

Menu Collections - Menu Analysis Report

Report Run: May 23, 2019

Date(s) Included: June 3, 2019 - June 11, 2019

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

Menu Collection Included: ALGONAC, LUNCH, Secondary, 7-12, SY 2018-2019

List: All Items

Lunch - Create

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, Boneless	5 each	126.1	257.2	11.5	15.7	51	23	1.5	902.1	22+	26.8	1.8	-	\$0.73
2 APL CK12 Breadstick, Garlic (F)	1 each	32.5	102.1	4.5	14.4	0	2.1	1.1	79.1	6.3+	1.1	0.8	0+	\$0.13
1 MM CK12 Cauliflower, Fresh, F	1/2 cup	74	28.2	1.3	3.7	0	1.4	1.5	59	218.6	16.9	0.3	0.1	\$0.35
2 APL CK12 Potato, Oven Fries, F	1/2 cup	85	130	4	21	0	2	2	200	320	20	0.7	-	\$0.17
1 MM CK12 Sauce, Sriracha Hot	2 tbsp	33.7	108	8.5	7.1	6.3	0.5	0.1	368.5	14.9+	4	0.1	0.2+	\$0.10
2 APL CK12 Sauce, BBQ (French)	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
Create Totals			719.5	32.1	80.2	61.8	30.1	7.3	2182	581.7+	70.1	3.9	0.3+	\$1.61

Lunch - Grill

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 Flatbread, Ham (S)	1 each	228.3	383.6	12	47.2	42.7+	22.9	5.9	1031.9	349+	285.5	3.4	81.8+	\$0.92
2 APL CK12 Potato, Oven Fries, F	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
2 APL CK12 Potato, Oven Fries, F	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
Grill Totals			1042.9	42.4	116.5	67.7+	46.4	13.1	2212	820+	379.4	8.2	81.8+	\$1.72

Lunch - 2Mato

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 Pizza, Meat Lovers	1 slice	187.9	467.3	22.1	45.5	52.4+	21.7	2.7	1238.8	157.8+	235.1	3.2	63.4+	\$0.75
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, Whole	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Romano	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1187.5	54.6	113.6	138.8+	62.3	10.1	2812.8	581.8+	1076.3	8.1	317.1+	\$1.97

Lunch - Deli

Monday - 06/03/2019

* indicates main item

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

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfie	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Cae	1 tbsp	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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 Salad, Cobb, Turke	1 serving(s)	178.8	159.1	9	6.8	107.7	13.6	2.2	294.4	370.2+	239.4	1.2	530.8+	\$0.70
*1 MM CK12 Sandwich, Chicken	1 sandwich	181.1	299.8	9.6	32.2	45.1	20.5	4.4	496.5	119.2+	146.9	1.2	87.9+	\$0.84

* indicates main item

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Lunch - On the Go

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 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
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1217.9	30.5	188.9	159.4	53.8	19.6+	1309.4	1400.5+	712.3	7.4	621.3+	\$3.39

Lunch - Sono

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 Taco Filling, Beef (2-3/4 ounce	78	125.8	7.1	2	49.7	14.2	1	291.2	-	17.3	2	-	\$0.17
*2 APL CK12 Chicken, Taco Mea	3 oz meat	85	195	10.5	3	67.5	21	0	510	-	30	1.6	-	\$0.42
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Taco Shells, Hard C	2 each	43	200	9	28	0	3	3	0	-	20	1.1	-	\$0.27
2 APL CK12 Beans, Black, Seas	1/2 cup	121	117	1.2	20	0	7.3	8.3	97.8	371.6	42.7	2.3	0	\$0.15
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.17
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Lettuce, Iceberg, Sh	1/2 cup	36	5	0.1	1.1	0	0.3	0.4	3.6	50.8	6.5	0.1	9	\$0.04
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
2 APL CK12 Onions, Fresh, Raw	1/4 cup	57.4	23	0.1	5.4	0	0.6	1	2.3	83.8	13.2	0.1	0	\$0.14
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
2 APL CK12 Salsa, Mild (RedGo	1/4 cup	58	20	0	4	0	0	2	280	-	40	0.7	-	\$0.09
2 APL CK12 Tortilla Chips, 2 oz	2 oz portion	56.7	293.5	15.2	35.3	0	3.9	2.7	300.5	-	32.4	0.8	-	\$0.20
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	10.1	0.9	0.6	0	0.1	0.3	64.6	0.7	7.7	0.3	1.8	\$0.03
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
2 APL CK12 Dip, Guacamole, Pr	2 tbsp	0.3	0.4	0	0	0	0	0	1.2	1.4	0	0	-	\$0.00
Sono Totals			1526.4	72.1	145.5	194.2	73.8	22.6	3066.6	702+	990.1	29.9	164.9+	\$2.49

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
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 Pineapple, Fresh, C	1/2 cup	141.7	70.9	0.2	18.6	0	0.8	2	1.4	154.5	18.4	0.4	4.3	\$0.77
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30

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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
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
1 MM CK12 Beans, Kidney, Cold	1/2 cup	128	103.7	0.5	19	0	6.7	6.8	88.4	332.8	37.1	1.6	0	\$0.17
Extra Extra Totals			490.4	3.6	107.5	0	16	22.7	233.4	1327	170.6	4.9	267.5	\$2.45

