday - 12/08/2017

Menu Item Name	Portion Size	Weight (g)	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, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/08/2017			1506	42.9	218.2	85.8+	69.5	29	2771.7	2561.3+	1469.8	9.1	510.2+	\$3.85
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			251%	-	-	-	-	-	225.3%	-	-	-	-	-
Daily Average for Week (12/3/2017 - 12/9/2017)			1701.1	43.6	266.4	100.3+	70.6+	30.2	3070	2756+	1445.4	10.4	775.5+	\$4.44
% USDA2014 Average for Week (12/3/2017 - 12/9/2017)			283.5%	-	-	-	-	-	249.6%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.43
1 MM CK12 Dinner Roll, WG	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 Sauce, BBQ, Bulk	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.28
Sauce, Honey Mustard Dipping,	1 each	28.3	40.5	0.5	8.9	0	0.5	0.4	158.7	17.9	10.8	0.3	-	\$0.19
Main Entrees Totals			438.3	16.8	54.5	25.1	20.3	5	1105.9	94.1+	65.5	3.2	0+	\$1.01

Lunch - Alternate Entrees

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	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 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
Alternate Entrees Totals			263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85

Lunch - Sides for All Meals

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	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 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
Sides for All Meals Totals			90.6	0.3	19.2	0	2.1	1	139.7	251.4+	19.9	0.5	0+	\$0.12

Lunch - Extra Extra

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.53
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
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
3 CK12 Applesauce, Plain, Unsw	1 each	122	51	0.1	14	0	0.2	1	2	90	5	0.3	1	\$0.16
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			393	3	90.8	0	9.3	16.8	178.4	1102.7+	124.6	3.8	855.1+	\$1.94

Lunch - Milk & Condiments

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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* indicates main item

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Lunch - Milk & Condiments

Monday - 12/11/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
Milk & Condiments Totals			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
Daily Totals for 12/11/2017			1685.8	39.4	277.2	85.6	67.2	27.8	3397.9	2742.2+	1656	12.2	1031.7+	\$4.82
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			281%	-	-	-	-	-	276.3%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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 Hot Dog, Beef (Smithfield)	1 sandwich	113.4	332.6	18.8	28.7	32.9	12.4	2.7	745.9	239.3	39.8	2.2	0+	\$0.56
Main Entrees Totals			332.6	18.8	28.7	32.9	12.4	2.7	745.9	239.3	39.8	2.2	0+	\$0.56

Lunch - Alternate Entrees

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Toasted	1 sandwich	128.5	297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80
Alternate Entrees Totals			297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80

Lunch - Sides for All Meals

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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 Beans, Baked, Can	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	\$0.22
Sides for All Meals Totals			139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22

Lunch - Extra Extra

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.20
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
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
2 APL CK12 Salad, Fruit, Cranbe	1/2 cup	142.2	133.4	0.4	35.1	0	0.5	3.1	5.9	139.6	15.1	0.4	1.9	\$0.40
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			429.4	3.4	99.9	0	9.4	16.9	120.9	951.6+	119	3.1	237.8+	\$1.84

Lunch - Milk & Condiments

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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

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Lunch - Milk & Condiments

Tuesday - 12/12/2017

Menu Item Name	Portion Size	Weight (g)	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 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	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
Milk & Condiments Totals			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
Daily Totals for 12/12/2017			1699.8	47.6	258	129.8	71.3	31.5	3766	3004.3+	1325.8	10.2	435.4+	\$4.33
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			283.3%	-	-	-	-	-	306.2%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	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 French Toast, Sticks, W	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
Main Entrees Totals			421.2	20	42.2	60	18	2	541.5	-	100.2	2.5	-	\$0.76

Lunch - Alternate Entrees

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	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 (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
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 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
Alternate Entrees Totals			360.9	14.1	42.3	45	20.6	5.1	586.7	269.6+	52.4	2.9	8.3+	\$0.64

