

# Menu Collections - Menu Analysis Report

Report Run: May 23, 2019

Date(s) Included: June 3, 2019 - June 14, 2019

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

Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8, SY 2018-2019

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 06/03/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Golden	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
<b>Daily Totals for 06/03/2019</b>			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	79.7%	-	-	-	-	-

\* indicates main item

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

**Monday - 06/03/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Monday - 06/03/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/03/2019</b>			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	79.7%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
<b>Main Entrees Totals</b>			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
<b>Daily Totals for 06/04/2019</b>			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

**Tuesday - 06/04/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Tuesday - 06/04/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/04/2019</b>			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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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 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
<b>Daily Totals for 06/05/2019</b>			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

**Wednesday - 06/05/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Wednesday - 06/05/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/05/2019</b>			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
<b>Main Entrees Totals</b>			353.1	8.6	68.3	0	6.2	5.4	317.1	94.4+	254.8	2.5	1.3+	\$1.01
<b>Daily Totals for 06/06/2019</b>			836.6	11.8	168.3	20	24.8	14	634.4	919.2+	914.7	3	21.2+	\$2.34
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			209.1%	-	-	-	-	-	117.5%	-	-	-	-	-

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

**Thursday - 06/06/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Thursday - 06/06/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/06/2019</b>			836.6	11.8	168.3	20	24.8	14	634.4	919.2+	914.7	3	21.2+	\$2.34
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			209.1%	-	-	-	-	-	117.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
<b>Main Entrees Totals</b>			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
<b>Daily Totals for 06/07/2019</b>			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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

**Friday - 06/07/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Friday - 06/07/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/07/2019</b>			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
<b>Daily Average for Week (6/3/2019 - 6/8/2019)</b>			772.7	9	153.8	32+	25.2	12.8	597.3	892.6+	876.1+	2.6+	20.4+	\$2.25
<b>% Average for Week (6/3/2019 - 6/8/2019)</b>			193.2%	-	-	-	-	-	110.6%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Golden	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
<b>Main Entrees Totals</b>			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
<b>Daily Totals for 06/10/2019</b>			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	79.7%	-	-	-	-	-

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

**Monday - 06/10/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Monday - 06/10/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/10/2019</b>			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			172%	-	-	-	-	-	79.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
<b>Main Entrees Totals</b>			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
<b>Daily Totals for 06/11/2019</b>			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

**Tuesday - 06/11/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Tuesday - 06/11/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/11/2019</b>			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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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 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
<b>Main Entrees Totals</b>			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
<b>Daily Totals for 06/12/2019</b>			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

**Wednesday - 06/12/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Wednesday - 06/12/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/12/2019</b>			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
<b>Main Entrees Totals</b>			353.1	8.6	68.3	0	6.2	5.4	317.1	94.4+	254.8	2.5	1.3+	\$1.01
<b>Daily Totals for 06/13/2019</b>			836.6	11.8	168.3	20	24.8	14	634.4	919.2+	914.7	3	21.2+	\$2.34
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			209.1%	-	-	-	-	-	117.5%	-	-	-	-	-

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

**Thursday - 06/13/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Thursday - 06/13/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/13/2019</b>			836.6	11.8	168.3	20	24.8	14	634.4	919.2+	914.7	3	21.2+	\$2.34
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			209.1%	-	-	-	-	-	117.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
<b>Main Entrees Totals</b>			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
<b>Daily Totals for 06/14/2019</b>			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
<b>Daily Average for Week (6/9/2019 - 6/14/2019)</b>			772.7	9	153.8	32+	25.2	12.8	597.3	892.6+	876.1+	2.6+	20.4+	\$2.25
<b>% Average for Week (6/9/2019 - 6/14/2019)</b>			193.2%	-	-	-	-	-	110.6%	-	-	-	-	-
<b>Daily Average for Dates: 06/03/2019 - 06/14/2019</b>			643.9	7.5	128.1	26.6+	21	10.6	497.7	743.8+	730.1+	2.1+	17+	\$1.88
<b>% for Dates: 06/03/2019 - 06/14/2019</b>			161%	-	-	-	-	-	92.2%	-	-	-	-	-

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

**Friday - 06/14/2019**

Menu Item Name	Portion Size	Weight (g)	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 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
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	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
<b>Sides for All Meals Totals</b>			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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

**Friday - 06/14/2019**

Menu Item Name	Portion Size	Weight (g)	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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
<b>Milk &amp; Condiments Totals</b>			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
<b>Daily Totals for 06/14/2019</b>			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
<b>USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA K12 (Sodium Target 1), Breakfast, 5-13 y</b>			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
<b>Daily Average for Week (6/9/2019 - 6/14/2019)</b>			772.7	9	153.8	32+	25.2	12.8	597.3	892.6+	876.1+	2.6+	20.4+	\$2.25
<b>% Average for Week (6/9/2019 - 6/14/2019)</b>			193.2%	-	-	-	-	-	110.6%	-	-	-	-	-
<b>Daily Average for Dates: 06/03/2019 - 06/14/2019</b>			643.9	7.5	128.1	26.6+	21	10.6	497.7	743.8+	730.1+	2.1+	17+	\$1.88
<b>% for Dates: 06/03/2019 - 06/14/2019</b>			161%	-	-	-	-	-	92.2%	-	-	-	-	-

\* indicates main item

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

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