

Menu Collections - Menu Analysis Report

Report Run: May 23, 2019

Date(s) Included: June 3, 2019 - June 12, 2019

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

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

List: All Items

Lunch - Main Entrees

Monday - 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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
3 CK12 Potato, Oven Fries, Crin	1/2 cup	56.7	88.1	3	15.2	0	1	1	20.2	-	0	0.4	-	\$0.01
*3 CK12 Quesadilla, Cheddar, C	1 each	181.4	502.3	28.7	39.2	69.4	21.9	1.3	1210.9	71.4+	357.4	2.1	97.7+	\$0.63
3 CK12 Potato, Oven Fries, Crin	1/2 cup	56.7	88.1	3	15.2	0	1	1	20.2	-	0	0.4	-	\$0.01
Main Entrees Totals			1016.3	51.2	100.2	94.5	42.7	8	1798.5	147.6+	412.1	5.8	97.7+	\$1.16

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.20
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			357	3	81.6	0	8.9	13.8	134.5+	865.4+	108.3	2.9	62.5+	\$1.77

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02

* indicates main item

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Lunch - 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
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01
Daily Totals for 06/03/2019			1808.2	57.1	260.6	111.2	77.1	23.5	3242.2+	1435.6+	1423.4	9.1	296.6+	\$3.94
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			301.4%	-	-	-	-	-	263.6%	-	-	-	-	-

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Lunch - Main Entrees

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 Nachos, Beef (JTM	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.38
2 APL CK12 Beans, Refried, Veg	1/4 cup	60.7	50.8	0.5	8.3	0+	3.2	2.9	264.5	211.5	21.8	1.1	2.2+	\$0.12
1 MM CK12 Salsa, Mild, 2 fl oz (1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.17
1 MM CK12 Corn, Frozen, Seas	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.10
1 MM CK12 Corn, Frozen, Seas	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			943.6	34.9	112.2	78.5+	49.7	14.6	2491.5	892.5+	369.9	6.6	238.6+	\$2.15

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.18
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.32
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			403.9	3	93.6	0	9.6	13.9	108.2+	972+	122.6	3.1	88.1+	\$1.87

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09

* indicates main item

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01
Daily Totals for 06/04/2019	1782.5	40.8	284.6	95.2+	84.9	30.3	3909+	2287.2+	1395.4	10.2	463.1+	\$5.03
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	297.1%	-	-	-	-	-	317.8%	-	-	-	-	-

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Lunch - Main Entrees

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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.71
2 APL CK12 Sausage, Pork, Pat	2 each	56.7	218.8	19.9	1	44.8	8	0	537.1	-	19.9	0.4	-	\$0.37
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*2 APL CK12 Pizza, Cheese, De	1 each	141.2	340.4	13	39	30	18	4	650.8	320.4	300.4	2.7	-	\$0.94
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
Main Entrees Totals			1246.1	58.6	144.3	241.5	40.7	10.8	2213.3	852.9+	400.3	6.9	-	\$2.42

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$0.36
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 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
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			429.3	3.4	98.8	0	11.4	16.1	129.5+	1373+	119.3	3.3	101.7+	\$2.13

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01
Daily Totals for 06/05/2019	2110.4	64.9	321.9	258.2	77.8	28.6	3652+	2648.6+	1422.6	10.6	238.1+	\$5.57
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	351.7%	-	-	-	-	-	296.9%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.82
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	126	58	0.3	11.4	-	2.3	3.9	477.5	538	26	0.9	-	\$0.16
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	67.4	42.2	2.4	4.7	0	1.6	2.2	26.7	191.6	26.3	0.4	50.2	\$0.21
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	610.1	9.2	121.3	6.7	14.8	8.8+	226.8	758.7	266.6	3.6	2.6+	\$1.66
Main Entrees Totals			1010.2	22	171.4	36.7+	38.7	18.8+	1171	1488.3+	718.8	7.1	52.8+	\$2.84

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.21
2 APL CK12 Pears, Canned, 1/2	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.31
2 APL CK12 Honeydew, Melon,	1/2 cup	85	30.6	0.1	7.7	0	0.5	0.7	15.3	193.8	5.1	0.1	2.5	\$0.63
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			375.4	3.2	85.2	0	9.9	14.6	130.3+	1008.5+	115.2	3	56.5+	\$2.33

