

**Menu Collections - Menu Analysis Report**

**Report Run: Feb 26, 2018**

**Date(s) Included: March 5, 2018 - March 29, 2018**

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

**Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8. SY 2017-2018**

**List: All Items**

*Elementary, Breakfast, 2017-2018 Main Entrees*

**Monday - 03/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
<b>Daily Totals for 03/05/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

\* indicates main item

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

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

**Monday - 03/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Monday - 03/05/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/05/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Bowl,	1 each	28.3	111.4	1	24.3	0	1	1	162	45.6	81	3.6	-	\$0.38
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			201.4	3.5	40.3	0	3	2	262	45.6+	181	4.4	-	\$0.43
<b>Daily Totals for 03/06/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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

**Tuesday - 03/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Tuesday - 03/06/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/06/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bagel, Stuffed, Cin	1 each	69	240	6	41	10	6	2	180	-	20	1.4	-	\$0.51
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			330	8.5	57	10	8	3	280	-	120	2.2	-	\$0.57
<b>Daily Totals for 03/07/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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

**Wednesday - 03/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Wednesday - 03/07/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/07/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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*2 APL CK12 Yogurt, Strawberry	1 each	113	80	0	16	5	4	0	65	-	150	0	-	\$0.24
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			170	2.5	32	5	6	1	165	-	250	0.7	-	\$0.29
<b>Daily Totals for 03/08/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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

**Thursday - 03/08/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
<b>Sides for All Meals Totals</b>			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

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

**Thursday - 03/08/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/08/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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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 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
<b>Daily Totals for 03/09/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-

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

**Friday - 03/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Friday - 03/09/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/09/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-
<b>Daily Average for Week (3/5/2018 - 3/10/2018)</b>			693.8	8.8	128.7	30.6	29.2	7.3	630.3	1395.5+	1012.5	2.9	275.4+	\$1.43
<b>% USDA2014 Average for Week (3/5/2018 - 3/10/2018)</b>			173.4%	-	-	-	-	-	116.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
<b>Daily Totals for 03/12/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

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

**Monday - 03/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Monday - 03/12/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/12/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Bowl,	1 each	28.3	111.4	1	24.3	0	1	1	162	45.6	81	3.6	-	\$0.38
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			201.4	3.5	40.3	0	3	2	262	45.6+	181	4.4	-	\$0.43
<b>Daily Totals for 03/13/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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

**Tuesday - 03/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Tuesday - 03/13/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/13/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bagel, Stuffed, Cin	1 each	69	240	6	41	10	6	2	180	-	20	1.4	-	\$0.51
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			330	8.5	57	10	8	3	280	-	120	2.2	-	\$0.57
<b>Daily Totals for 03/14/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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

**Wednesday - 03/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Wednesday - 03/14/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/14/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Yogurt, Strawberry	1 each	113	80	0	16	5	4	0	65	-	150	0	-	\$0.24
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			170	2.5	32	5	6	1	165	-	250	0.7	-	\$0.29
<b>Daily Totals for 03/15/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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

**Thursday - 03/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
<b>Sides for All Meals Totals</b>			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

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

**Thursday - 03/15/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/15/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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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 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
<b>Daily Totals for 03/16/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-

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

**Friday - 03/16/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Friday - 03/16/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/16/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-
<b>Daily Average for Week (3/11/2018 - 3/17/2018)</b>			693.8	8.8	128.7	30.6	29.2	7.3	630.3	1395.5+	1012.5	2.9	275.4+	\$1.43
<b>% USDA2014 Average for Week (3/11/2018 - 3/17/2018)</b>			173.4%	-	-	-	-	-	116.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
<b>Daily Totals for 03/19/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

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

**Monday - 03/19/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Monday - 03/19/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/19/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

\* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Bowl,	1 each	28.3	111.4	1	24.3	0	1	1	162	45.6	81	3.6	-	\$0.38
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			201.4	3.5	40.3	0	3	2	262	45.6+	181	4.4	-	\$0.43
<b>Daily Totals for 03/20/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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

**Tuesday - 03/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Tuesday - 03/20/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/20/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bagel, Stuffed, Cin	1 each	69	240	6	41	10	6	2	180	-	20	1.4	-	\$0.51
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			330	8.5	57	10	8	3	280	-	120	2.2	-	\$0.57
<b>Daily Totals for 03/21/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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

**Wednesday - 03/21/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Wednesday - 03/21/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/21/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Yogurt, Strawberry	1 each	113	80	0	16	5	4	0	65	-	150	0	-	\$0.24
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			170	2.5	32	5	6	1	165	-	250	0.7	-	\$0.29
<b>Daily Totals for 03/22/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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

**Thursday - 03/22/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
<b>Sides for All Meals Totals</b>			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

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

**Thursday - 03/22/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/22/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-

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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 Pancakes, Mini, Maple	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			310	8.5	55	0	6	4	230	-	120	1.4	-	\$0.47
<b>Daily Totals for 03/23/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-