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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/03/2019			8237.6	316.2	978.5	830.7+	398.6	124+	16920.5	7367.5+	5157.9	76.9	2283.2+	\$19.24
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			1098.3%	-	-	-	-	-	1191.6%	-	-	-	-	-

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Lunch - Create

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
*1 MM CK12 Nachos, Beef (JTM	1 serving(s)	180.8	442.8	22.3	43	37.6	17.3	4.5	845.3	-	106.5	2.6	-	\$0.38
1 MM CK12 Sauce, Cheese (JTM	2 oz portion	56.7	118.7	8.8	2.2	30.8	7.7	0	434.1	-	223.1	0	-	\$0.27
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
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	2 ounce	56.7	229.1	18.9	1.8	56.1	13	0	370.2	43.1	402.6	0.1	187.1	\$0.33
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 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
1 MM CK12 Beef, Taco Meat, Hc	1/3 cup	90.5	178.6	11.4	3.1	51.7	16.1	1.5	342.8	292.3	48.8	3.6	58.3	\$0.62
Create Totals			1084.4	63.7	72.5	176.2	57.7	9.6	2771.6	679.5+	815.5	7.8	343.2+	\$2.07

Lunch - Grill

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 Burger, Cheesebur	1 sandwich	169.6	466.3	27.1	27.3	82.1	28.5	2.6	669.7	165.2+	181	3.4	45.8+	\$0.65
2 APL CK12 Potato, Wedges (La	1/2 cup	75.6	120.8	5.6	15.8	0	1.9	1.9	241.6	297.3	0	0.7	-	\$0.14
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
2 APL CK12 Potato, Wedges (La	1/2 cup	75.6	120.8	5.6	15.8	0	1.9	1.9	241.6	297.3	0	0.7	-	\$0.14
Grill Totals			1127	56.7	100.2	107.1	53.7	11.5	1812.6	850.5+	274.9	8.8	45.8+	\$1.48

Lunch - 2Mato

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
*1 MM CK12 Flatbread, Margher	1 each	154.3	340.2	15	31.6	36.5+	19.2	4.1	642.3	268.4+	447.6	1.9	131.1+	\$0.58
*1 MM CK12 Pizza, Pepperoni (S	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, Wh	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Rom	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1060.4	47.5	99.6	122.9+	59.8	11.6	2216.3	692.4+	1288.7	6.7	384.8+	\$1.80

Lunch - Deli

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
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76

* indicates main item

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

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Lunch - Deli

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
*1 MM CK12 Ham, Deli (Smithfield)	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian)	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Jalisco)	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbspc	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbspc	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbspc	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Caes	1 tbspc	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
1 MM CK12 Mustard, Bulk Cond	1 tbspc	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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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, Strawberry,	1 serving(s)	242	117.9	3.3	8.2	43.1	14.5	3	298.9	348.4+	38.1	1	418+	\$1.15
*1 MM CK12 Sandwich, Ham (St	1 sandwich	121.9	237.7	8.3	23.5	43.4	19	1.9	542.3	10.2+	141.2	1.5	40.8+	\$0.77

* indicates main item

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Lunch - On the Go

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
*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
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1114.5	23.5	181.5	93.2	53.2	17.9+	1359.7	1269.6+	505.2	7.4	461.4+	\$3.77

Lunch - Sono

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 Taco Filling, Beef (2-3/4 ounce	78	125.8	7.1	2	49.7	14.2	1	291.2	-	17.3	2	-	\$0.17
*2 APL CK12 Chicken, Taco Mea	3 oz meat	85	195	10.5	3	67.5	21	0	510	-	30	1.6	-	\$0.42
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Taco Shells, Hard C	2 each	43	200	9	28	0	3	3	0	-	20	1.1	-	\$0.27
2 APL CK12 Beans, Black, Seas	1/2 cup	121	117	1.2	20	0	7.3	8.3	97.8	371.6	42.7	2.3	0	\$0.15
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.17
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Lettuce, Iceberg, Sh	1/2 cup	36	5	0.1	1.1	0	0.3	0.4	3.6	50.8	6.5	0.1	9	\$0.04
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
2 APL CK12 Onions, Fresh, Raw	1/4 cup	57.4	23	0.1	5.4	0	0.6	1	2.3	83.8	13.2	0.1	0	\$0.14
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
2 APL CK12 Salsa, Mild (RedGo	1/4 cup	58	20	0	4	0	0	2	280	-	40	0.7	-	\$0.09
2 APL CK12 Tortilla Chips, 2 oz	2 oz portion	56.7	293.5	15.2	35.3	0	3.9	2.7	300.5	-	32.4	0.8	-	\$0.20
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	10.1	0.9	0.6	0	0.1	0.3	64.6	0.7	7.7	0.3	1.8	\$0.03
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
2 APL CK12 Dip, Guacamole, Pr	2 tbsp	0.3	0.4	0	0	0	0	0	1.2	1.4	0	0	-	\$0.00
Sono Totals			1526.4	72.1	145.5	194.2	73.8	22.6	3066.6	702+	990.1	29.9	164.9+	\$2.49

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.43
2 APL CK12 Banana, Sliced Cinc	1/2 cup	66.8	65.8	0.2	16.9	0	0.7	1.8	0.7	232.3	5.3	0.2	2	\$0.18
2 APL CK12 Peaches, Canned,	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30