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
1 MM CK12 Salad Dressing, Ran	2 floz	64	135.7	8.7	13.2	17.8	0.5	0.2	693.4	-	5.2	0.2	-	\$0.16
1 MM CK12 Salad Dressing, Itali	2 floz	60	33.4	0.4	6.2	1.3	0.7	0.4	548.4	-	21.8	0.1	-	\$0.18
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
Milk & Condiments Totals			579.5	11.8	93	35.4	26.6	2.3	2355.8	407.8+	922.7	0.6	136.4+	\$1.17
Daily Totals for 06/06/2019			1965.1	37	349.6	72.1+	75.2	35.7+	3657.1+	2904.6+	1756.7	10.7	245.7+	\$6.34

* indicates main item

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USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	327.5%	-	-	-	-	-	297.3%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Pizza, Pepperoni (\$	1 slice	121	287.9	14	24.9	36.9+	16.3	2.7	651.9	168.9+	333.6	1.7	101.3+	\$0.48
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
Main Entrees Totals			614	30.8	59.4	67.3+	30.8	10.5	1353.6	418.9+	460.5	4.4	134.2+	\$1.56

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Carrots, Fresh, Baby	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.43
3 CK12 Mixed Fruit, Canned, Exp	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned, 1	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
Extra Extra Totals			480.1	3+	110.9	0+	9+	15.3+	210.9+	946.1+	195	3.3+	659.5+	\$2.29

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01

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Daily Totals for 06/07/2019	1529.1	36.7+	249.1	84+	65.3+	27.6+	2873.7+	1787.7+	1558.5	8.1+	930.1+	\$4.86
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	254.8%	-	-	-	-	-	233.6%	-	-	-	-	-
Daily Average for Week (6/3/2019 - 6/8/2019)	1839.1	47.3+	293.1	124.1+	76.1+	29.2+	3466.8+	2212.8+	1511.3	9.7+	434.7+	\$5.15
% Average for Week (6/3/2019 - 6/8/2019)	306.5%	-	-	-	-	-	281.9%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.41
1 MM CK12 Dinner Roll, WG (WG)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
2 APL CK12 Carrots, Frozen, Sliced	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
*3 CK12 Quesadilla, Cheddar, Cheddar	1 each	181.4	502.3	28.7	39.2	69.4	21.9	1.3	1210.9	71.4+	357.4	2.1	97.7+	\$0.63
2 APL CK12 Carrots, Frozen, Sliced	1/2 cup	95.2	53.8	2.8	7.2	0	0.5	3.1	54.9	179.1	32.7	0.5	786.7	\$0.18
Main Entrees Totals			947.7	50.7	84.2	94.5	41.7	12.1	1867.7	505.8+	477.6	6	1671.1+	\$1.49

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
2 APL CK12 Celery Sticks, Fresh	1/4 cup	37.1	5.9	0.1	1.1	0	0.3	0.6	29.7	96.6	14.9	0.1	8.2	\$0.20
2 APL CK12 Applesauce, Cinnamon	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 Peaches, Canned, Sliced	1/4 cup	62.1	26.7	0	7	0	0.3	0.7	2.8	62.7	3.4	0.2	10.2	\$0.15
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			357	3	81.6	0	8.9	13.8	134.5+	865.4+	108.3	2.9	62.5+	\$1.77

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8oz	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (French)	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01

* indicates main item

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Daily Totals for 06/10/2019	1739.6	56.7	244.7	111.2	76.2	27.7	3311.5+	1793.8+	1488.8	9.3	1870+	\$4.28
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	289.9%	-	-	-	-	-	269.2%	-	-	-	-	-

