

**Menu Collections - Menu Analysis Report**

**Report Run: Feb 02, 2018**

**Date(s) Included: February 5, 2018 - March 2, 2018**

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

**Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8. SY 2017-2018**

**List: All Items**

*Elementary, Breakfast, 2015-16 - Main Entrees*

**Monday - 02/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Main Entrees Totals</b>			151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Daily Totals for 02/05/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

\* indicates main item

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

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

**Monday - 02/05/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 02/05/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/05/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Main Entrees Totals</b>			209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Daily Totals for 02/06/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

\* indicates main item

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

**Tuesday - 02/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 02/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/06/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Bar, Oatmeal, Double C	1 each	35.2	150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Main Entrees Totals</b>			150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Daily Totals for 02/07/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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

**Wednesday - 02/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 02/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/07/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Chocolate	1 each	56.7	170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Main Entrees Totals</b>			170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Daily Totals for 02/08/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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

**Thursday - 02/08/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 02/08/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/08/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Main Entrees Totals</b>			179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Daily Totals for 02/09/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-

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

**Friday - 02/09/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 02/09/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/09/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-
<b>Daily Average for Week (2/5/2018 - 2/10/2018)</b>			986.6	15.9	181.1	47.7	35.6	10.3	885.1	1784.6+	1173.3+	4.2	311+	\$2.37
<b>% USDA2014 Average for Week (2/5/2018 - 2/10/2018)</b>			246.6%	-	-	-	-	-	163.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Main Entrees Totals</b>			151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Daily Totals for 02/12/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

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

**Monday - 02/12/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 02/12/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/12/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Main Entrees Totals</b>			209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Daily Totals for 02/13/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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

**Tuesday - 02/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 02/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/13/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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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 Bar, Oatmeal, Double C	1 each	35.2	150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Main Entrees Totals</b>			150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Daily Totals for 02/14/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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

**Wednesday - 02/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 02/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/14/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Chocolate	1 each	56.7	170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Main Entrees Totals</b>			170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Daily Totals for 02/15/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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

**Thursday - 02/15/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 02/15/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/15/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Main Entrees Totals</b>			179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Daily Totals for 02/16/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-

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

**Friday - 02/16/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 02/16/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/16/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-
<b>Daily Average for Week (2/11/2018 - 2/17/2018)</b>			986.6	15.9	181.1	47.7	35.6	10.3	885.1	1784.6+	1173.3+	4.2	311+	\$2.37
<b>% USDA2014 Average for Week (2/11/2018 - 2/17/2018)</b>			246.6%	-	-	-	-	-	163.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Main Entrees Totals</b>			151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Daily Totals for 02/19/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

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

**Monday - 02/19/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 02/19/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/19/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Main Entrees Totals</b>			209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Daily Totals for 02/20/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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

**Tuesday - 02/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 02/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/20/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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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 Bar, Oatmeal, Double C	1 each	35.2	150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Main Entrees Totals</b>			150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Daily Totals for 02/21/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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

**Wednesday - 02/21/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 02/21/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/21/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Chocolate	1 each	56.7	170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Main Entrees Totals</b>			170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Daily Totals for 02/22/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

\* indicates main item

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

**Thursday - 02/22/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 02/22/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/22/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Main Entrees Totals</b>			179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Daily Totals for 02/23/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-

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

**Friday - 02/23/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 02/23/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/23/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-
<b>Daily Average for Week (2/18/2018 - 2/24/2018)</b>			986.6	15.9	181.1	47.7	35.6	10.3	885.1	1784.6+	1173.3+	4.2	311+	\$2.37
<b>% USDA2014 Average for Week (2/18/2018 - 2/24/2018)</b>			246.6%	-	-	-	-	-	163.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Main Entrees Totals</b>			151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.31
<b>Daily Totals for 02/26/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

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

**Monday - 02/26/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Monday - 02/26/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/26/2018</b>			965.3	14.4	180.5	37.7	35.8	10.4	814.7	1754.6+	1298.4+	4.3	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pancakes, Mini, Bl	1 serving(s)	85.9	209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Main Entrees Totals</b>			209.8	6	35	10	4	4	309.6	149.8	59.9	2.7	-	\$0.50
<b>Daily Totals for 02/27/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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

