

# 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, LUNCH, Elementary, K-8, SY 2017-2018

List: All Items

## Lunch - 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
*3 CK12 Chicken, Nuggets, Ringed	5 each	103.8	300	17.5	15	50	21.3	1.3	450	-	25	1.8	-	\$0.47
1 MM CK12 Dinner Roll, WG (White)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Sauce, BBQ, Bulk Container	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.28
Sauce, Honey Mustard Dipping, Bulk Container	1 each	28.3	40.5	0.5	8.9	0	0.5	0.4	158.7	17.9	10.8	0.3	-	\$0.19
1 MM CK12 Potato, Mashed, Insulated	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
*2 APL CK12 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
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
<b>Main Entrees Totals</b>			900.9	31.6	112.2	91.3	46.1	7.8	1872.3	438.7+	881.2	7	72+	\$2.21

## Lunch - Extra Extra

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
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
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.06
1 MM CK12 Beans, Garbanzo, 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 Peaches, Canned, Juice	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
2 APL CK12 Pears, Canned, Juice	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.32
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			381.7	3	87.3	0	9.3	15.9	142.7	1024.9+	118	3.2	255.9+	\$1.64

## Lunch - 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, Strawberry, Skim, 8oz	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21

\* indicates main item

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

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**Lunch - 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
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
<b>Milk &amp; Condiments Totals</b>			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
<b>Daily Totals for 02/05/2018</b>			1783.2	46.3	273.2	128.7	79	25.6	3586.5	2688.3+	1871	11.2	468.5+	\$4.75
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			297.2%	-	-	-	-	-	291.6%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
2 APL CK12 Sauce, Cheese (JT	3-3/4 ounce	106.3	222.5	16.5	4.1	57.7	14.4	0	813.9	-	418.3	0	-	\$0.47
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			963	31.5	133.3	88.1	44.1	14.2	2112.5	76.2+	569.2	7.8	0+	\$1.79

**Lunch - Extra Extra**

**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
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	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Salad, Fruit, Cranbe	1/2 cup	142.2	133.4	0.4	35.1	0	0.5	3.1	5.9	139.6	15.1	0.4	1.9	\$0.40
Apples, Sliced, Fresh, 2 oz, PC (	1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			429.4	3.4	99.9	0	9.4	16.9	120.9	951.6+	119	3.1	237.8+	\$1.79

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 02/06/2018</b>			1816.3	40.3	301.6	113.1	77.4	33.1	3696.2	2252.4+	1572.4	11.8	378.4+	\$4.48

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	302.7%	-	-	-	-	-	300.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 French Toast, Sticks, W	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
1 MM CK12 Egg, Scrambled, Co	2-2/3 tbsp	42	45.5	2.8	1	126	4.2	0	112	-	28	0.4	-	\$0.12
*3 CK12 Chicken, Nuggets (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
<b>Main Entrees Totals</b>			1147.9	50.5	136.4	231	44.8	9.2	1837.9	608.7+	177.9	6.9	0+	\$1.70

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.19
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 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
2 APL CK12 Apple, Slices, Cann	1/2 cup	107.4	57.1	0.4	14.7	0	0.3	2.6	1.1	94.8	6.2	0.2	2.2	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			433	3.7	100.3	0	9.8	17.7	106.2	1274.3+	105.8	3.1	232.1+	\$1.74

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
<b>Milk &amp; Condiments Totals</b>			390.5	5.1	62.2	23.7	23.1	1.7	914.4	1224.7+	862.4	0.8	140.6+	\$0.72

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<b>Daily Totals for 02/07/2018</b>	1971.4	59.3	298.9	254.7	77.7	28.6	2858.5	3107.6+	1146.1	10.8	372.7+	\$4.16
<b>USDA2014, Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>	328.6%	-	-	-	-	-	232.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Sandwich, Cheese	1 sandwich	95.7	284.4	12.8	29.8	27.8	12.7	3.8	669.5	234.9+	296.4	1.7	57+	\$0.36
2 APL CK12 Soup, Tomato (Can)	4 floz	123.7	20.8	0.3	4.2	0	0.3	0.3	108.3	0.6+	1.8	0.1	0+	\$0.13
Crackers, Saltine, 2 Ct, PC (190)	1 each	5.7	23.7	0.5	4.2	0	0.5	0.2	53.4	8.6	1.1	0.3	0.1	\$0.02
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			932.1	24.3	149.4	39.1	32.9	13	1101	1179.8+	753.7	5.8	86.9+	\$1.92