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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
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
1 MM CK12 Beans, Kidney, Cold	1/2 cup	128	103.7	0.5	19	0	6.7	6.8	88.4	332.8	37.1	1.6	0	\$0.17
Extra Extra Totals			503.5	3.7	110.4	0	16.5	23.9	273.3	1554.7	167.8	5.5	883.9	\$2.08

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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/04/2019			8469.2	348.2	936.3	902.5+	430.9	125.8+	16604.5	7703.2+	5801.3	80.7	3114.4+	\$19.31
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			1129.2%	-	-	-	-	-	1169.3%	-	-	-	-	-

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Lunch - Create

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 Bowl, Mashed Potatoes	1 serving(s)	243.6	362.3	15.4	36.1	24.7	18.9	3.6	420.4	328.7+	78.8	2.3	7.8+	\$0.56
2 APL CK12 Potato, Mashed, Ins	1/2 cup	116.6	106.9	4.3	14.5	0	1.9	1	188.6	233.6+	12.6	0.2	0+	\$0.10
1 MM CK12 Dinner Roll, WG (W)	1 each	28	74.5	1.3	14.3	0	2.4	2.1	145.9	76.2	29.7	0.7	0	\$0.10
1 MM CK12 Corn, Frozen, Seaso	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
2 APL CK12 Brussels Sprouts, R	1/2 cup	110.4	57.5	2.6	7.8	0	2.8	2.8	162.3	344.1	39.8	1.3	42	\$0.94
1 MM CK12 Cheese, Cheddar, S	2 ounce	56.7	229.1	18.9	1.8	56.1	13	0	370.2	43.1	402.6	0.1	187.1	\$0.33
2 APL CK12 Gravy, Chicken, Dry	1 floz	31.2	17.6	0.3	3.5	0	0	0	121.3	0.3+	6.6	0.2	0+	\$0.03
1 MM CK12 Onions, Green, Fres	1 tbsp	6.2	2	0	0.5	0	0.1	0.2	1	17.2	4.5	0.1	3.1	\$0.04
Create Totals			936.2	45.4	94.5	80.9	41.3	11.7	1410.5	1236.6+	577.2	5.3	248.3+	\$2.28

Lunch - Grill

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
*1 MM CK12 Chicken, Nuggets (6	6 each	117.4	316	18.1	19.6	30.1	19.6	3	481.5	-	30.1	2.7	-	\$0.49
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
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
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 Chicken, Patty (Ty	1 each	106.3	232.9	10.1	14.2	50.6	22.3	1	384.7	-	20.2	1.5	-	\$0.43
2 APL CK12 Bun, Hamburger, W	1 piece	28.3	74.6	1.7	12.6	0	2.7	1.1	129.8	45.4	26.9	1.1	0	\$0.07
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	1.2	0	0.2	0	0	0.1	78.4	11.3	5.5	0	0.6	\$0.02
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
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
Grill Totals			1555.7	71.5	152.2	105.7	74.7	18.7	2755	1067.3+	206.3	12.3	0.6+	\$2.10

Lunch - 2Mato

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
*1 MM CK12 Pizza, Pepperoni (S	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, Wh	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Rom	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			720.2	32.5	68	86.4+	40.6	7.4	1573.9	424+	841.2	4.8	253.7+	\$1.22

Lunch - Deli

Wednesday - 06/05/2019

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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
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfie	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Cae	1 tbsp	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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
*1 MM CK12 Salad Base, Chicke	1 each	138	223.9	13.1	11.5	29.4	15.6	2.4	394.9	253.1+	250.4	1.9	338.5+	\$0.59
*1 MM CK12 Sandwich, Ham (St	1 sandwich	128.5	303.8	12.2	31	48.3	17.5	3	773.7	37.4+	316.3	2.2	89.9+	\$0.69

* indicates main item

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Lunch - On the Go

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
*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
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1286.7	37.2	192.4	84.4	52.8	18.4+	1687.2	1201.5+	892.5	9.1	431+	\$3.14

Lunch - Sono

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 Taco Filling, Beef (2-3/4 ounce	78	125.8	7.1	2	49.7	14.2	1	291.2	-	17.3	2	-	\$0.17
*2 APL CK12 Chicken, Taco Mea	3 oz meat	85	195	10.5	3	67.5	21	0	510	-	30	1.6	-	\$0.42
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Taco Shells, Hard C	2 each	43	200	9	28	0	3	3	0	-	20	1.1	-	\$0.27
2 APL CK12 Beans, Black, Seas	1/2 cup	121	117	1.2	20	0	7.3	8.3	97.8	371.6	42.7	2.3	0	\$0.15
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.17
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Lettuce, Iceberg, Sh	1/2 cup	36	5	0.1	1.1	0	0.3	0.4	3.6	50.8	6.5	0.1	9	\$0.04
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
2 APL CK12 Onions, Fresh, Raw	1/4 cup	57.4	23	0.1	5.4	0	0.6	1	2.3	83.8	13.2	0.1	0	\$0.14
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
2 APL CK12 Salsa, Mild (RedGo	1/4 cup	58	20	0	4	0	0	2	280	-	40	0.7	-	\$0.09
2 APL CK12 Tortilla Chips, 2 oz	2 oz portion	56.7	293.5	15.2	35.3	0	3.9	2.7	300.5	-	32.4	0.8	-	\$0.20
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	10.1	0.9	0.6	0	0.1	0.3	64.6	0.7	7.7	0.3	1.8	\$0.03
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
2 APL CK12 Dip, Guacamole, Pr	2 tbsp	0.3	0.4	0	0	0	0	0	1.2	1.4	0	0	-	\$0.00
Sono Totals			1526.4	72.1	145.5	194.2	73.8	22.6	3066.6	702+	990.1	29.9	164.9+	\$2.49

