

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, LUNCH, Elementary, K-8, SY 2017-2018

List: All Items

Lunch - 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
*1 MM CK12 Chicken, Nuggets (5 each)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.42
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 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
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 Corn Dog, Turkey,	6 each	115.7	243.5	12.2	24.4	30.4	12.2	3	700.1	-	60.9	1.6	-	\$0.70
1 MM CK12 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
Main Entrees Totals			746.3	30.1	88.4	55.5	35.4	10.8	1532.8	403.8+	165.2	5.7	0+	\$1.44

Lunch - Extra Extra

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 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.04
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Pears, Canned, Juic	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			381.7	3	87.3	0	9.3	15.9	142.7	1024.9+	118	3.2	255.9+	\$1.65

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01

* indicates main item

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Lunch - 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
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/05/2018			1514.4	35.8	241.3	75.1	67.5	28.1	2470	2630.7+	1145.1	9.7	391.9+	\$3.93
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			252.4%	-	-	-	-	-	200.8%	-	-	-	-	-

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Lunch - Main Entrees

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 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
2 APL CK12 Sauce, Cheese (JT	3-3/4 ounce	106.3	222.5	16.5	4.1	57.7	14.4	0	813.9	-	418.3	0	-	\$0.47
*3 CK12 Pork, Riblet (Advance P	1 each	103.5	224.1	11.9	16.8	35.1	14.5	1.3	677.1	342.6+	37.2	1.4	-	\$0.68
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
Main Entrees Totals			943.6	31.2	125.8	92.8	46.4	12.4	2089.5	418.8+	545.5	7.5	0+	\$1.77

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Salad, Fruit, Cranbe	1/2 cup	142.2	133.4	0.4	35.1	0	0.5	3.1	5.9	139.6	15.1	0.4	1.9	\$0.41
Apples, Sliced, Fresh, 2 oz, PC (1 each	56.7	29.5	0.1	7.8	0	0.1	1.4	0.6	60.7	3.4	0.1	1.7	\$0.32
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			429.4	3.4	99.9	0	9.4	16.9	120.9	951.6+	119	3.1	237.8+	\$1.81

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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Daily Totals for 03/06/2018	1759.3	37.3	291.3	112.4	78.6	30.7	3004.9	2572.4+	1526.4	11.5	373.9+	\$4.43
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	293.2%	-	-	-	-	-	244.3%	-	-	-	-	-

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Lunch - Main Entrees

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
*DELETE 4/20 3 CK12 French T	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			995.5	35.8	142.9	282.9	28.3	7.7	1347.4	424.4+	510	4.9	427.2+	\$1.78

Lunch - Extra Extra

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 Lettuce, Romaine B	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 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	\$0.16
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
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 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			433	3.7	100.3	0	9.8	17.7	106.2	1274.3+	105.8	3.1	232.1+	\$1.73

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 03/07/2018	1814.9	42.2	308.8	302.5	60.9	26.8	2248.1	2900.8+	1477.7	8.8	795.4+	\$4.35
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	302.5%	-	-	-	-	-	182.8%	-	-	-	-	-

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Lunch - Main Entrees

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
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.72
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1121.2	26.4	182	60.5	47.8	18.6	1530.9	1102+	736.4	10.3	76.2+	\$2.42

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 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	\$0.16
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
2 APL CK12 Fruit Cocktail, Can	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			435.9	3.3	100.6	0	9.5	16.1	110.1	1179.5+	99.6	2.9	230+	\$1.65

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/08/2018			1943.5	32.4	348.2	80.1	80.1	36.2	2435.5	3483.6+	1697.9	14	442.2+	\$4.91
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			323.9%	-	-	-	-	-	198%	-	-	-	-	-

* indicates main item

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Lunch - Main Entrees

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 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
2 APL CK12 Sauce, Marinara, 2.	1 each	70.9	40	1	7	0	1	1	230	235	20	0.7	-	\$0.12
Main Entrees Totals			649.8	22	74	60	44	8	1049.8	235+	919.8	4.7	-	\$1.43

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			385.1	3.1	87.1	0	9.7	15.3	136.3	954.6+	107.2	3.1	240.5+	\$1.80

