

Menu Collections - Menu Analysis Report

Report Run: Sep 20, 2018

Date(s) Included: October 1, 2018 - October 26, 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 - 10/01/2018

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 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	-	\$0.43
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	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.77
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
Main Entrees Totals			967.3	38.8	112.8	74.3	47.1	13	2017.3	806.7+	318.9	9.2	44.9+	\$1.64

Lunch - Extra Extra

Monday - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$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 Peaches, Canned,	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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	\$0.29
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
Extra Extra Totals			380	3.2	86.1	0	10.2	16.2	134.1	1064.4	118.9	3.4	242.5	\$1.95

Lunch - Milk & Condiments

Monday - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim,	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

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

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Lunch - Milk & Condiments

Monday - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/01/2018			1782.2	44.9	277.7	90.9	82.9	30	3460.6	2279+	1340.7	13	423.8+	\$4.76
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			297%	-	-	-	-	-	281.4%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 10/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Corn Dog, Turkey	1 each	113.4	250	10	30	25	11	3	760	-	60	1.8	-	\$0.51
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+	\$0.48
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
Main Entrees Totals			963	46.3	102.4	81.7	33.7	10.9	2679.3	693.9+	785.2	5.1	179.7+	\$1.35

Lunch - Extra Extra

Tuesday - 10/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.05
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
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
Extra Extra Totals			370.1	3.1	84.5	0	9.2	16	139.9	1037.7	122.7	3	289.9	\$1.58

Lunch - Milk & Condiments

Tuesday - 10/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/02/2018			1768.2	52.3	265.7	98.4	68.4	27.7	4128.4	2139.5+	1810.9	8.6	606+	\$4.10

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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	294.7%	-	-	-	-	-	335.6%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 10/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	-	\$0.15
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	-	\$0.43
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	-	\$0.15
Main Entrees Totals			1070.2	48.8	120.5	251.8	43.1	9.3	1586.5	532.5+	145.1	6.9	-	\$1.94

Lunch - Extra Extra

Wednesday - 10/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Cucumber, Fresh, Sliced	1/2 cup	119	35.7	0.3	8.6	0	1.5	1.2	4.8	349.9	38.1	0.7	11.9	\$0.17
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
1 MM CK12 Strawberries, Fresh	1/4 cup	44.2	14.2	0.1	3.4	0	0.3	0.9	0.4	67.7	7.1	0.2	0.4	\$0.22
2 APL CK12 Apple, Slices, Canned	1/2 cup	107.3	56.9	0.4	14.6	0	0.3	2.6	1.1	94.4	5.4	0.2	2.1	\$0.29
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
Extra Extra Totals			354.6	3.6	79.5	0	9.9	15.9	108.7	1139.9	136.2	3.5	236.5	\$1.68

Lunch - Milk & Condiments

Wednesday - 10/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			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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Daily Totals for 10/03/2018	1859.7	55.3	278.8	268.5	78.5	26	3004.4	2080.3+	1184.3	10.8	372.9+	\$4.79
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	309.9%	-	-	-	-	-	244.3%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 10/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
2 APL CK12 Carrots, Frozen, Se	1/2 cup	190.4	215.1	11.3	28.9	0	2.2	12.3	219.5	716.4	130.9	2	3146.7	\$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
Main Entrees Totals			1285	46.5	182.7	33.8	41.2	25.3	1327.9	1652.2+	779.4	8.8	3176.5+	\$2.34

Lunch - Extra Extra

Thursday - 10/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Tomatoes, Cherry, F	1/2 cup	74.5	13.4	0.1	2.9	0	0.7	0.9	3.7	176.6	7.4	0.2	31.3	\$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 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 Banana, Sliced Cini	1/2 cup	33.4	32.9	0.1	8.5	0	0.4	0.9	0.3	116.2	2.7	0.1	1	\$0.09
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
Extra Extra Totals			350.7	3.2	78.8	0	9.3	14.3	107.4	1037.6	110.9	3	257.1	\$1.65