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
1 MM CK12 Cucumbers, Cool M	1/2 cup	146.7	53	0.1	11.6	0	0.5	0.5	158.7	87.7	14.5	0.2	2	\$0.19
2 APL CK12 Peaches, Canned, \$	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
2 APL CK12 Pears, Canned, Dic	1/2 cup	123.7	60	0.1	15.6	0	0.4	2	3.7	87.2	9.9	0.3	0	\$0.30

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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
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
1 MM CK12 Beans, Kidney, Cold	1/2 cup	128	103.7	0.5	19	0	6.7	6.8	88.4	332.8	37.1	1.6	0	\$0.17
Extra Extra Totals			520	3.5	113.4	0	16.1	22.1	366.5	1289	158.7	5	277.5	\$1.96

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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/05/2019			8598.2	343.3	992.6	760.4+	415.4	129.6+	15964.1	7874.9+	5425.2	81	2206.3+	\$18.81
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			1146.4%	-	-	-	-	-	1124.2%	-	-	-	-	-

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Lunch - Create

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 Burger, Beef (Adv	1 sandwich	127.6	259.1	9.4	27.3	35	19.4	3.2	529.7	90.7+	73.9	4	0+	\$0.68
*2 APL CK12 Chicken, Patty (Ty	1 each	106.3	232.9	10.1	14.2	50.6	22.3	1	384.7	-	20.2	1.5	-	\$0.43
2 APL CK12 Bun, Hamburger, W	1 piece	28.3	74.6	1.7	12.6	0	2.7	1.1	129.8	45.4	26.9	1.1	0	\$0.07
1 MM CK12 Lettuce, Green Leaf	1 serving(s)	12	1.8	0	0.3	0	0.2	0.2	3.4	23.3	4.3	0.1	44.4	\$0.08
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	1.2	0	0.2	0	0	0.1	78.4	11.3	5.5	0	0.6	\$0.02
2 APL CK12 Cheese, Swiss, Slic	3/4 ounce	21.3	83.6	6.6	0.3	19.8	5.7	0	39.8	15.3	189.2	0	61.2	\$0.14
1 MM CK12 Mushrooms, Sautee	2 tbsp	31.5	27.4	2.4	1.2	0	0.9	0.3	40.3	93.3	2.3	0.2	0	\$0.16
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
2 APL CK12 Potato, Oven Fries,	2-1/4 ounce	63.8	121.9	6.1	15.2	0	2	2	325.1	203.2	0	0.7	-	\$0.13
Create Totals			817.8	36.5	74.8	105.4	54	8.7	1534.5	635.7+	331	7.8	130+	\$1.90

Lunch - Grill

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 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
2 APL CK12 Potato, Oven Fries,	2-1/4 ounce	63.8	121.9	6.1	15.2	0	2	2	325.1	203.2	0	0.7	-	\$0.13
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
2 APL CK12 Potato, Oven Fries,	2-1/4 ounce	63.8	121.9	6.1	15.2	0	2	2	325.1	203.2	0	0.7	-	\$0.13
Grill Totals			906.4	42.8	96.1	55.4	37.7	12.3	2009.9	497.1+	154.7	7.1	0+	\$1.50

Lunch - 2Mato

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
*1 MM CK12 Pizza, Pepperoni (S	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	65.1	2.1	9.7	2.6	1.8	2.3	569	416.7	33.9	1	40.4	\$0.19
*1 MM CK12 Pizza, Cheese, Wh	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Rom	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1085.3	44.6	111.7	119+	62.4	13.8	2582.9	840.6+	1275	7.9	294.1+	\$2.22

Lunch - Deli

Thursday - 06/06/2019

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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
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfie	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Cae	1 tbsp	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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 Salad, Chef, Turkey	1 each	207.4	184.1	11.4	7	93.4	14.3	2.2	570	357.7+	294.9	1.4	422.2+	\$0.83
*3 CK12 Sandwich, Wrap, Club,	1 sandwich	258.2	459.1	23.5	33.9	76.4	27.2	3.9	1043.4	151.5+	161.3	2.5	26.9+	\$0.91

* indicates main item

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Lunch - On the Go

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 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
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1402.3	46.7	190.7	176.5	61.3	19.1+	2131.9	1420.2+	782.2	8.8	451.7+	\$3.59