**Lunch - Extra Extra**

**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
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	\$0.39
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 Apple, Red Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			392.7	3.3	90.3	0	9.3	16.8	108.6	1073.2+	114.2	3	261.3+	\$1.73

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 02/08/2018</b>			1748.7	33	308.1	64.1	66	31.9	2672.4	3477.6+	1752.1	9.8	488.7+	\$4.54
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			291.5%	-	-	-	-	-	217.3%	-	-	-	-	-

\* indicates main item

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**Lunch - Main Entrees**

**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 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
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 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			700	27.2	74.4	52.4+	43.4	11.2	1384.2	614.2+	600.2	5.4	0+	\$1.21

**Lunch - Extra Extra**

**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
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, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			385.1	3.1	87.1	0	9.7	15.3	136.3	954.6+	107.2	3.1	240.5+	\$1.78

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 02/09/2018</b>			1509.1	35.8	229.8	77.4+	76.9	28.6	2983.3	2793.4+	1591.7	9.4	381.1+	\$3.89
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			251.5%	-	-	-	-	-	242.5%	-	-	-	-	-

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Daily Average for Week (2/5/2018 - 2/10/2018)	1765.7	42.9	282.3	127.6+	75.4	29.6	3159.4	2863.9+	1586.7	10.6	417.9+	\$4.36
% USDA2014 Average for Week (2/5/2018 - 2/10/2018)	294.3%	-	-	-	-	-	256.9%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Sandwich, Chicken	1 sandwich	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
*2 APL CK12 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
<b>Main Entrees Totals</b>			<b>850</b>	<b>32.9</b>	<b>102.6</b>	<b>48.1</b>	<b>36.6</b>	<b>10.7</b>	<b>1439.5</b>	<b>385.8+</b>	<b>680.5</b>	<b>8.3</b>	<b>36+</b>	<b>\$1.54</b>

**Lunch - Extra Extra**

**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
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	\$0.19
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 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, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			<b>413.5</b>	<b>3.1</b>	<b>96</b>	<b>0</b>	<b>8.7</b>	<b>19.2</b>	<b>177.5</b>	<b>988+</b>	<b>119.8</b>	<b>3.3</b>	<b>833.5+</b>	<b>\$1.53</b>

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			<b>525.7</b>	<b>12</b>	<b>78.3</b>	<b>38.3</b>	<b>24.2</b>	<b>2.2</b>	<b>1982.8</b>	<b>1224.7+</b>	<b>888.1</b>	<b>1.1</b>	<b>140.6+</b>	<b>\$1.04</b>
<b>Daily Totals for 02/12/2018</b>			<b>1789.2</b>	<b>48</b>	<b>276.9</b>	<b>86.5</b>	<b>69.5</b>	<b>32.2</b>	<b>3599.9</b>	<b>2598.5+</b>	<b>1688.4</b>	<b>12.7</b>	<b>1010.1+</b>	<b>\$4.11</b>
<b>USDA2014, Lunch, 5-13 y</b>			<b>600-650</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>≤1230</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>% USDA2014, Lunch, 5-13 y</b>			<b>298.2%</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>292.7%</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

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**Lunch - Main Entrees**

**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
*1 MM CK12 Nachos, Beef (JTM)	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.34
1 MM CK12 Beans, Refried, Veg	1/2 cup	121.4	101.6	1.1	16.6	0+	6.4	5.8	529	423	43.7	2.1	4.4+	\$0.23
2 APL CK12 Salsa, 3 oz, Red Gd	1 each	85	30	0	6	0	0	0	210	300	0	1.1	-	\$0.34
1 MM CK12 Lettuce, Romaine, S	1/2 cup	23.5	4	0.1	0.8	0	0.3	0.5	1.9	58	7.8	0.2	102.5	\$0.11
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.06
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			934.6	40.4	106.2	79.1+	39.5	16	2457.4	893.8+	278	8.4	135.8+	\$1.89

**Lunch - Extra Extra**

**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
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	\$0.11
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			404.6	3.2	94.5	0	8.9	18.6	108.7	980.6+	113	3.2	328.6+	\$1.67

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04

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<b>Daily Totals for 02/13/2018</b>	1864.9	55.6	279	117.4+	72.5	36.8	4548.8	3099+	1279.1	12.7	605+	\$4.59
<b>USDA2014, Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>	310.8%	-	-	-	-	-	369.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.21
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
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
*3 CK12 Chicken, Nuggets (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			767.7	29.3	99.6	271.7+	28.8	8.1	1330.8	76.2+	89.7	4.8	0+	\$1.17