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/09/2018			1421.4	27.8	226.6	79.6	76.4	24.7	1980.6	2391.6+	1888.9	8.6	376.5+	\$4.07
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			236.9%	-	-	-	-	-	161%	-	-	-	-	-

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Daily Average for Week (3/5/2018 - 3/10/2018)	1690.7	35.1	283.2	130	72.7	29.3	2427.8	2795.8+	1547.2	10.5	476+	\$4.34
% USDA2014 Average for Week (3/5/2018 - 3/10/2018)	281.8%	-	-	-	-	-	197.4%	-	-	-	-	-

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Lunch - Main Entrees

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 Sandwich, Chicken	1 sandwich	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
*1 MM CK12 Hot Dog, Turkey (B)	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
Main Entrees Totals			1002.4	42.8	110.2	69.6	40.7	12.4	2240.8	617.7+	162.5	6.4	0+	\$1.15

Lunch - Extra Extra

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 Lettuce, Romaine B	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 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	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Apple, Red Deliciou	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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			410.3	3.2	94.9	0	9.5	18.9	177.7	1153.3+	127.5	3.7	858.1+	\$1.88

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/12/2018			1799.1	48.7	270.7	89.2	72.9	32.8	3213.1	2973.1+	1151.9	10.9	994.1+	\$3.87
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA2014, Lunch, 5-13 y	299.9%	-	-	-	-	-	261.2%	-	-	-	-	-
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Lunch - Main Entrees

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
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*3 CK12 Pork, Riblet (Advance P	1 each	103.5	224.1	11.9	16.8	35.1	14.5	1.3	677.1	342.6+	37.2	1.4	-	\$0.68
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 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 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
Main Entrees Totals			745.3	33	79.6	73.5+	38	13.3	1629	913.8+	502.2	5.4	134.2+	\$1.73

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Applesauce, Cinnar	1/2 cup	122.2	51.6	0.1	13.9	0	0.2	1.4	2.5	91	6.5	0.3	1.2	\$0.24
2 APL CK12 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			378.1	3	86.8	0	9	15.9	121.8	842.3+	107	2.9	235.5+	\$1.54

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 03/13/2018	1509.8	38.8	232	93.1+	69.7	30.6	2545.3	2958.2+	1471.1	9.1	505.7+	\$4.11
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	251.6%	-	-	-	-	-	206.9%	-	-	-	-	-

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Lunch - Main Entrees

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 Pancakes, WG (Au	2 each	64.6	153.3	4	27.3	6.7	3.3	2	219.9	-	0	1.2	-	\$0.21
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			834.2	27.6	123.6	289.6+	24.6	8.6	1149	158.2+	449.7	3.9	427.2+	\$1.67

Lunch - Extra Extra

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 Lettuce, Romaine B	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 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.25
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
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	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			374.1	2.9	84.4	0	9	14.3	115.7	900.3+	101.9	2.9	319.2+	\$1.74

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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Daily Totals for 03/14/2018	1594.7	33.2	273.6	309.2+	56.3	24.3	2059.2	2260.5+	1413.6	7.7	882.5+	\$4.25
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	265.8%	-	-	-	-	-	167.4%	-	-	-	-	-

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Lunch - Main Entrees

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
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
2 APL CK12 Cookie, Chocolate C	1 each	28.3	104	3.1	18.5	10.4	1.7	1.9	93.7	-	10.3	0.6	-	\$0.11
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1001.1	29.1	153	44.1	37.3	16.1	802	1123+	543.7	7	854.9+	\$2.16

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 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	\$0.16
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Pineapple, Tidbits, C	1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
2 APL CK12 Pears, Diced, Cann	1/2 cup	124.1	60.2	0	16.1	0	0	2	5	0.4+	0.8	0	0+	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			380.1	3	87.5	0	8.6	15.1	109.8	843.7+	109.2	2.8	229+	\$1.52

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/15/2018			1767.5	34.8	306.1	63.7	68.7	32.6	1706.3	3168.8+	1514.8	10.6	1219.9+	\$4.52
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA2014, Lunch, 5-13 y	294.6%	-	-	-	-	-	138.7%	-	-	-	-	-
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Lunch - Main Entrees