Lunch - Sono

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 Taco Filling, Beef (2-3/4 ounce	78	125.8	7.1	2	49.7	14.2	1	291.2	-	17.3	2	-	\$0.17
*2 APL CK12 Chicken, Taco Mea	3 oz meat	85	195	10.5	3	67.5	21	0	510	-	30	1.6	-	\$0.42
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Taco Shells, Hard C	2 each	43	200	9	28	0	3	3	0	-	20	1.1	-	\$0.27
2 APL CK12 Beans, Black, Seas	1/2 cup	121	117	1.2	20	0	7.3	8.3	97.8	371.6	42.7	2.3	0	\$0.15
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.17
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Lettuce, Iceberg, Sh	1/2 cup	36	5	0.1	1.1	0	0.3	0.4	3.6	50.8	6.5	0.1	9	\$0.04
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
2 APL CK12 Onions, Fresh, Raw	1/4 cup	57.4	23	0.1	5.4	0	0.6	1	2.3	83.8	13.2	0.1	0	\$0.14
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
2 APL CK12 Salsa, Mild (RedGo	1/4 cup	58	20	0	4	0	0	2	280	-	40	0.7	-	\$0.09
2 APL CK12 Tortilla Chips, 2 oz	2 oz portion	56.7	293.5	15.2	35.3	0	3.9	2.7	300.5	-	32.4	0.8	-	\$0.20
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	10.1	0.9	0.6	0	0.1	0.3	64.6	0.7	7.7	0.3	1.8	\$0.03
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
2 APL CK12 Dip, Guacamole, Pr	2 tbsp	0.3	0.4	0	0	0	0	0	1.2	1.4	0	0	-	\$0.00
Sono Totals			1526.4	72.1	145.5	194.2	73.8	22.6	3066.6	702+	990.1	29.9	164.9+	\$2.49

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
1 MM CK12 Salad, Side, Slaw, C	1/2 cup	107.5	180.1	17	6.3	5.9	1.2	2.1	134.2	154.8+	33.9	0.4	68.1+	\$0.26
3 CK12 Mixed Fruit, Canned, Ex	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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

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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
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
1 MM CK12 Beans, Kidney, Cold	1/2 cup	128	103.7	0.5	19	0	6.7	6.8	88.4	332.8	37.1	1.6	0	\$0.17
Extra Extra Totals			624.3	20.4	101.2	5.9	16.2	22	353	1337.3+	166.5	4.7	325.7+	\$2.28

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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/06/2019			8415.5	344.1	946.6	865.2+	421.5	127.1+	16783.3	7387.4+	5458.7	81	2196.6+	\$19.59
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			1122.1%	-	-	-	-	-	1181.9%	-	-	-	-	-

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Lunch - Create

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 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 Sausage, Pork, Patty, 1.	2 each	68	140	10	0	50	14	0	520	-	40	0.7	-	\$0.14
1 MM CK12 Potato, Home Fried	1/2 cup	112.1	135	8.3	14.2	0	1.7	1.8	23.4	405.5	11	0.7	15.6+	\$0.30
1 MM CK12 Apple, Warm Baked	1/2 cup	125.5	127.5	0.7	32.2	0	0.3	2.7	4.8	107.6	15.9	0.3	2.2+	\$0.32
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
3 CK12 Eggs, Scrambled, Froze	1/4 cup	69	65.8	3.5	2	138.4	5.6	0	123.2	104.5	55	0.7	12+	\$0.17
Create Totals			840.2	31.8	109.9	355.1	32.3	7.2	1130.4	623.5+	203.1	4.8	29.8+	\$1.69

Lunch - Grill

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 Burger, Cheesebur	1 sandwich	141.7	311	13.8	28	49.2	22	3.2	766.5	109.4+	222	4.1	44.9+	\$0.74
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
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
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
Grill Totals			1021.8	46.7	102.6	74.2	47.6	12.5	2009.6	762.6+	315.9	9.7	44.9+	\$1.58

Lunch - 2Mato

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 Pizza, French Brea	1 piece	140	300	11	34	20	17	3	570	115	300	1.8	-	\$0.74
*1 MM CK12 Pizza, Pepperoni (S	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, Wh	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Rom	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1020.2	43.5	102	106.4+	57.6	10.4	2143.9	539+	1141.2	6.6	253.7+	\$1.96

Lunch - Deli

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 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfie	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53

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Lunch - Deli

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 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Cae	1 tbsp	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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 Salad, Caesar, Chi	1 serving(s)	196.4	294.7	15.9	19.4	26.8	17.7	5	445.1	235.9+	88.8	2.7	415.3+	\$0.68
*1 MM CK12 Sandwich, Italian, H	1 each	185.5	349.9	19.2	27.3	54.3	19.7	2.6	1059	102+	140.5	1.9	46.5+	\$0.92
*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
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1403.7	47	196.6	87.7	57.2	20.6+	2022.6	1248.9+	555.2	9.6	464.4+	\$3.46

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Lunch - Sono

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 Taco Filling, Beef (2-3/4 ounce	78	125.8	7.1	2	49.7	14.2	1	291.2	-	17.3	2	-	\$0.17
*2 APL CK12 Chicken, Taco Me	3 oz meat	85	195	10.5	3	67.5	21	0	510	-	30	1.6	-	\$0.42
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Taco Shells, Hard C	2 each	43	200	9	28	0	3	3	0	-	20	1.1	-	\$0.27
2 APL CK12 Beans, Black, Seas	1/2 cup	121	117	1.2	20	0	7.3	8.3	97.8	371.6	42.7	2.3	0	\$0.15
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.17
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Lettuce, Iceberg, Sh	1/2 cup	36	5	0.1	1.1	0	0.3	0.4	3.6	50.8	6.5	0.1	9	\$0.04
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	8.1	0.1	1.8	0	0.4	0.5	2.2	106.6	4.5	0.1	18.9	\$0.12
2 APL CK12 Onions, Fresh, Raw	1/4 cup	57.4	23	0.1	5.4	0	0.6	1	2.3	83.8	13.2	0.1	0	\$0.14
1 MM CK12 Sour Cream, Low Fa	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
2 APL CK12 Salsa, Mild (RedGo	1/4 cup	58	20	0	4	0	0	2	280	-	40	0.7	-	\$0.09
2 APL CK12 Tortilla Chips, 2 oz	2 oz portion	56.7	293.5	15.2	35.3	0	3.9	2.7	300.5	-	32.4	0.8	-	\$0.20
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	10.1	0.9	0.6	0	0.1	0.3	64.6	0.7	7.7	0.3	1.8	\$0.03
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	4.1	0.1	0.7	0	0.1	0.4	250.7	29	3.5	0.3	12.8	\$0.03
2 APL CK12 Dip, Guacamole, Pr	2 tbsp	0.3	0.4	0	0	0	0	0	1.2	1.4	0	0	-	\$0.00
Sono Totals			1526.4	72.1	145.5	194.2	73.8	22.6	3066.6	702+	990.1	29.9	164.9+	\$2.49