Lunch - Milk & Condiments

Thursday - 10/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
Daily Totals for 10/04/2018			2215.2	61.5	354.5	69.2	77	40.9	3791	3097.6+	1813.1	12.5	3570+	\$5.35
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	369.2%	-	-	-	-	-	308.2%	-	-	-	-	-
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* indicates main item

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Lunch - Main Entrees

Friday - 10/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 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+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			757.2	25	98	95.5	40.2	11.3	1353.7	699.8+	976.4	4.9	484+	\$1.80

Lunch - Extra Extra

Friday - 10/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.19
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 Peaches, Canned, 1	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
2 APL CK12 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$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
Extra Extra Totals			373.3	3	84.2	0	9.4	14.6	124.7	865.7+	109.2	3.1	253.5+	\$1.68

Lunch - Milk & Condiments

Friday - 10/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/05/2018			1565.5	30.9	261.1	112.2	75.2	26.8	2787.6	1973.4+	1988.6	8.4	873.9+	\$4.65

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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	260.9%	-	-	-	-	-	226.6%	-	-	-	-	-
Daily Average for Week (10/1/2018 - 10/6/2018)	1838.1	49	287.6	127.8	76.4	30.3	3434.4	2314+	1627.5	10.7	1169.3+	\$4.73
% Average for Week (10/1/2018 - 10/6/2018)	306.4%	-	-	-	-	-	279.2%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 10/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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+	\$0.56
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	-	\$0.21
*1 MM CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.77
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	-	\$0.21
Main Entrees Totals			1065.2	46	113.7	74.2	50.1	13.4	2181	651.6+	340.7	9.2	44.9+	\$1.76

Lunch - Extra Extra

Monday - 10/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.43
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 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
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30
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
Extra Extra Totals			407	3.2	93.7	0	9.1	19	176	1064.2	131.6	3.7	832.3	\$1.93

Lunch - Milk & Condiments

Monday - 10/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/08/2018			1907.2	52.2	286.3	90.9	84.7	33.2	3666.2	2123.7+	1375.3	13.3	1013.7+	\$4.85
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

* indicates main item

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	317.9%	-	-	-	-	-	298.1%	-	-	-	-	-
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Lunch - Main Entrees

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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+	\$0.48
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
Main Entrees Totals			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 - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.19
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 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 Orange, Fresh, Wed	4 wedge	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.24
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
Extra Extra Totals			366.4	3.2	82.7	0	10.1	16.4	116.6	1043.2	154.2	3.1	247.2	\$1.67

Lunch - Milk & Condiments

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/09/2018			1798.5	54.8	263.2	111+	77.5	31.7	4249.7	2271.4+	1903.2	9.8	588.7+	\$4.16

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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	299.7%	-	-	-	-	-	345.5%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 10/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.20
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
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 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (L	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 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
Main Entrees Totals			992.7	40.9	123.3	251.7	32.2	10.8	1625.4	638.7+	94.8	6.4	0+	\$1.39

Lunch - Extra Extra

Wednesday - 10/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 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	\$0.25
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
2 APL CK12 Pineapple, Cinnam	1/2 cup	100.6	91.4	0.1	23.8	0	0.5	1.6	3.6	128.1	30.8	0.4	2.8+	\$0.22
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
Extra Extra Totals			398.9	3.1	91.4	0	9.5	14.7	114	1017.4	134.6	3.4	320.9+	\$1.80

Lunch - Milk & Condiments

Wednesday - 10/10/2018

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

* indicates main item

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/10/2018	1826.6	46.9	293.5	268.4	67.3	26.3	3048.6	2063.9+	1132.4	10.1	457.2+	\$4.36
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	304.4%	-	-	-	-	-	247.9%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 10/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.77
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 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
Main Entrees Totals			1088.3	27.3	171.4	69.7	49.5	19.7	1641.8	1473.3+	758.7	10.7	74.8+	\$2.46

