

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, Secondary, 7-12, SY 2017-2018

List: All Items

Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast, H	1 sandwich	175.2	344.8	16.7	35.5	140.1	15.6	2.3	898.7	58.9+	223.2	1.7	32.4+	\$0.56
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 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			720.2	26.5	101.1	140.1	21.5	8.9	1283.4	525.6+	268.3	3.9	34+	\$1.10

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 02/05/2018

* indicates main item

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

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/05/2018			4731.3	114.9	841.7	319+	120.2	71.4	4643.7	4263.2+	3564.3	42.6	831.2+	\$11.03
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1051.4%	-	-	-	-	-	725.6%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	249.2	8.7	31	137.6	12.4	3	592.3	36.1+	176.9	1.9	28.5+	\$0.46
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
Main Entrees Totals			395	16	47.7	137.6	14.5	5.1	883.9	317.4+	176.9	2.7	28.5+	\$0.58

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$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

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/06/2018			4406.1	104.3	788.3	316.5+	113.3	67.6	4244.2	4055+	3472.9	41.3	825.7+	\$10.51
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			979.1%	-	-	-	-	-	663.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
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 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Lo	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Froze	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
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 Granola, Homemad	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.82

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 02/07/2018

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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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/07/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.75
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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, Breakfast	1 sandwich	147.8	423.6	25.5	30.2	153.3	18.1	2	1028.5	59.9+	321.6	1.6	1.3+	\$0.57
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
Main Entrees Totals			569.4	32.7	46.9	153.3	20.2	4.1	1320.2	341.1+	321.6	2.3	1.3+	\$0.69

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, IV	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/08/2018			4580.5	121.1	787.5	332.2+	118.9	66.6	4680.5	4078.8+	3617.5	41	798.6+	\$10.62
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1017.9%	-	-	-	-	-	731.3%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.07
1 MM CK12 Onions, Fresh, Raw	1 tbsp	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.08

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 02/09/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/09/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.02
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (2/5/2018 - 2/10/2018)			4682.7	112.8	834.2	310.7+	119.2	70.6	4358.2	4254.2+	3573.6	42.6	855.5+	\$10.99
% USDA2014 Average for Week (2/5/2018 - 2/10/2018)			1040.6%	-	-	-	-	-	681%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, H	1 sandwich	175.2	344.8	16.7	35.5	140.1	15.6	2.3	898.7	58.9+	223.2	1.7	32.4+	\$0.56
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 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			720.2	26.5	101.1	140.1	21.5	8.9	1283.4	525.6+	268.3	3.9	34+	\$1.10

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/12/2018			4731.3	114.9	841.7	319+	120.2	71.4	4643.7	4263.2+	3564.3	42.6	831.2+	\$11.03
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1051.4%	-	-	-	-	-	725.6%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	249.2	8.7	31	137.6	12.4	3	592.3	36.1+	176.9	1.9	28.5+	\$0.46
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
Main Entrees Totals			395	16	47.7	137.6	14.5	5.1	883.9	317.4+	176.9	2.7	28.5+	\$0.58

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/13/2018			4406.1	104.3	788.3	316.5+	113.3	67.6	4244.2	4055+	3472.9	41.3	825.7+	\$10.51
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			979.1%	-	-	-	-	-	663.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*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 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 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Lo	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Froze	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
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 Granola, Homemad	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.82

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 02/14/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/14/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.75
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	147.8	423.6	25.5	30.2	153.3	18.1	2	1028.5	59.9+	321.6	1.6	1.3+	\$0.57
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
Main Entrees Totals			569.4	32.7	46.9	153.3	20.2	4.1	1320.2	341.1+	321.6	2.3	1.3+	\$0.69

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, IV	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/15/2018			4580.5	121.1	787.5	332.2+	118.9	66.6	4680.5	4078.8+	3617.5	41	798.6+	\$10.62
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1017.9%	-	-	-	-	-	731.3%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.07
1 MM CK12 Onions, Fresh, Raw	1 tbsp	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.08

Great Lakes, Secondary, Breakfast - Alternate Entrees

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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry,	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 02/16/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/16/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.02
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (2/11/2018 - 2/17/2018)			4682.7	112.8	834.2	310.7+	119.2	70.6	4358.2	4254.2+	3573.6	42.6	855.5+	\$10.99
% USDA2014 Average for Week (2/11/2018 - 2/17/2018)			1040.6%	-	-	-	-	-	681%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

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 Sandwich, Breakfast, H	1 sandwich	175.2	344.8	16.7	35.5	140.1	15.6	2.3	898.7	58.9+	223.2	1.7	32.4+	\$0.56
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 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			720.2	26.5	101.1	140.1	21.5	8.9	1283.4	525.6+	268.3	3.9	34+	\$1.10