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
2 APL CK12 Peppers, Red, Bell,	1/2 cup	46	14.3	0.1	2.8	0	0.5	1	1.8	97.1	3.2	0.2	72.2	\$0.39
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 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
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
1 MM CK12 Beans, Kidney, Cold	1/2 cup	128	103.7	0.5	19	0	6.7	6.8	88.4	332.8	37.1	1.6	0	\$0.17
Extra Extra Totals			481.5	3.5	104.5	0	16.5	21.4	213.4	1410.7	159.4	5	422.5	\$2.23

Lunch - Milk & Condiments

Friday - 06/07/2019

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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 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/07/2019			8346.9	325.6	987.6	1026.4+	401.1	123.3+	15691	7241.2+	5124	80.2	2210.5+	\$19.02
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			1112.9%	-	-	-	-	-	1105%	-	-	-	-	-
Daily Average for Week (6/3/2019 - 6/8/2019)			8413.5	335.5	968.3	877+	413.5	126+	16392.7	7514.8+	5393.4	80	2402.2+	\$19.19
% Average for Week (6/3/2019 - 6/8/2019)			1121.8%	-	-	-	-	-	1154.4%	-	-	-	-	-

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Lunch - Create

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 (6 each)	6 each	117.4	316	18.1	19.6	30.1	19.6	3	481.5	-	30.1	2.7	-	\$0.49
2 APL CK12 Potato, Wedges (Large)	1/2 cup	75.6	120.8	5.6	15.8	0	1.9	1.9	241.6	297.3	0	0.7	-	\$0.14
2 APL CK12 Carrots, Frozen, Seasoned	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
1 MM CK12 Dinner Roll, WG (Whole Grain)	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 Salad Dressing, Ranch	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
2 APL CK12 Sauce, BBQ (French Dressing)	1 floz	37	60	0	15	0	1	1	400	-	0	0	-	\$0.09
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
Create Totals			692.9	32.1	78.5	39	25.6	11.2	1670.5	552.6+	95.1	4.6	786.7+	\$1.08

Lunch - Grill

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, Tenders (3 piece)	3 piece	96.1	263	15.2	16.2	25.3	15.2	3	394.5	-	40.5	1.8	-	\$0.82
2 APL CK12 Potato, Oven Fries, Seasoned	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
2 APL CK12 Potato, Oven Fries, Seasoned	1/2 cup	61.9	120.1	6	14	0	1	1	260.2	190.2	0	0.4	-	\$0.13
1 MM CK12 Dinner Roll, WG (Whole Grain)	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
Grill Totals			996.8	46.9	99.8	50.3	41.1	12.3	1720.5	547.2+	164	7.3	0+	\$1.73

Lunch - 2Mato

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 Pizza, BBQ (French Dressing)	1 slice	160	331.6	12	38.1	47.1	18.7	3.3	858.7	38.3+	212.7	1.8	78.4+	\$0.71
*1 MM CK12 Pizza, Pepperoni (Seasoned)	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, Whole	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Romano	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1051.8	44.6	106.1	133.6+	59.3	10.7	2432.6	462.2+	1053.9	6.6	332.1+	\$1.93

Lunch - Deli

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 Turkey, Deli (Jennies)	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfield)	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47

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Lunch - Deli

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 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Cae	1 tbsp	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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 Salad, Cobb, Turke	1 serving(s)	179.2	143.6	7.5	5.4	118.4	13.6	1.8	493.3	299.6+	136.1	1.5	384.4+	\$0.81
*1 MM CK12 Sandwich, Wrap, V	1 sandwich	225.9	428.4	20.1	51.4	25.2	15.3	9.3	956.1	207.9+	363.1	5.1	124.7+	\$1.03
*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

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Lunch - On the Go

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 Parfait, Lunch, Yog	1 serving(s)	462.9	630.5	9.9	125.1	6.7	14.8	9.5+	225.5	638.8	256.4	2.9	2.6+	\$1.57
1 MM CK12 Dinner Roll, WG (W	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1961.5	49.4	331.7	156.9	63.3	33.6+	2193.4	2057.3+	1081.5	14.4	514.3+	\$5.26