Lunch - Extra Extra

Thursday - 10/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	119	35.7	0.3	8.6	0	1.5	1.2	4.8	349.9	38.1	0.7	11.9	\$0.17
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 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	\$0.29
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
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
Extra Extra Totals			383.1	3.7	86.4	0	10	16.6	111.6	1107	139.9	3.6	235.5	\$1.78

Lunch - Milk & Condiments

Thursday - 10/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
Daily Totals for 10/11/2018			2050.9	42.8	350.8	105.1	86.1	37.5	4109.2	2988.1+	1821.3	14.8	446.6+	\$5.61
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			341.8%	-	-	-	-	-	334.1%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 10/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.87

Lunch - Extra Extra

Friday - 10/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.05
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	3/4 cup	183	76.9	0.2	20.6	0	0.3	2	3.7	135.4	7.3	0.4	1.8	\$0.37
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
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
Extra Extra Totals			420.6	3+	96.5	0+	8.3+	13.9+	170.8	920	187.9	2.9+	232+	\$1.75

Lunch - Milk & Condiments

Friday - 10/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/12/2018			1554.5	25.9+	271.1	109.6+	70.4+	26.3+	2801.6	2024+	1926.5	8+	795.6+	\$4.79
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	259.1%	-	-	-	-	-	227.8%	-	-	-	-	-
Daily Average for Week (10/7/2018 - 10/13/2018)	1827.5	44.5+	293	137+	77.2+	31+	3575.1	2294.2+	1631.7	11.2+	660.4+	\$4.75
% Average for Week (10/7/2018 - 10/13/2018)	304.6%	-	-	-	-	-	290.7%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 10/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.43
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	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.77
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
Main Entrees Totals			968.3	34.6	121.2	84.6	47.9	12.3	1746.6	709.4+	339.2	9.1	44.9+	\$1.65

Lunch - Extra Extra

Monday - 10/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 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	\$0.43
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, 1	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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
Extra Extra Totals			332	3	74.1	0	9	15.3	176.5	961.7	120.6	3.6	848.9	\$1.72

Lunch - Milk & Condiments

Monday - 10/15/2018

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

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/15/2018	1735.3	40.5	274.2	101.3	82.4	28.4	3232.3	2078.9+	1362.8	13.1	1030.2+	\$4.54
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	289.2%	-	-	-	-	-	262.8%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 10/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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+	\$0.11
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+	\$0.48
2 APL CK12 Carrots, Frozen, Se	1/2 cup	190.4	215.1	11.3	28.9	0	2.2	12.3	219.5	716.4	130.9	2	3146.7	\$0.20
Main Entrees Totals			1125.5	59.5	111.9	105.2	39.5+	22.6	2745.3	1173.1+	1016.3	7.3	3439.4+	\$1.69

Lunch - Extra Extra

Tuesday - 10/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 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	\$0.12
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	\$0.05
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, 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
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
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
Extra Extra Totals			348.9	3.6	78	0	8.8	15.9	137.2	915.4	121	3.2	335.4	\$1.72

Lunch - Milk & Condiments

Tuesday - 10/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 - 10/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/16/2018			1909.4	66	268.7	121.9	73.9+	39.3	4191.7	2496.4+	2040.3	10.9	3911.2+	\$4.58
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			318.2%	-	-	-	-	-	340.8%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 10/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	-	\$0.15
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	-	\$0.43
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	-	\$0.15
1 MM CK12 Dinner Roll, WG (Ri	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.11
Main Entrees Totals			1120.2	48.3	136.5	411.8	40.1	11.3	1746.5	532.5+	145.1	7.9	-	\$1.88