Great Lakes, Secondary, Breakfast - Alternate Entrees

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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/19/2018			4731.3	114.9	841.7	319+	120.2	71.4	4643.7	4263.2+	3564.3	42.6	831.2+	\$11.03
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1051.4%	-	-	-	-	-	725.6%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	249.2	8.7	31	137.6	12.4	3	592.3	36.1+	176.9	1.9	28.5+	\$0.46
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
Main Entrees Totals			395	16	47.7	137.6	14.5	5.1	883.9	317.4+	176.9	2.7	28.5+	\$0.58

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/20/2018			4406.1	104.3	788.3	316.5+	113.3	67.6	4244.2	4055+	3472.9	41.3	825.7+	\$10.51
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			979.1%	-	-	-	-	-	663.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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 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 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Lo	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Froze	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
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 Granola, Homemad	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.82

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 02/21/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/21/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.75
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	147.8	423.6	25.5	30.2	153.3	18.1	2	1028.5	59.9+	321.6	1.6	1.3+	\$0.57
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
Main Entrees Totals			569.4	32.7	46.9	153.3	20.2	4.1	1320.2	341.1+	321.6	2.3	1.3+	\$0.69

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, IV	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/22/2018			4580.5	121.1	787.5	332.2+	118.9	66.6	4680.5	4078.8+	3617.5	41	798.6+	\$10.62
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1017.9%	-	-	-	-	-	731.3%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.07
1 MM CK12 Onions, Fresh, Raw	1 tbsp	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.08

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 02/23/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/23/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.02
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (2/18/2018 - 2/24/2018)			4682.7	112.8	834.2	310.7+	119.2	70.6	4358.2	4254.2+	3573.6	42.6	855.5+	\$10.99
% USDA2014 Average for Week (2/18/2018 - 2/24/2018)			1040.6%	-	-	-	-	-	681%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, H	1 sandwich	175.2	344.8	16.7	35.5	140.1	15.6	2.3	898.7	58.9+	223.2	1.7	32.4+	\$0.56
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 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			720.2	26.5	101.1	140.1	21.5	8.9	1283.4	525.6+	268.3	3.9	34+	\$1.10

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

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Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/26/2018			4731.3	114.9	841.7	319+	120.2	71.4	4643.7	4263.2+	3564.3	42.6	831.2+	\$11.03
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1051.4%	-	-	-	-	-	725.6%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	249.2	8.7	31	137.6	12.4	3	592.3	36.1+	176.9	1.9	28.5+	\$0.46
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
Main Entrees Totals			395	16	47.7	137.6	14.5	5.1	883.9	317.4+	176.9	2.7	28.5+	\$0.58

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/27/2018			4406.1	104.3	788.3	316.5+	113.3	67.6	4244.2	4055+	3472.9	41.3	825.7+	\$10.51
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			979.1%	-	-	-	-	-	663.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*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 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 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Lo	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Froze	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
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 Granola, Homemad	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.82

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 02/28/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 02/28/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.75
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	147.8	423.6	25.5	30.2	153.3	18.1	2	1028.5	59.9+	321.6	1.6	1.3+	\$0.57
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
Main Entrees Totals			569.4	32.7	46.9	153.3	20.2	4.1	1320.2	341.1+	321.6	2.3	1.3+	\$0.69

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, IV	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - 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
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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Cal	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/01/2018			4580.5	121.1	787.5	332.2+	118.9	66.6	4680.5	4078.8+	3617.5	41	798.6+	\$10.62
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1017.9%	-	-	-	-	-	731.3%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.07
1 MM CK12 Onions, Fresh, Raw	1 tbsp	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.42
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.08

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.37
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.37
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Banana, WG, IV	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.60
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.18
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$7.94

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 03/02/2018

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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 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 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/02/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.02
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (2/25/2018 - 3/2/2018)			4682.7	112.8	834.2	310.7+	119.2	70.6	4358.2	4254.2+	3573.6	42.6	855.5+	\$10.99
% USDA2014 Average for Week (2/25/2018 - 3/2/2018)			1040.6%	-	-	-	-	-	681%	-	-	-	-	-
Daily Average for Dates: 02/05/2018 - 03/02/2018			3602.1	86.7	641.7	239+	91.7	54.3	3352.4	3272.5+	2748.9	32.7	658.1+	\$8.45
% USDA2014 for Dates: 02/05/2018 - 03/02/2018			800.5%	-	-	-	-	-	523.8%	-	-	-	-	-

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