Lunch - Sides for All Meals

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	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 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
Sides for All Meals Totals			263.4	8.2	48.4	0	2	2	311.7	266.3+	0	0.7	-	\$0.25

Lunch - Extra Extra

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.18
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
2 APL CK12 Honeydew, Melon,	1/2 cup	85	30.6	0.1	7.7	0	0.5	0.7	15.3	193.8	5.1	0.1	2.5	\$0.60
2 APL CK12 Apple, Slices, Cann	1/2 cup	107.4	57.1	0.4	14.7	0	0.3	2.6	1.1	94.8	6.2	0.2	2.2	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			351	3.4	79.2	0	8.9	15.1	120.2	1015.1+	104.6	2.9	230.9+	\$1.97

Lunch - Milk & Condiments

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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Lunch - Milk & Condiments

Wednesday - 12/13/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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, Raf	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
Milk & Condiments Totals			390.5	5.1	62.2	23.7	23.1	1.7	914.4	1224.7+	862.4	0.8	140.6+	\$0.72
Daily Totals for 12/13/2017			1787	50.7	274.2	128.7	72.6	26	2474.6	2775.6+	1119.6	9.9	379.8+	\$4.34
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			297.8%	-	-	-	-	-	201.2%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Cheese	1 sandwich	95.7	284.4	12.8	29.8	27.8	12.7	3.8	669.5	234.9+	296.4	1.7	57+	\$0.36
Main Entrees Totals			284.4	12.8	29.8	27.8	12.7	3.8	669.5	234.9+	296.4	1.7	57+	\$0.36

Lunch - Alternate Entrees

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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 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	\$1.42
Alternate Entrees Totals			603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42

Lunch - Sides for All Meals

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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 Soup, Tomato (Can	4 floz	123.7	20.8	0.3	4.2	0	0.3	0.3	108.3	0.6+	1.8	0.1	0+	\$0.13
Crackers, Saltine, 2 Ct, PC (190	1 each	5.7	23.7	0.5	4.2	0	0.5	0.2	53.4	8.6	1.1	0.3	0.1	\$0.02
Sides for All Meals Totals			44.5	0.7	8.4	0	0.8	0.4	161.7	9.2+	2.9	0.4	0.1+	\$0.14

Lunch - Extra Extra

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.28
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
2 APL CK12 Pineapple, Tidbits, (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
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			352.2	3.1	79.5	0	8.8	15	105.8	905.4+	106.2	2.9	268+	\$1.72

Lunch - Milk & Condiments

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21

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Lunch - Milk & Condiments

Thursday - 12/14/2017

Menu Item Name	Portion Size	Weight (g)	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 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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/14/2017			1708.2	32.9	297.3	64.1	65.5	30.1	2669.6	3309.9+	1744.1	9.7	495.4+	\$4.54
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			284.7%	-	-	-	-	-	217%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.78
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
Main Entrees Totals			358	10.3	45.4	30+	22.3	7.9	917.5	538+	426	3	-	\$0.94

Lunch - Alternate Entrees

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	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
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 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
Alternate Entrees Totals			368.3	16.5	37.5	22.4	18.7	7.6	584.4	263.4+	108.6	3.2	825+	\$0.73

Lunch - Sides for All Meals

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	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 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
Sides for All Meals Totals			36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20

Lunch - Extra Extra

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.36
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
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
1 MM CK12 Salad, Side, Corn, P	1/2 cup	85.9	67.4	2	12.4	0	1.6	1.8	2.1	171.6	8.1	0.4	20.2	\$0.25
Extra Extra Totals			452.5	5.1	99.5	0	11.3	17.1	138.4	1126.1+	115.3	3.4	260.7+	\$2.02

Lunch - Milk & Condiments

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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Lunch - Milk & Condiments