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
*1 MM CK12 Fish Sticks (High L	4 each	113.4	212.6	8.1	22.3	35.4	12.1	3	273.4	-	20.2	1.1	-	\$0.92
2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	140.8	0.5	30.2	0	5	3	150.9	-	20.1	1.8	-	\$0.17
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	-	\$0.12
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 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
2 APL CK12 Sauce, Marinara, 2.	1 each	70.9	40	1	7	0	1	1	230	235	20	0.7	-	\$0.12
Main Entrees Totals			913.8	28.2	124.4	65.4	42.7	15.2	1531.8	592.4+	490	7.2	0+	\$2.21

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Broccoli, Florets, Fr	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			416.5	2.9+	93.9	0+	8.8+	13.4+	154.4	811.4+	180.5	2.6+	234.2+	\$1.63

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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Daily Totals for 03/16/2018	1716.6	33.9+	283.9	85+	74.2+	30.1+	2480.7	2605.8+	1532.4	10.7+	370.2+	\$4.68
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	286.1%	-	-	-	-	-	201.7%	-	-	-	-	-
Daily Average for Week (3/11/2018 - 3/17/2018)	1677.5	37.9+	273.3	128.1+	68.4+	30.1+	2400.9	2793.3+	1416.8	9.8+	794.5+	\$4.29
% USDA2014 Average for Week (3/11/2018 - 3/17/2018)	279.6%	-	-	-	-	-	195.2%	-	-	-	-	-

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Lunch - Main Entrees

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
*2 APL CK12 Corn Dog, Turkey	1 each	113.4	250	10	30	25	11	3	760	-	60	1.8	-	\$0.47
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
1 MM CK12 Beans, Baked, Cann	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
*1 MM CK12 Hot Dog, Turkey (B	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
Main Entrees Totals			744.5	24.7	101.7	78.9	32.9	19.4	2306.9	878.1+	254.3	6.9	1650.1+	\$1.42

Lunch - Extra Extra

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 Lettuce, Romaine B	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 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	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Canned, 1/2	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			393.2	3.1	90.5	0	9.4	17.1	178.8	1102.9+	124.5	3.8	855.4+	\$1.92

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/19/2018			1524.1	30.5	257.8	98.5	65	37.9	3280.2	3183+	1240.7	11.6	2641.5+	\$4.18

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	254%	-	-	-	-	-	266.7%	-	-	-	-	-

* indicates main item

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Lunch - Main Entrees

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
*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	-	\$0.78
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 Broccoli, Florets, Fresh	1/2 cup	72.6	24.7	0.3	4.8	0	2	1.9	23.9	229.3	34.1	0.5	22.5	\$0.27
*3 CK12 Pork, Riblet (Advance Prep)	1 each	103.5	224.1	11.9	16.8	35.1	14.5	1.3	677.1	342.6+	37.2	1.4	-	\$0.68
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 Broccoli, Florets, Fresh	1/2 cup	72.6	24.7	0.3	4.8	0	2	1.9	23.9	229.3	34.1	0.5	22.5	\$0.27
Main Entrees Totals			685.5	30.3	71.3	60.4	38.6	12.3	1411.2	953.6+	205.2	5.7	45+	\$2.20

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine Bunch	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 Cucumber, Fresh, Unpeeled	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	\$0.16
1 MM CK12 Beans, Garbanzo, Canned	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Oranges, Mandarin	1/2 cup	129.7	48	0	12.4	0	0.8	0.9	6.5	172.5	14.3	0.4	55.8	\$0.33
2 APL CK12 Pears, Canned, Juice Pack	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.33
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			375.9	3	85.9	0	9.4	14.8	115.5	1023+	119.2	3.3	281.9+	\$1.78

Lunch - 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, Strawberry, Skim, 8oz	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, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodium	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gram	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65)	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 03/20/2018	1447.7	36	222.7	80	70.8	28.5	2321.3	3178.6+	1186.3	9.8	463+	\$4.81
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	241.3%	-	-	-	-	-	188.7%	-	-	-	-	-

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Lunch - Main Entrees

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 Pasta, Beef Ravioli, Car	8 each	241.8	234.6	8.2	32.1	12.1	7.8	3.6	684.4	430.5	29	2.6	33.9	\$0.49
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 Beans, Green, Froz	1/2 cup	80.5	41.3	2.3	5.1	0	1.2	2.4	0.8	125	33.1	0.5	16.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			691.3	21.4	101.8	75	25.7	11.7	1235.2	789.8+	501.5	5.5	477.5+	\$1.72