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Lunch - Main Entrees

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 Taco Filling, Beef (3/8 cup	90.7	111.6	4.5	4.5	34.5	12.7	1.8	293.9	-	42.6	1.8	-	\$0.12
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	240	14	28	0	-	2	360	-	20	0.4	-	\$0.45
2 APL CK12 Breadstick, Cinnam	1 each	30.6	82.4	1.9	15.3	0	2	1.2	65	1.4+	3.3	0.7	0+	\$0.12
1 MM CK12 Lettuce, Romaine, S	1/4 cup	11.7	2	0	0.4	0	0.1	0.2	0.9	29	3.9	0.1	51.2	\$0.04
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	57.3	4.7	0.4	14	3.2	0	92.6	10.8	100.6	0	46.8	\$0.08
1 MM CK12 Salsa, Mild, 2 fl oz (1/4 cup	64.7	18.8	0.1	4.3	0	1	1.2	460.4	178.1	19.4	0.3	14.9	\$0.17
1 MM CK12 Corn, Frozen, Seas	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
*3 CK12 Sandwich, Wrap, Turke	1 sandwich	177	258.4	6.4	24.6	40.9	24	2	919.7	116.1+	216.8	1.9	204.9+	\$1.10
1 MM CK12 Corn, Frozen, Seas	1/2 cup	85	86.4	2.7	16	0	2.1	2	0.8	193.4	2.7	0.4	8.3	\$0.19
Main Entrees Totals			943.3	37.1	109.5	89.4	47.3+	12.4	2194.2	722.3+	412	6	334.4+	\$2.46

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	8.9	0.1	2.2	0	0.4	0.3	1.2	87.5	9.5	0.2	3	\$0.18
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
2 APL CK12 Fruit, Tropical, Can	1/2 cup	131.5	65.7	0	17.2	0	0.7	1.3	6.6	152.5	14.5	0.3	39.4	\$0.32
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			403.9	3	93.6	0	9.6	13.9	108.2+	972+	122.6	3.1	88.1+	\$1.87

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02

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Lunch - 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
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
Milk & Condiments Totals			435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01
Daily Totals for 06/11/2019			1782.2	43.1	281.9	106.1	82.5+	28.1	3611.7+	2117+	1437.5	9.5	559+	\$5.35
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			297%	-	-	-	-	-	293.6%	-	-	-	-	-

* indicates main item

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Lunch - Main Entrees

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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.71
2 APL CK12 Sausage, Pork, Pat	2 each	56.7	218.8	19.9	1	44.8	8	0	537.1	-	19.9	0.4	-	\$0.37
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*2 APL CK12 Pizza, Cheese, De	1 each	141.2	340.4	13	39	30	18	4	650.8	320.4	300.4	2.7	-	\$0.94
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.14
Main Entrees Totals			1246.1	58.6	144.3	241.5	40.7	10.8	2213.3	852.9+	400.3	6.9	-	\$2.42

Lunch - Extra Extra

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 Salad, Side, Iceberg	1/2 cup	34.4	5.2	0	1.4	0	0.3	0.3	-	-	6.9	0.1	-	\$0.07
1 MM CK12 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$0.36
2 APL CK12 Oranges, Mandarin,	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 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
2 APL CK12 Watermelon, Cubes	1/2 cup	92.1	27.6	0.1	7	0	0.6	0.4	0.9	103.2	6.4	0.2	25.8	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	55.4	0.1	14.5	0	0.5	1.5	4.2	105	7.9	0.3	10.1	\$0.30
1 MM CK12 Fruit, Assorted, Fres	1 each	133	78.9	0.2	20.5	0	0.8	3.5	1	234.1	20.3	0.2	5.8	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
Extra Extra Totals			429.3	3.4	98.8	0	11.4	16.1	129.5+	1373+	119.3	3.3	101.7+	\$2.13

Lunch - 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	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	120	0	22	0	8	0	120	-	300	0	-	\$0.22
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.07
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	14.9	4.5	0	-	\$0.11
2 APL CK12 Sauce, BBQ (Frenc	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09

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Milk & Condiments Totals	435	2.9	78.8	16.7	25.6	1.8	1309.2	422.7+	903	0.4	136.4+	\$1.01
Daily Totals for 06/12/2019	2110.4	64.9	321.9	258.2	77.8	28.6	3652+	2648.6+	1422.6	10.6	238.1+	\$5.57
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	351.7%	-	-	-	-	-	296.9%	-	-	-	-	-
Daily Average for Week (6/9/2019 - 6/12/2019)	1877.4	54.9	282.8	158.5	78.8+	28.1	3525.1+	2186.5+	1449.6	9.8	889+	\$5.06
% Average for Week (6/9/2019 - 6/12/2019)	312.9%	-	-	-	-	-	286.6%	-	-	-	-	-
Daily Average for Dates: 06/03/2019 - 06/12/2019	1482.7	40.1+	231.4	109.6+	61.7+	23+	2790.9+	1762.3+	1190.5	7.8+	484.1+	\$4.09
% for Dates: 06/03/2019 - 06/12/2019	247.1%	-	-	-	-	-	226.9%	-	-	-	-	-

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