Friday - 12/15/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/15/2017			1740.5	44.6	268.3	90.7+	77	38	3680.7	3339.4+	1572.2	11.2	2051.4+	\$4.92
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			290.1%	-	-	-	-	-	299.2%	-	-	-	-	-
Daily Average for Week (12/10/2017 - 12/16/2017)			1724.2	43	275	99.8+	70.7	30.7	3197.8	3034.3+	1483.5	10.6	878.7+	\$4.59
% USDA2014 Average for Week (12/10/2017 - 12/16/2017)			287.4%	-	-	-	-	-	260%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
Main Entrees Totals			453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55

Lunch - Alternate Entrees

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
Alternate Entrees Totals			263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85

Lunch - Sides for All Meals

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
Sides for All Meals Totals			133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14

Lunch - Extra Extra

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.53
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
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			412.6	3.1	95.1	0	9.7	17.1	201.3	1105.1+	124.8	3.8	855.4+	\$2.05

Lunch - Milk & Condiments

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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

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Lunch - Milk & Condiments

Monday - 12/18/2017

Menu Item Name	Portion Size	Weight (g)	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 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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/18/2017			1788.3	47.9	276	86.5	70.5	30.1	3623.7	2715.6+	1693.4	13.1	1032+	\$4.62
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			298%	-	-	-	-	-	294.6%	-	-	-	-	-

* indicates main item

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Lunch - Main Entrees

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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 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	-	\$0.34
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+	\$0.05
Main Entrees Totals			525.1	24.2	58.3	37.6	19.3	5.7	910.3	1.4+	109.8	3.4	0+	\$0.39

Lunch - Alternate Entrees

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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 Sandwich, Toasted	1 sandwich	128.5	297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80
Alternate Entrees Totals			297.5	11.7	29.4	50.3	19	2.8	782.2	181.6+	225.4	1.7	57+	\$0.80

Lunch - Sides for All Meals

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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 Carrots, Frozen, Sliced	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 Beans, Refried, Vegetable	1/2 cup	121.4	101.6	1.1	16.6	0+	6.4	5.8	529	423	43.7	2.1	4.4+	\$0.23
2 APL CK12 Salsa, 3 oz, Red Gold	1 each	85	30	0	6	0	0	0	210	300	0	1.1	-	\$0.34
Sides for All Meals Totals			185.4	3.9	29.8	0+	7	8.9	793.8	902.1	76.4	3.7	791.1+	\$0.77

Lunch - Extra Extra

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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 Blend	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.12
1 MM CK12 Lettuce, Romaine, Shredded	1/2 cup	23.5	4	0.1	0.8	0	0.3	0.5	1.9	58	7.8	0.2	102.5	\$0.11
1 MM CK12 Beans, Garbanzo, Cooked	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
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	\$0.33
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			401	3.1	93	0	9.5	18.1	112.7	1062.1+	120.7	3.3	383.1+	\$1.73

Lunch - Milk & Condiments

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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

* indicates main item

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Lunch - Milk & Condiments

Tuesday - 12/19/2017

Menu Item Name	Portion Size	Weight (g)	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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/19/2017			1934.6	54.9	288.9	126.2+	79	37.6	4581.9	3371.9+	1420.5	13.1	1371.8+	\$4.73
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			322.4%	-	-	-	-	-	372.5%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 12/20/2017

Menu Item Name	Portion Size	Weight (g)	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	-	\$0.21
2 APL CK12 Topping, Strawberry	1/3 cup	72.8	82.5	0	20.8	0	0.1	0.7	4.4	72.9	5.3	0.3	0.6+	\$0.16
Main Entrees Totals			235.8	4	48.1	6.7	3.5	2.7	224.2	72.9+	5.3	1.5	0.6+	\$0.37

Lunch - Alternate Entrees

Wednesday - 12/20/2017

Menu Item Name	Portion Size	Weight (g)	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 (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
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 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
Alternate Entrees Totals			360.9	14.1	42.3	45	20.6	5.1	586.7	269.6+	52.4	2.9	8.3+	\$0.64