**Tuesday - 02/27/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Tuesday - 02/27/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/27/2018</b>			1024.1	17.4	185.2	47.7	36.8	11.4	1008.6	1904.5+	1157+	5.2	311+	\$2.52
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			256%	-	-	-	-	-	186.8%	-	-	-	-	-

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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 Bar, Oatmeal, Double C	1 each	35.2	150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Main Entrees Totals</b>			150.7	5	24.1	15.1	2	3	115.5	-	0	1.1	-	\$0.30
<b>Daily Totals for 02/28/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

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

**Wednesday - 02/28/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Wednesday - 02/28/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 02/28/2018</b>			965	16.4	174.4	52.8	34.8	10.4	814.5	1754.6+	1097.1+	3.6	311+	\$2.32
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			241.3%	-	-	-	-	-	150.8%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Chocolate	1 each	56.7	170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Main Entrees Totals</b>			170	6	28	25	3	1.5	200	-	20	1.1	-	\$0.31
<b>Daily Totals for 03/01/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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

**Thursday - 03/01/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Thursday - 03/01/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/01/2018</b>			984.4	17.4	178.3	62.7	35.8	8.9	899	1754.6+	1117.1+	3.6	311+	\$2.33
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			246.1%	-	-	-	-	-	166.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Cinnamon	1 each	49.9	179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Main Entrees Totals</b>			179.6	2.5	36.9	0	2	3	189.6	-	99.8	1.8	-	\$0.33
<b>Daily Totals for 03/02/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-
<b>Daily Average for Week (2/25/2018 - 3/2/2018)</b>			986.6	15.9	181.1	47.7	35.6	10.3	885.1	1784.6+	1173.3+	4.2	311+	\$2.37
<b>% USDA2014 Average for Week (2/25/2018 - 3/2/2018)</b>			246.6%	-	-	-	-	-	163.9%	-	-	-	-	-
<b>Daily Average for Dates: 02/05/2018 - 03/02/2018</b>			758.9	12.3	139.3	36.7	27.4	7.9	680.8	1372.8+	902.6+	3.2	239.2+	\$1.82
<b>% USDA2014 for Dates: 02/05/2018 - 03/02/2018</b>			189.7%	-	-	-	-	-	126.1%	-	-	-	-	-

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

**Friday - 03/02/2018**

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
Applesauce, Unsweetened, 4 oz	1 each	113.4	47.6	0.1	12.8	0	0.2	1.2	2.3	83.9	4.5	0.3	1.1	\$0.42
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Apple, Slices, Fresh	1 each	56.7	22.7	0	6.4	0	0	0.5	0	-	2.7	0	-	\$0.10
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	110	-	-	0.7	-	\$0.13
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
Cheese, String, Part Skim, 1 oz,	1 each	28.3	72	4.5	0.8	18.1	6.9	0	175.5	23.8	221.7	0.1	36	\$0.20
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
<b>Sides for All Meals Totals</b>			521.2	9	105.4	18.1	10.1	7.4	308.7	670.2+	258.1+	2	41.1+	\$1.41

**Elementary, Breakfast, 2015-16 - Milk & Condiments**

**Friday - 03/02/2018**

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, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/02/2018</b>			994	13.9	187.2	37.7	34.8	10.4	888.6	1754.6+	1196.9+	4.3	311+	\$2.35
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			248.5%	-	-	-	-	-	164.6%	-	-	-	-	-
<b>Daily Average for Week (2/25/2018 - 3/2/2018)</b>			986.6	15.9	181.1	47.7	35.6	10.3	885.1	1784.6+	1173.3+	4.2	311+	\$2.37
<b>% USDA2014 Average for Week (2/25/2018 - 3/2/2018)</b>			246.6%	-	-	-	-	-	163.9%	-	-	-	-	-
<b>Daily Average for Dates: 02/05/2018 - 03/02/2018</b>			758.9	12.3	139.3	36.7	27.4	7.9	680.8	1372.8+	902.6+	3.2	239.2+	\$1.82
<b>% USDA2014 for Dates: 02/05/2018 - 03/02/2018</b>			189.7%	-	-	-	-	-	126.1%	-	-	-	-	-

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