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
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 Apple, Slices, Cann	1/2 cup	107.4	57.1	0.4	14.7	0	0.3	2.6	1.1	94.8	6.2	0.2	2.2	\$0.28
1 MM CK12 Peaches, Canned, E	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.29
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			369.3	3.3	84.2	0	9.2	15.7	118	963.5	112.9	3.3	280.7	\$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, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/10/2019			7125.3	257.3	926.8	588.5+	314.7	112.2+	13239.5	6537.2+	4266.5	50.8	2744+	\$17.37
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			950%	-	-	-	-	-	932.4%	-	-	-	-	-

* indicates main item

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Lunch - Create

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
*1 MM CK12 Potato, Tater Tots	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
3 CK12 Sauce, Cheese, Bagged	4 ounce	113.4	191.6	10.5	12.6	37.9	10.5	0	802.1	-	391.6	18.9	-	\$0.33
2 APL CK12 Rice, Brown, Mexican	1/2 cup	149.2	139.3	2.1	27.4	0	3.2	2.3	633.7	203.5+	19.5	0.8	62.7+	\$0.21
1 MM CK12 Beans, Refried, Veg	1/2 cup	121.4	101.6	1.1	16.6	0+	6.4	5.8	529	423	43.7	2.1	4.4+	\$0.23
2 APL CK12 Salsa, Low Sodium	1/4 cup	64	20	0	4	0	0	2	70	-	10	0.5	-	\$0.07
1 MM CK12 Sour Cream, Low Fat	2 tbsp	28.3	38.3	3.4	1.2	11.1	0.8	0	25.2	36.6	29.5	0	28.9	\$0.13
1 MM CK12 Beans, Green, Frozen	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
2 APL CK12 Beef, Taco Meat, Hearty	1/3 cup	88.1	179.2	10.2	3.3	50.4	14.8	0	534.4	174.4+	14.5	1.4	1.7+	\$0.62
1 MM CK12 Breadstick, Cinnamon	1 each	36.2	92.4	1.9	16.3	0	3	2.2	100	1.4+	9.8	0.4	0+	\$0.14
2 APL CK12 Carrots, Frozen, Seasoned	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
Create Totals			1003.3	41.5	110.4	99.4+	42.6	19.8	3041.8	1424.2+	584.3	26	901+	\$2.24

Lunch - Grill

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
*1 MM CK12 Cheese Stick, Mozzarella	5 each	127.6	380	18	35	30	19	3	410	-	458	2	-	\$0.88
2 APL CK12 Potato, Wedges (Large)	1/2 cup	75.6	120.8	5.6	15.8	0	1.9	1.9	241.6	297.3	0	0.7	-	\$0.14
*1 MM CK12 Sandwich, Chicken	1 sandwich	157.1	419.1	18.4	41.3	25	21.4	5.2	659.7	90.7+	93.9	4	0+	\$0.54
2 APL CK12 Potato, Wedges (Large)	1/2 cup	75.6	120.8	5.6	15.8	0	1.9	1.9	241.6	297.3	0	0.7	-	\$0.14
Grill Totals			1040.7	47.6	107.9	55	44.2	11.9	1552.8	685.4+	551.9	7.4	0+	\$1.71

Lunch - 2Mato

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 Flatbread, Margherita	1 each	173.1	331.2	14.5	31.8	39.5+	19.2	3.6	703.3	275.5+	416.2	2.1	138.3+	\$0.61
*1 MM CK12 Pizza, Pepperoni (Small)	1 slice	151.2	359.9	17.5	31.1	46.1+	20.3	3.4	814.9	211.1+	417	2.2	126.6+	\$0.60
*1 MM CK12 Pizza, Cheese, White	1 slice	159.5	358.6	14.9	36.7	40.2+	20.2	4	755.7	211.1+	419.9	2.5	126.6+	\$0.61
1 MM CK12 Seasoning Mix, Roma	1/4 tsp	0.4	1.7	0.1	0.2	0.1	0.1	0.1	3.3	1.7+	4.4	0.1	0.5+	\$0.01
2Mato Totals			1051.3	47	99.9	125.9+	59.8	11	2277.3	699.5+	1257.4	6.9	392.1+	\$1.83

Lunch - Deli

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
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Lunch - Deli