Lunch - Extra Extra

Wednesday - 10/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Cucumber, Fresh, U	1/2 cup	119	35.7	0.3	8.6	0	1.5	1.2	4.8	349.9	38.1	0.7	11.9	\$0.17
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 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	\$0.56
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
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
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	\$0.05
Extra Extra Totals			406.6	3.6	92.1	0	11.3	16.4	150.7	1649.6	150.9	3.6	380.3	\$2.03

Lunch - Milk & Condiments

Wednesday - 10/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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 - 10/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Sauce, BBQ, Bulk C	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/17/2018			1961.7	54.8	307.5	428.5	77	28.5	3206.4	2590+	1198.9	12	516.7+	\$5.08
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			327%	-	-	-	-	-	260.7%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 10/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Hot Dog, Beef (Tyson, K)	1 sandwich	113.4	340	19.2	28.2	35	11.7	2.7	862.8	96.4+	33.5	2.2	-	\$0.63
*2 APL CK12 Pasta, Macaroni and Cheese	2/3 cup	191.6	385.5	23.1	27.8	59.6	16.4	1.3	993.1	195.7+	671.3	1.3	213.7+	\$0.37
1 MM CK12 Beans, Baked, Cannellini	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 Parfait, Lunch, Yogurt	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
Main Entrees Totals			1468.5	55.1	193.6	115.2	54.4	20	2671.2	1635+	1229.1	9.5	243.6+	\$2.69

Lunch - Extra Extra

Thursday - 10/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Tomatoes, Grape, Fresh	1/4 cup	37.2	6.7	0.1	1.4	0	0.3	0.4	1.9	88.3	3.7	0.1	15.6	\$0.16
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 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
Extra Extra Totals			370.9	3.1	84.8	0	9.2	15.8	112	1029.5	111.6	3.1	297.4	\$1.69

Lunch - Milk & Condiments

Thursday - 10/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
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	-	\$0.16
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
2 APL CK12 Sauce, BBQ, Bulk Condiment	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.27
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
Daily Totals for 10/18/2018			2418.8	70.1	371.4	150.6	90.2	37.1	5139	3072.3+	2263.4	13.2	677.3+	\$5.75
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	403.1%	-	-	-	-	-	417.8%	-	-	-	-	-
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Lunch - Main Entrees

Friday - 10/19/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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
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+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			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 - 10/19/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.19
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 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	\$0.29
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
Extra Extra Totals			319.9	3	70.7	0	9.2	14.2	117.8	827.6	112.3	3	233	\$1.48

Lunch - Milk & Condiments

Friday - 10/19/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/19/2018			1426.8	31.7	229	118+	66.4	24.1	2490.5	1687.5+	1797.7	7.1	914.4+	\$4.21
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			237.8%	-	-	-	-	-	202.5%	-	-	-	-	-

* indicates main item

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Daily Average for Week (10/14/2018 - 10/20/2018)	1890.4	52.6	290.1	184.1+	78+	31.5	3652	2385+	1732.6	11.3	1410+	\$4.83
% Average for Week (10/14/2018 - 10/20/2018)	315.1%	-	-	-	-	-	296.9%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 10/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 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	-	\$0.15
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.77
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	-	\$0.15
Main Entrees Totals			1002.2	49.4	99.7	99.2	50.6	10	1914.9	662.9+	259.4	8.6	44.9+	\$1.64

Lunch - Extra Extra

Monday - 10/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Celery Sticks, Fresh	1/2 cup	74.3	11.9	0.1	2.2	0	0.5	1.2	59.4	193.1	29.7	0.1	16.3	\$0.09
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, 1	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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	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
Extra Extra Totals			383.7	3.1	87.4	0	9.5	15.3	192.3	1039	127.4	3.2	260.1	\$1.65

Lunch - Milk & Condiments

Monday - 10/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/22/2018			1820.9	55.5	266	115.9	85.7	26.1	3416.5	2109.7+	1289.7	12.3	441.4+	\$4.46