**Lunch - Extra Extra**

**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
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	\$0.27
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
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	\$0.37
3 CK12 Jello, Fruit Cocktail, 1/2	1 cup	326.6	219.5	0.1	53.9	0	3.5	1.3	193.6	115.8	13.6	0.4	12.5	\$0.47
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			499.8	3.1	114.3	0	12	14.5	298.3	911.3+	108.3	3.2	276.4+	\$2.05

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 02/14/2018</b>			1691.4	37.9	282.3	296.6+	64.6	24.7	3091.9	2212.1+	1082.2	8.9	417+	\$4.13

\* indicates main item

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	281.9%	-	-	-	-	-	251.4%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			971.5	27.3	148.8	33.8	38	16.3	854.2	1199.2+	563.1	7	854.9+	\$2.15

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.19
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 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
2 APL CK12 Pears, Diced, Cann	1/2 cup	124.1	60.2	0	16.1	0	0	2	5	0.4+	0.8	0	0+	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			380.1	3	87.5	0	8.6	15.1	109.8	843.7+	109.2	2.8	229+	\$1.53

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 02/15/2018</b>			1775.5	35.7	304.7	58.7	70.5	33.5	2426.8	3267.6+	1556.5	10.7	1224.5+	\$4.57
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			295.9%	-	-	-	-	-	197.3%	-	-	-	-	-

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<b>Daily Average for Week (2/11/2018 - 2/17/2018)</b>	1780.2	44.3	285.7	139.8+	69.3	31.8	3416.9	2794.3+	1401.6	11.2	814.1+	\$4.35
<b>% USDA2014 Average for Week (2/11/2018 - 2/17/2018)</b>	296.7%	-	-	-	-	-	277.8%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*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 Cookie, Chocolate	1 each	28.3	104	3.1	18.5	10.4	1.7	1.9	93.7	-	10.3	0.6	-	\$0.11
2 APL CK12 Sauce, BBQ, Bulk	1 floz	37	60	0	15	0	1	0	400	-	0	0	-	\$0.28
Sauce, Honey Mustard Dipping,	1 each	28.3	40.5	0.5	8.9	0	0.5	0.4	158.7	17.9	10.8	0.3	-	\$0.19
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 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Cookie, Chocolate	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
<b>Main Entrees Totals</b>			996.5	34.5	139.9	76.3	37.5	11.9	2126.7	520.8+	157.1	6.4	0+	\$2.06

**Lunch - Extra Extra**

**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
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	\$0.19
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, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
2 APL CK12 Applesauce, 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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			393.2	3.1	90.5	0	9.4	17.1	178.8	1102.9+	124.5	3.8	855.4+	\$1.69

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02

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**Lunch - Milk & Condiments**

**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
1 MM CK12 Salad Dressing, Ranch	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
2 APL CK12 Salad Dressing, Italian	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
<b>Milk &amp; Condiments Totals</b>			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
<b>Daily Totals for 02/20/2018</b>			1890.3	49.3	304	113.6	70.6	30.9	3877.1	2848.4+	1153.4	11.2	995.9+	\$4.65
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			315.1%	-	-	-	-	-	315.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 French Toast, Sticks, W	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
1 MM CK12 Egg, Scrambled, Co	1/3 cup	84	91	5.6	2.1	252	8.4	0	224	-	56	0.8	-	\$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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
Rice Krispies Treats, Mini Squar	1 each	11.1	45.8	1.1	8.5	0	0.3	0.1	52.2	5.1	0.6	0.2	-	\$0.16
*3 CK12 Chicken, Nuggets (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Potato, Tater Tots (	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
Rice Krispies Treats, Mini Squar	1 each	11.1	45.8	1.1	8.5	0	0.3	0.1	52.2	5.1	0.6	0.2	-	\$0.16
<b>Main Entrees Totals</b>			<b>1165</b>	<b>47.6</b>	<b>154.5</b>	<b>297</b>	<b>37.6</b>	<b>9.3</b>	<b>1894.3</b>	<b>618.8+</b>	<b>167.2</b>	<b>6.9</b>	<b>0+</b>	<b>\$1.71</b>

**Lunch - Extra Extra**

**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
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	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$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 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			<b>439.3</b>	<b>3.3</b>	<b>100.3</b>	<b>0</b>	<b>9.9</b>	<b>15.1</b>	<b>120.1</b>	<b>1282.8+</b>	<b>99.6</b>	<b>2.9</b>	<b>230+</b>	<b>\$1.63</b>