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
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	110	4.5	1	45	17	0	370	-	0	0.4	-	\$0.76
*1 MM CK12 Ham, Deli (Smithfie	2-1/2 oz portion	70.9	75	1.9	1.2	37.5	13.7	0	487.5	-	0	0.4	-	\$0.47
*1 MM CK12 Hummus (Grecian	2/3 cup	151.2	324	18.9	37.8	0	10.8	10.8	864	-	108	5.8	-	\$0.81
*1 MM CK12 Chicken, Diced (Ja	2 ounce	56.7	81.9	2.9	0.4	43.1	12.9	0	283.2	-	0	0	-	\$0.53
1 MM CK12 Bread, WG, Local B	2 slice	56.7	142.6	2.5	26.5	0	4.7	2.8	259.6	107.6	32.9	1.5	-	\$0.27
1 MM CK12 Bread, Sub Roll, Fre	1 each	71.8	178.6	3.2	30.3	0	6.7	3.9	253.3	0+	10.5	0.9	-	\$0.24
1 MM CK12 Tortilla, Flour, WG (1 each	62	180	4.5	29	0	5	3	250	-	150	1.4	-	\$0.19
2 APL CK12 Bread, Ciabatta, W	1 each	51	122	2.4	22.2	0.3	4.2	1.9	125.8	-	15	1.1	-	\$0.30
1 MM CK12 Cheese, American,	1/2 ounce	14.2	51.9	4.4	0.7	14.2	2.6	0	236.9	18.7	148.1	0.1	44.9	\$0.06
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	55.7	4.4	0.2	13.2	3.8	0	26.5	10.2	126.2	0	40.8	\$0.09
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	49.8	3.8	0.3	9.8	3.6	0	124.2	19.6	107.2	0.1	33.5	\$0.08
2 APL CK12 Cheese, Pepperjack	1/2 ounce	14.2	52.9	4.3	0.1	12.6	3.5	0	85	11.5	105.7	0.1	28.1	\$0.09
2 APL CK12 Romaine Lettuce (4	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Spinach, Fresh, Rav	1/2 cup	15	3.4	0.1	0.5	0	0.4	0.3	11.8	83.7	14.8	0.4	70.3	\$0.13
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	5.2	0	1.2	0	0.1	0.2	0.5	18.9	3	0	0	\$0.03
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	10.2	0.1	2.2	0	0.5	0.7	2.8	134.4	5.7	0.2	23.8	\$0.16
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	4.5	0	1.1	0	0.2	0.1	0.6	43.7	4.8	0.1	1.5	\$0.09
1 MM CK12 Carrot, Fresh, Shred	1/4 cup	27.5	11.3	0.1	2.6	0	0.3	0.8	19	88	9.1	0.1	229.6	\$0.08
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.08
1 MM CK12 Jalapenos, Fresh, G	1 tsp	2.5	0.7	0	0.2	0	0	0.1	0.1	6.2	0.3	0	1.4	\$0.01
1 MM CK12 Mayo, Bulk (Kraft He	1 tbspc	15	106.8	11.8	0.1	4.1	0.1	0	79.4	-	0.6	0	-	\$0.05
1 MM CK12 Salad Dressing, Itali	1 tbspc	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
1 MM CK12 Salad Dressing, Ran	1 tbspc	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.04
1 MM CK12 Salad Dressing, Caes	1 tbspc	14.5	50	4.5	1	5	0.5	0	110	-	10	0	-	\$0.04
1 MM CK12 Mustard, Bulk Cond	1 tbspc	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
Mustard, Dijon, PC (9466)	1 each	12	17.5	1	1	-	0.9	0.4	286	25.2	13.1	0.3	-	\$0.13
Deli Totals			1696.5	78.1	167.6	189.5+	93.2	27	4363.3	729.7+	898.1	13.8	689.7+	\$4.93

Lunch - On the Go

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, Chicken, Pc	1 each	218.2	287.8	15.3	20.6	23.9	17.6	4.4	409.5	289.6+	92.7	2.8	328.2+	\$0.78

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Lunch - On the Go

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
*1 MM CK12 Sandwich, Ham (S)	1 sandwich	121.9	237.7	8.3	23.5	43.4	19	1.9	542.3	10.2+	141.2	1.5	40.8+	\$0.77
*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
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	630.5	9.9	125.1	6.7	14.8	9.5+	225.5	638.8	256.4	2.9	2.6+	\$1.57
1 MM CK12 Dinner Roll, WG (W)	2 each	56	149	2.6	28.6	0	4.9	4.2	291.8	152.3	59.4	1.4	0	\$0.20
On the Go Totals			1914.9	45.5	319	80.7	71.1	28.8+	1695.7	1849.5+	816.1	12.1	374.3+	\$4.97

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, Romai	1 cup	49.1	10	0.1	2	0	0.7	1.1	11.5	143.9	20.2	0.5	238	\$0.17
2 APL CK12 Carrots, Fresh, Bab	1/2 cup	87.9	30.8	0.1	7.2	0	0.6	2.5	68.5	208.3	28.1	0.8	606.4	\$0.43
3 CK12 Mixed Fruit, Canned, Ex	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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
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			400.6	3	91	0	8.8	16.9	187.4	951.4+	128.4	3.6	861.5+	\$1.96

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	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	15.8	0	4.3	0	0.2	0	141.7	43.9	2.3	0.1	4.1	\$0.02
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	9.4	0.5	0.9	0	0.6	0.6	172.5	23.7	9.8	0.3	0.8	\$0.02
Milk & Condiments Totals			356.6	2.9	58.8	19.3	23	1.6	741.1	1224.7	861.1	0.8	140.6+	\$0.68
Daily Totals for 06/11/2019			7463.9	265.5	954.6	569.7+	342.7	117.1+	13859.4	7564.4+	5097.2	70.6	3359+	\$18.33
USDA K12 (Sodium Target 1), Lunch, 14-18 y			750-850	-	-	-	-	-	≤1420	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 14-18 y			995.2%	-	-	-	-	-	976%	-	-	-	-	-
Daily Average for Week (6/9/2019 - 6/11/2019)			7294.6	261.4	940.7	579.1+	328.7	114.6+	13549.5	7050.8+	4681.9	60.7	3051.5+	\$17.85

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% Average for Week (6/9/2019 - 6/11/2019)	972.6%	-	-	-	-	-	954.2%	-	-	-	-	-
Daily Average for Dates: 06/03/2019 - 06/11/2019	6295.2	244.5	747	615.9+	302.8	95.5+	12118	5741.8+	4036.8	57.9	2012.7+	\$14.63
% for Dates: 06/03/2019 - 06/11/2019	839.4%	-	-	-	-	-	853.4%	-	-	-	-	-

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