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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	303.5%	-	-	-	-	-	277.8%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 10/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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+	\$0.48
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
Main Entrees Totals			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 - 10/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$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 Orange, Fresh, Wed	4 wedge	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.24
2 APL CK12 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
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
Extra Extra Totals			378.3	3.3	85	0	10.8	16.8	125.8	1181.2	164.2	3.1	237.7	\$1.79

Lunch - Milk & Condiments

Tuesday - 10/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim,	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/23/2018			1810.4	54.9	265.4	111+	78.3	32.1	4259	2409.5+	1913.2	9.9	579.3+	\$4.29

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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	301.7%	-	-	-	-	-	346.3%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 10/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*DS CK12 Hazel Park Pretzel, R	1 each	28.3	70	0.5	14	0	2	1	65	-	0	0.7	-	\$0.13
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*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
2 APL CK12 Pretzel, Rod, WG (1 each	28.3	70	0.5	14	0	2	1	65	-	0	0.7	-	\$0.13
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			767.8	32	88.9	63	35.1	8.5	1335	386.9+	422	23.4	16.6+	\$1.39

Lunch - Extra Extra

Wednesday - 10/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 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	\$0.25
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
1 MM CK12 Strawberries, Fresh	1/4 cup	44.2	14.2	0.1	3.4	0	0.3	0.9	0.4	67.7	7.1	0.2	0.4	\$0.22
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
Extra Extra Totals			321.7	3.1	71	0	9.3	14	110.9	956.9	110.9	3.2	318.5	\$1.80

Lunch - Milk & Condiments

Wednesday - 10/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			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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Daily Totals for 10/24/2018	1524.4	38	238.8	79.7	69.9	23.3	2755.2	1751.7+	1435.9	27	471.4+	\$4.37
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	254.1%	-	-	-	-	-	224%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.82
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
*1 MM CK12 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
Main Entrees Totals			961.2	21.1	156.7	41.3+	41.6	16.7	1187.3	1473.8+	880.4	6.8	29.8+	\$2.41

Lunch - Extra Extra

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.19
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 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	\$0.29
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	\$0.40
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
Extra Extra Totals			350.5	3.2	78.4	0	9.6	14.9	133.1	1021.4	117.4	3.2	235.6	\$1.88

Lunch - Milk & Condiments

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	1.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.36
Daily Totals for 10/25/2018			1891.2	36.1	328.1	76.7+	77.8	32.8	3676.2	2903+	1920.5	10.6	401.8+	\$5.65
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			315.2%	-	-	-	-	-	298.9%	-	-	-	-	-

* indicates main item

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Lunch - Main Entrees

Friday - 10/26/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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+	\$0.77
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			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 - 10/26/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.19
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 Mixed Fruit, Canned	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned, 1	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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
Extra Extra Totals			373.3	3	84.2	0	9.4	14.6	124.7	865.7+	109.2	3.1	253.5+	\$1.68

Lunch - Milk & Condiments

Friday - 10/26/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	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
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	0.8	1309.2	407.8+	903	0.4	136.4+	\$1.17
Daily Totals for 10/26/2018			1480.2	31.7	242.5	118+	66.6	24.6	2497.4	1725.7+	1794.6	7.2	934.9+	\$4.42
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	246.7%	-	-	-	-	-	203%	-	-	-	-	-
Daily Average for Week (10/21/2018 - 10/26/2018)	1705.4	43.2	268.2	100.2+	75.7	27.8	3320.9	2179.9+	1670.8	13.4	565.8+	\$4.64
% Average for Week (10/21/2018 - 10/26/2018)	284.2%	-	-	-	-	-	270%	-	-	-	-	-
Daily Average for Dates: 10/01/2018 - 10/26/2018	1396.4	36.4+	219	105.6+	59.1+	23.2+	2688.9	1764.1+	1281.3	8.9+	731.8+	\$3.64
% for Dates: 10/01/2018 - 10/26/2018	232.7%	-	-	-	-	-	218.6%	-	-	-	-	-

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