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

**Friday - 03/23/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

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

**Friday - 03/23/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/23/2018</b>			739.9	11.3	136.2	19.6	29.4	10.3	622.9	1365.7+	974.8	2.2	277.8+	\$1.50
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			185%	-	-	-	-	-	115.3%	-	-	-	-	-
<b>Daily Average for Week (3/18/2018 - 3/24/2018)</b>			693.8	8.8	128.7	30.6	29.2	7.3	630.3	1395.5+	1012.5	2.9	275.4+	\$1.43
<b>% USDA2014 Average for Week (3/18/2018 - 3/24/2018)</b>			173.4%	-	-	-	-	-	116.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			259.1	7.5	44.8	39.8	5	3	219.4	-	119.9	1.8	-	\$0.38
<b>Daily Totals for 03/26/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

\* indicates main item

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

**Monday - 03/26/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Monday - 03/26/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/26/2018</b>			684	10.1	122.5	59.4	28.4	6.1	625.9	1328.4+	966.8	2.4	273.8+	\$1.37
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			171%	-	-	-	-	-	115.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Trix, Bowl,	1 each	28.3	111.4	1	24.3	0	1	1	162	45.6	81	3.6	-	\$0.38
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			201.4	3.5	40.3	0	3	2	262	45.6+	181	4.4	-	\$0.43
<b>Daily Totals for 03/27/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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

Tuesday - 03/27/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 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
<b>Sides for All Meals Totals</b>			136.7	0.4	36.3	0	0.7	6.3	2.6	281.4	15.8	0.3	7.9	\$0.41

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 03/27/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/27/2018</b>			631.3	6.3	121.5	19.6	26.4	8.3	654.9	1411.3+	1035.8	5.2	277.8+	\$1.45
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			157.8%	-	-	-	-	-	121.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bagel, Stuffed, Cin	1 each	69	240	6	41	10	6	2	180	-	20	1.4	-	\$0.51
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			330	8.5	57	10	8	3	280	-	120	2.2	-	\$0.57
<b>Daily Totals for 03/28/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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

**Wednesday - 03/28/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Juice, Assorted, 100%	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
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
<b>Sides for All Meals Totals</b>			131.7	0.2	32.8	0	0.7	3.2	16.3	244	7.9	0.2	3.9+	\$0.38

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

**Wednesday - 03/28/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/28/2018</b>			754.9	11.1	134.7	29.6	31.4	6.2	686.6	1328.4+	966.9	2.8	273.8+	\$1.56
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			188.7%	-	-	-	-	-	127.1%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Yogurt, Strawberry	1 each	113	80	0	16	5	4	0	65	-	150	0	-	\$0.24
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
<b>Main Entrees Totals</b>			170	2.5	32	5	6	1	165	-	250	0.7	-	\$0.29
<b>Daily Totals for 03/29/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-
<b>Daily Average for Week (3/25/2018 - 3/29/2018)</b>			682.2	8.2	126.9	33.3	29.1	6.6	632.1	1402.9+	1021.9	3.1	274.8+	\$1.42
<b>% USDA2014 Average for Week (3/25/2018 - 3/29/2018)</b>			170.6%	-	-	-	-	-	117.1%	-	-	-	-	-
<b>Daily Average for Dates: 03/05/2018 - 03/29/2018</b>			525.4	6.6	97.5	23.7	22.2	5.5	479.3	1061.8+	771	2.3	209.2+	\$1.09
<b>% USDA2014 for Dates: 03/05/2018 - 03/29/2018</b>			131.4%	-	-	-	-	-	88.8%	-	-	-	-	-

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

**Thursday - 03/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Raisins, 1.5 oz, PC (18507)	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.17
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
<b>Sides for All Meals Totals</b>			195.5	0.4	51.8	0	1.6	4.7	6	459.2	29.2	1	3.9	\$0.38

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

**Thursday - 03/29/2018**

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
<b>Milk &amp; Condiments Totals</b>			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
<b>Daily Totals for 03/29/2018</b>			658.7	5.3	128.7	24.6	30.4	5.7	561.2	1543.6+	1118.2	2.1	273.8+	\$1.28
<b>USDA2014, Breakfast, 5-13 y</b>			400-500	-	-	-	-	-	≤540	-	-	-	-	-
<b>% USDA2014, Breakfast, 5-13 y</b>			164.7%	-	-	-	-	-	103.9%	-	-	-	-	-
<b>Daily Average for Week (3/25/2018 - 3/29/2018)</b>			682.2	8.2	126.9	33.3	29.1	6.6	632.1	1402.9+	1021.9	3.1	274.8+	\$1.42
<b>% USDA2014 Average for Week (3/25/2018 - 3/29/2018)</b>			170.6%	-	-	-	-	-	117.1%	-	-	-	-	-
<b>Daily Average for Dates: 03/05/2018 - 03/29/2018</b>			525.4	6.6	97.5	23.7	22.2	5.5	479.3	1061.8+	771	2.3	209.2+	\$1.09
<b>% USDA2014 for Dates: 03/05/2018 - 03/29/2018</b>			131.4%	-	-	-	-	-	88.8%	-	-	-	-	-

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