Lunch - Extra Extra

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 Lettuce, Romaine B	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 Cauliflower, Florets,	1/2 cup	74.8	18.7	0.2	3.7	0	1.4	1.5	22.5	223.8	16.5	0.3	0	\$0.36
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			449	3.4	101.9	0	10.9	16.3	141.4	1419.2+	106.6	3	227+	\$1.82

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/21/2018			1526.7	27.6	269.2	94.6	59.3	29.4	2171.1	3411+	1469.9	9.3	840.5+	\$4.38

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	254.5%	-	-	-	-	-	176.5%	-	-	-	-	-

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Lunch - Main Entrees

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
*2 APL CK12 Chicken, Patty (Type)	1 each	100.4	270	15	16	25	16	3	400	-	40	1.8	-	\$0.39
2 APL CK12 Bun, Hamburger, White	1 each	69.8	183.5	4.2	31.1	0	6.7	2.7	319.6	111.7	66.3	2.8	0	\$0.16
1 MM CK12 Corn, Frozen, Seasoned	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
*1 MM CK12 Parfait, Lunch, Yogurt	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1143.2	32.7	174.4	36.3	44.2	16.4	990.3	1240.9+	563.4	8.7	38.1+	\$2.16

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine Blend	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 Tomatoes, Cherry, Fresh	1/2 cup	74.5	13.4	0.1	2.9	0	0.7	0.9	3.7	176.6	7.4	0.2	31.3	\$0.35
1 MM CK12 Beans, Garbanzo, Cooked	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Diced, Canned	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Canned	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			376.6	3.1	85.9	0	9.5	14.9	117.5	1024.6+	108.1	3.2	290.3+	\$1.94

Lunch - 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, Strawberry, Skim, 8oz	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, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodium	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gram	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65)	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/22/2018			1906.2	38.5	325.9	55.9	76.4	32.8	1902.3	3467.5+	1533.4	12.8	464.5+	\$4.94
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA2014, Lunch, 5-13 y	317.7%	-	-	-	-	-	154.7%	-	-	-	-	-
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Lunch - Main Entrees

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 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	-	\$0.34
2 APL CK12 Beans, Refried, Veg	1/4 cup	60.7	50.8	0.5	8.3	0+	3.2	2.9	264.5	211.5	21.8	1.1	2.2+	\$0.11
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 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
2 APL CK12 Sauce, Marinara, 2.	1 each	70.9	40	1	7	0	1	1	230	235	20	0.7	-	\$0.12
Main Entrees Totals			852.3	34	96.6	67.6+	42.5	13.6	2240.1	624.6+	567.8	6.8	17.1+	\$1.53

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			407.7	3+	92.7	0+	9+	13.8+	151.8	901.6+	185.4	2.9+	235.4+	\$1.67

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/23/2018			1646.4	39.8+	254.8	87.2+	74.3+	28.8+	3186.5	2728.3+	1615	10.6+	388.6+	\$4.04

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	274.4%	-	-	-	-	-	259.1%	-	-	-	-	-
Daily Average for Week (3/18/2018 - 3/24/2018)	1610.2	34.5+	266.1	83.2+	69.2+	31.5+	2572.3	3193.7+	1409.1	10.8+	959.6+	\$4.47
% USDA2014 Average for Week (3/18/2018 - 3/24/2018)	268.4%	-	-	-	-	-	209.1%	-	-	-	-	-

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Lunch - Main Entrees

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 Chicken, Nuggets (B)	5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.42
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 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	-	\$0.12
*1 MM CK12 Hot Dog, Turkey (B)	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
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	-	\$0.12
Main Entrees Totals			912.1	42.3	94.2	69.7	36.8	11.5	2016.8	735.1+	111	6.3	0+	\$1.09

Lunch - Extra Extra

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 Lettuce, Romaine (B)	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 Celery Sticks, Fresh	1/2 cup	74.3	11.9	0.1	2.2	0	0.5	1.2	59.4	193.1	29.7	0.1	16.3	\$0.08
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			393.7	3.1	90.1	0	9.7	15.8	192.2	1089.9+	126.3	3.2	265.3+	\$1.63