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05

\* indicates main item

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<b>Milk &amp; Condiments Totals</b>	390.5	5.1	62.2	23.7	23.1	1.7	914.4	1224.7+	862.4	0.8	140.6+	\$0.72
<b>Daily Totals for 02/21/2018</b>	1994.7	56	316.9	320.7	70.6	26.1	2928.8	3126.3+	1129.2	10.6	370.6+	\$4.06
<b>USDA2014, Lunch, 5-13 y</b>	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>	332.5%	-	-	-	-	-	238.1%	-	-	-	-	-

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**Lunch - Main Entrees**

**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 Hot Dog, Beef (Smithfield)	1 sandwich	113.4	332.6	18.8	28.7	32.9	12.4	2.7	745.9	239.3	39.8	2.2	0+	\$0.56
1 MM CK12 Beans, Baked, Canned	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
*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	\$1.42
<b>Main Entrees Totals</b>			1075.5	31.6	166.3	53.4	38.6	18.7	1561.2	1582.2	564.1	8.2	29.8+	\$2.20

**Lunch - Extra Extra**

**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
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, Cherry, Fresh	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	\$0.39
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Diced, Canned	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Canned	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			376.6	3.1	85.9	0	9.5	14.9	117.5	1024.6+	108.1	3.2	290.3+	\$1.96

**Lunch - 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, Strawberry, Skim, 8oz	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk 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	-	\$0.18
2 APL CK12 Salad Dressing, Italian	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
<b>Milk &amp; Condiments Totals</b>			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
<b>Daily Totals for 02/22/2018</b>			1952.8	46.4	325.8	90.8	71.7	35.6	3250.2	3831.5+	1544	12.4	460.7+	\$5.06
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			325.5%	-	-	-	-	-	264.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			690.2	26.2	75.4	52.4+	40.4	12.2	1444.4	614.2+	500.5	5.7	0+	\$1.47

**Lunch - Extra Extra**

**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
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	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			416.5	2.9+	93.9	0+	8.8+	13.4+	154.4	811.4+	180.5	2.6+	234.2+	\$1.61

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
<b>Daily Totals for 02/23/2018</b>			1632.3	41.1+	247.7	90.7+	73.4+	27.9+	3581.6	2650.2+	1569.1	9.4+	374.8+	\$4.11
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			272%	-	-	-	-	-	291.2%	-	-	-	-	-

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<b>Daily Average for Week (2/18/2018 - 2/24/2018)</b>	1867.5	48.2+	298.6	154+	71.6+	30.1+	3409.4	3114.1+	1348.9	10.9+	550.5+	\$4.47
<b>% USDA2014 Average for Week (2/18/2018 - 2/24/2018)</b>	311.3%	-	-	-	-	-	277.2%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Chicken, Tenders (R)	3 each	119.9	242.9	9.1	15.2	60.7	24.3	1.5	409.8	-	0	1.6	-	\$1.03
2 APL CK12 Breadstick, Plain (R)	1 each	34	80	1	15	0	3	2	100	-	6.5	0.4	-	\$0.13
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	-	\$0.12
*2 APL CK12 Fun Lunch: Cereal	1 serving(s)	169.7	263.4	7.6	39.1	23.1	11.9	3	402.5	69.4+	574.2	3.7	36+	\$0.85
<b>Main Entrees Totals</b>			732.1	25	85.9	83.9	41.3	8.6	1204	350.6+	580.7	6.5	36+	\$2.13

**Lunch - Extra Extra**

**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
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	20.8	0.2	4.4	0	1	1.8	13.8	257.1	21.7	0.5	285.8	\$0.26
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	\$0.12
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.32
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			406.6	3.2	93	0	10.2	16.5	202.3	1231+	132.5	3.3	346.2+	\$1.77

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
<b>Daily Totals for 02/26/2018</b>			1664.3	40.1	257.2	122.2	75.6	27.4	3389.1	2806.2+	1601.4	10.8	522.8+	\$4.94
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			277.4%	-	-	-	-	-	275.5%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Nachos, Beef (JTM)	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.34
1 MM CK12 Beans, Refried, Veg	1/2 cup	121.4	101.6	1.1	16.6	0+	6.4	5.8	529	423	43.7	2.1	4.4+	\$0.23
2 APL CK12 Salsa, 3 oz, Red Gd	1 each	85	30	0	6	0	0	0	210	300	0	1.1	-	\$0.34
1 MM CK12 Lettuce, Romaine, S	1/2 cup	23.5	4	0.1	0.8	0	0.3	0.5	1.9	58	7.8	0.2	102.5	\$0.11
*1 MM CK12 Corn Dog, Turkey,	7 each	134.9	284.1	14.2	28.4	35.5	14.2	3.6	816.8	-	71	1.9	-	\$0.81
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
<b>Main Entrees Totals</b>			936.9	39	109.1	73.1+	40.7	16.5	2548.8	857.2+	258.7	8.7	106.9+	\$1.94

