

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, Secondary, 7-12, SY 2018-2019

List: All Items

Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70

Great Lakes, Secondary, Breakfast - Alternate 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawberry	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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

* 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 - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/03/2019			4772.6	103.9	877.9	327.9+	117.9	75.5+	4606.3	2937.1+	3774.7	42.3	146.8+	\$12.71
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1193.2%	-	-	-	-	-	853%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 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
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	-	\$0.15
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
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.92

Great Lakes, Secondary, Breakfast - Alternate 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawber	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 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	\$0.61
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/04/2019			4941.6	102	925.9	341.7+	116	77.3+	4535.1	3205.5+	3617.6	43.4	101.8+	\$12.93
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1235.4%	-	-	-	-	-	839.8%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	100	0.7	20.7	3.3	3.3	-	53.3	160	100	0	-	\$0.34
2 APL CK12 Strawberries, Frozen	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	\$0.32
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.31
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.4	7.8	68.3	0	7.6	6.1	117.5	249.9	46.2	2.7	0.1	\$0.38
Main Entrees Totals			732.2	19	122.5	28.3	18.6	12.8+	483.2	567.1+	184.8	5.2	3.2+	\$1.75

Great Lakes, Secondary, Breakfast - Alternate 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawberry	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, Fudge	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa Puff	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/05/2019			5156.1	104.4	970.2	203.3+	121.9	85.3+	4267.6	3485.5+	3721.2	45.4	105+	\$13.76
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1289%	-	-	-	-	-	790.3%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Pizza, Breakfast, S	1 slice	177.4	377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65
Main Entrees Totals			377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65

Great Lakes, Secondary, Breakfast - Alternate 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
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawber	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

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Great Lakes, Secondary, Breakfast - 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 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/06/2019			4800.9	99.7	891.8	297.7+	121.2	74.8+	4502.9	3043+	3784.7	43.3	243.6+	\$12.67
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.2%	-	-	-	-	-	833.9%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
*2 APL CK12 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*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
*3 CK12 Pancake, Turkey Sausa	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Pizza, Breakfast, S	1 slice	177.4	377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65
Main Entrees Totals			1700.9	70.6	194.5	480	66.1	15.4	3352.1	143.4+	606.7	12.4	186.7+	\$3.32

Great Lakes, Secondary, Breakfast - Alternate 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
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawbe	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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
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Great Lakes, Secondary, Breakfast - 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 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, 100-120 Count	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Partly Fat	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/07/2019			6124.7	156	1042.3	654.9+	169.4	87.9+	7136.5	3061.7+	4143.1	52.7	288.5+	\$15.33
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1531.2%	-	-	-	-	-	1321.6%	-	-	-	-	-
Daily Average for Week (6/3/2019 - 6/8/2019)			5159.2	113.2	941.6	365.1+	129.3	80.2+	5009.7	3146.6+	3808.3	45.4	177.2+	\$13.48
% Average for Week (6/3/2019 - 6/8/2019)			1289.8%	-	-	-	-	-	927.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70

Great Lakes, Secondary, Breakfast - Alternate 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
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawberry	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/10/2019			4772.6	103.9	877.9	327.9+	117.9	75.5+	4606.3	2937.1+	3774.7	42.3	146.8+	\$12.71
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1193.2%	-	-	-	-	-	853%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 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
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	-	\$0.15
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
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.92

Great Lakes, Secondary, Breakfast - Alternate 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawber	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51

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Great Lakes, Secondary, Breakfast - 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 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	\$0.61
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/11/2019			4941.6	102	925.9	341.7+	116	77.3+	4535.1	3205.5+	3617.6	43.4	101.8+	\$12.93
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1235.4%	-	-	-	-	-	839.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	100	0.7	20.7	3.3	3.3	-	53.3	160	100	0	-	\$0.34
2 APL CK12 Strawberries, Frozen	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	\$0.32
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.31
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.4	7.8	68.3	0	7.6	6.1	117.5	249.9	46.2	2.7	0.1	\$0.38
Main Entrees Totals			732.2	19	122.5	28.3	18.6	12.8+	483.2	567.1+	184.8	5.2	3.2+	\$1.75

Great Lakes, Secondary, Breakfast - Alternate 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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawberry	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, Fudge	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa Puff	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/12/2019			5156.1	104.4	970.2	203.3+	121.9	85.3+	4267.6	3485.5+	3721.2	45.4	105+	\$13.76
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1289%	-	-	-	-	-	790.3%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

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 Pizza, Breakfast, S	1 slice	177.4	377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65
Main Entrees Totals			377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65

Great Lakes, Secondary, Breakfast - Alternate Entrees

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawber	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	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
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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 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	\$0.25
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/13/2019			4800.9	99.7	891.8	297.7+	121.2	74.8+	4502.9	3043+	3784.7	43.3	243.6+	\$12.67
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.2%	-	-	-	-	-	833.9%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

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 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.70
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
*2 APL CK12 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*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
*3 CK12 Pancake, Turkey Sausa	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Pizza, Breakfast, S	1 slice	177.4	377	14.2	44	122.7	17.9	2.2	718.5	124.7+	248.4	3.1	141.8+	\$0.65
Main Entrees Totals			1700.9	70.6	194.5	480	66.1	15.4	3352.1	143.4+	606.7	12.4	186.7+	\$3.32

Great Lakes, Secondary, Breakfast - Alternate Entrees

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.37
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.25
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Pop-Tart, Strawbe	1 each	99.8	360	5	76	-	4	6	370	-	199.6	3.6	-	\$0.57
*2 APL CK12 Pop-Tart, Fudge, F	1 each	100.1	370.3	6.1	75.7	0	5.1	6	391.3	157.1	200.1	3.6	-	\$0.33
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamor	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.30
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.66
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.54
*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 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*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	\$1.54
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	226.5	0.8	51.7	3.3	4.8	4.9+	70.3	565.1	138.1	1.6	2.8+	\$1.38
Alternate Entrees Totals			3484.6	68.9	675.1	124.6+	64	55.6+	2952.8	1642.5+	2215.4	38.4	32.2+	\$9.16

Great Lakes, Secondary, Breakfast - 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
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* indicates main item

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Great Lakes, Secondary, Breakfast - 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 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, 100-120 Count	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.51
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	\$0.61
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Sides for All Meals Totals			609.2	14	119.7	30.3	15.3	16.9	411.6	1275.8+	421	1.8	69.7+	\$2.17

Great Lakes, Secondary, Breakfast - 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, 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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 06/14/2019			6124.7	156	1042.3	654.9+	169.4	87.9+	7136.5	3061.7+	4143.1	52.7	288.5+	\$15.33
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1531.2%	-	-	-	-	-	1321.6%	-	-	-	-	-
Daily Average for Week (6/9/2019 - 6/14/2019)			5159.2	113.2	941.6	365.1+	129.3	80.2+	5009.7	3146.6+	3808.3	45.4	177.2+	\$13.48
% Average for Week (6/9/2019 - 6/14/2019)			1289.8%	-	-	-	-	-	927.7%	-	-	-	-	-
Daily Average for Dates: 06/03/2019 - 06/14/2019			4299.3	94.3	784.7	304.2+	107.7	66.8+	4174.7	2622.1+	3173.6	37.9	147.6+	\$11.23
% for Dates: 06/03/2019 - 06/14/2019			1074.8%	-	-	-	-	-	773.1%	-	-	-	-	-

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