Lunch - Sides for All Meals

Wednesday - 12/20/2017

Menu Item Name	Portion Size	Weight (g)	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 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
Sides for All Meals Totals			370	16	44	60+	13	3	435	-	40	1.1	-	\$0.69

Lunch - Extra Extra

Wednesday - 12/20/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.28
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
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			355.6	3	79.8	0	8.3	14.8	109.8	788.5+	91.1	2.6	265.2+	\$1.73

Lunch - Milk & Condiments

Wednesday - 12/20/2017

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/20/2017			1746.2	42.5	282.7	136.6+	69.2	27.6	2818.6	2355.6+	1072.9	9	414.7+	\$4.32
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			291%	-	-	-	-	-	229.2%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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 Burger, Cheesebur	1 sandwich	154.8	340.3	13.8	34.3	48.9	23.1	3.7	771.6	147.8+	183	4.6	28.5+	\$0.71
Main Entrees Totals			340.3	13.8	34.3	48.9	23.1	3.7	771.6	147.8+	183	4.6	28.5+	\$0.71

Lunch - Alternate Entrees

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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 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	\$1.42
Alternate Entrees Totals			603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42

Lunch - Sides for All Meals

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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 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 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
Sides for All Meals Totals			214.8	3.6	41.6	0	6.8	8.4	461.3	227.5+	73.8	2.3	51.7+	\$0.46

Lunch - Extra Extra

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.18
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
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 Pears, Diced, Cann	1/2 cup	124.1	60.2	0	16.1	0	0	2	5	0.4+	0.8	0	0+	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			380.1	3	87.5	0	8.6	15.1	109.8	843.7+	109.2	2.8	229+	\$1.51

Lunch - Milk & Condiments

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21

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Lunch - Milk & Condiments

Thursday - 12/21/2017

Menu Item Name	Portion Size	Weight (g)	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 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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 12/21/2017			2064	43.1	353.1	98.6	82	38.1	3595.4	3379.4+	1708.6	14.6	479.6+	\$5.13
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			344%	-	-	-	-	-	292.3%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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	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
Main Entrees Totals			289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48

Lunch - Alternate Entrees

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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
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 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
Alternate Entrees Totals			373.5	18.2	35.1	22.4	19.3	6.7	527.7	201.1+	107.6	3.2	16.4+	\$0.71

Lunch - Sides for All Meals

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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 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
Sides for All Meals Totals			41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19

Lunch - Extra Extra

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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	\$0.12
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	\$0.20
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
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
Extra Extra Totals			377.7	3	85.7	0	9	14.8	121.8	841.6+	105.4	2.9	235.4+	\$1.57

Lunch - Milk & Condiments

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21

* indicates main item

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

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Lunch - Milk & Condiments

Friday - 12/22/2017

Menu Item Name	Portion Size	Weight (g)	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, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 12/22/2017			1506	42.9	218.2	85.8+	69.5	29	2771.7	2561.3+	1469.8	9.1	510.2+	\$3.85
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			251%	-	-	-	-	-	225.3%	-	-	-	-	-
Daily Average for Week (12/17/2017 - 12/22/2017)			1807.8	46.3	283.8	106.7+	74	32.5	3478.2	2876.8+	1473	11.8	761.7+	\$4.53
% USDA2014 Average for Week (12/17/2017 - 12/22/2017)			301.3%	-	-	-	-	-	282.8%	-	-	-	-	-
Daily Average for Dates: 11/27/2017 - 12/22/2017			1345.9	34.1	213.1	79.1+	55+	23.7	2549.3	2219.3+	1131.8	8.2	551.8+	\$3.50
% USDA2014 for Dates: 11/27/2017 - 12/22/2017			224.3%	-	-	-	-	-	207.3%	-	-	-	-	-

* indicates main item

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

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