**Lunch - Extra Extra**

**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
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	\$0.11
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 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
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			409.6	3.2	95.3	0	9.1	18.4	107.1	1006.5+	121.5	3.2	330.2+	\$1.62

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
<b>Daily Totals for 02/27/2018</b>			1872.1	54.2	282.7	111.4+	74	37.1	4638.8	3088.4+	1268.4	12.9	577.6+	\$4.60

\* indicates main item

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	312%	-	-	-	-	-	377.1%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	340.3	13.8	34.3	48.9	23.1	3.7	771.6	147.8+	183	4.6	28.5+	\$0.71
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
*3 CK12 Chicken, Nuggets (Tysc	5 each	96.4	200	10	12	45	16	1	440	-	20	1.8	-	\$0.35
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
<b>Main Entrees Totals</b>			959.9	27.4	134.5	93.9	51.9	19.2	2226.7	295.7+	327.7	10.9	31.4+	\$1.72

**Lunch - Extra Extra**

**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
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.19
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 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			435.9	3.3	100.6	0	9.5	16.1	110.1	1179.5+	99.6	2.9	230+	\$1.66

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
<b>Daily Totals for 02/28/2018</b>			1921.5	42.7	313.5	132.2	85.6	37.5	4319.6	2699.9+	1315.4	14.8	402+	\$4.41
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA2014, Lunch, 5-13 y	320.2%	-	-	-	-	-	351.2%	-	-	-	-	-
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**Lunch - Main Entrees**

**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
*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 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
<b>Main Entrees Totals</b>			892.9	24.6	135.3	49.7+	35.6	11.9	928.4	1104.7+	794.1	5.3	131.1+	\$1.90

**Lunch - Extra Extra**

**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
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	\$0.13
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 Pears, Canned, Juic	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			382.3	3.1	87.4	0	9.4	15.9	122	965.6+	117	3.3	235.4+	\$1.63

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
<b>Milk &amp; Condiments Totals</b>			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
<b>Daily Totals for 03/01/2018</b>			1699.1	33.2	291.1	74.7+	68.8	29.8	2513.2	3295+	1795.3	9.6	507.2+	\$4.43
<b>USDA2014, Lunch, 5-13 y</b>			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
<b>% USDA2014, Lunch, 5-13 y</b>			283.2%	-	-	-	-	-	204.3%	-	-	-	-	-

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**Lunch - Main Entrees**

**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
*1 MM CK12 Fish Sticks (High L	4 each	113.4	212.6	8.1	22.3	35.4	12.1	3	273.4	-	20.2	1.1	-	\$0.92
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 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	-	\$0.12
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
1 MM CK12 Dinner Roll, WG (W	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 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	-	\$0.12
<b>Main Entrees Totals</b>			911	39.9	99.9	57.8	36.9	13.6	1529.5	714.8+	124.4	6	0+	\$1.78

**Lunch - Extra Extra**

**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
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	\$0.19
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.37
<b>Extra Extra Totals</b>			435.1	2.9+	98.8	0+	8.3+	15.1+	211.2	907.3+	191.9	3.2+	829.6+	\$1.66

**Lunch - 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, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
<b>Milk &amp; Condiments Totals</b>			500.6	11.7	73.6	37.4	23.7	2	1571.5	1224.7+	871.8	1	140.6+	\$0.90
<b>Daily Totals for 03/02/2018</b>			1846.7	54.5+	272.4	95.2+	68.9+	30.7+	3312.2	2846.8+	1188.1	10.1+	970.2+	\$4.35

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	307.8%	-	-	-	-	-	269.3%	-	-	-	-	-
Daily Average for Week (2/25/2018 - 3/2/2018)	1800.7	44.9+	283.4	107.1+	74.6+	32.5+	3634.6	2947.3+	1433.7	11.6+	595.9+	\$4.55
% USDA2014 Average for Week (2/25/2018 - 3/2/2018)	300.1%	-	-	-	-	-	295.5%	-	-	-	-	-
Daily Average for Dates: 02/05/2018 - 03/02/2018	1247.1	31.1+	198.7	90.3+	50.5+	21.5+	2356.7	2026.5+	1004	7.7+	404.9+	\$3.07
% USDA2014 for Dates: 02/05/2018 - 03/02/2018	207.8%	-	-	-	-	-	191.6%	-	-	-	-	-

\* indicates main item

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

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