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodium	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gram	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ranch	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65)	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/26/2018			1692.2	48.1	249.9	89.3	69.2	28.6	3003.5	3027+	1099.2	10.3	401.3+	\$3.56

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USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	282%	-	-	-	-	-	244.2%	-	-	-	-	-

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Lunch - Main Entrees

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
*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	-	\$0.34
2 APL CK12 Beans, Refried, Veg	1/4 cup	60.7	50.8	0.5	8.3	0+	3.2	2.9	264.5	211.5	21.8	1.1	2.2+	\$0.11
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
*3 CK12 Pork, Riblet (Advance P	1 each	103.5	224.1	11.9	16.8	35.1	14.5	1.3	677.1	342.6+	37.2	1.4	-	\$0.68
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 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
Main Entrees Totals			885.4	37.6	101	72.7+	40.9	14.1	2539	884.5+	244.3	6.7	17.1+	\$1.51

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 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	\$0.39
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Pineapple, Tidbits, (1/2 cup	94.3	56.6	0.1	14.7	0	0.5	1.2	0.9	116.9	15.1	0.3	2.8	\$0.20
2 APL CK12 Pears, Canned, Juic	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			406.3	3.1	93.2	0	9.3	17.4	177.3	1088.2+	138.6	3.8	832.4+	\$1.87

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 03/27/2018	1678.1	43.4	259.8	92.3+	72.9	32.9	3510.8	3174.7+	1244.8	11.4	985.6+	\$4.22
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	279.7%	-	-	-	-	-	285.4%	-	-	-	-	-

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Lunch - Main Entrees

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
*DELETE 4/20 3 CK12 French T	4 piece	96.4	301.2	12	42.2	0	6	2	381.5	-	60.2	1.8	-	\$0.34
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Potato, Tater Tots (1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			995.5	35.8	142.9	282.9	28.3	7.7	1347.4	424.4+	510	4.9	427.2+	\$1.78

Lunch - Extra Extra

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 Lettuce, Romaine B	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 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	\$0.16
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Banana, 150 Ct (13	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			439.3	3.3	100.3	0	9.9	15.1	120.1	1282.8+	99.6	2.9	230+	\$1.62

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 03/28/2018	1821.2	41.8	308.8	302.5	60.9	24.2	2262	2909.3+	1471.5	8.6	793.2+	\$4.24
USDA2014, Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y	303.5%	-	-	-	-	-	183.9%	-	-	-	-	-

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Lunch - Main Entrees

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
*1 MM CK12 Pizza, Pepperoni (\$	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48
Rice Krispies Treats, Mini Squar	1 each	11.1	45.8	1.1	8.5	0	0.3	0.1	52.2	5.1	0.6	0.2	-	\$0.16
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			938.7	25.7	143.9	49.7+	35.9	11.9	980.6	1109.8+	794.7	5.5	131.1+	\$2.05

Lunch - Extra Extra

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
1 MM CK12 Lettuce, Romaine B	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 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
1 MM CK12 Beans, Garbanzo, C	1/2 cup	120	105.6	2.3	16.2	0	5.9	5.3	93.5	172.8	42	1.5	1.2	\$0.16
2 APL CK12 Apple, Red Deliciou	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 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.39
Extra Extra Totals			386.9	3.3	88.9	0	9.6	16.9	121.9	983.8+	115.4	3.2	255.5+	\$1.57

Lunch - 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, 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
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
2 APL CK12 Salad Dressing, Ra	1 each	12.4	17.6	0.1	4	0.1	0.1	0.1	81.2	-	2.7	0	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 03/29/2018			1711.9	31.7	298.3	69.3+	68.3	30.2	1897	3295.6+	1772	9.5	522.6+	\$4.47
USDA2014, Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA2014, Lunch, 5-13 y			285.3%	-	-	-	-	-	154.2%	-	-	-	-	-

* indicates main item

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

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Daily Average for Week (3/25/2018 - 3/29/2018)	1725.8	41.3	279.2	138.4+	67.8	29	2668.3	3101.7+	1396.9	9.9	675.7+	\$4.12
% USDA2014 Average for Week (3/25/2018 - 3/29/2018)	287.6%	-	-	-	-	-	216.9%	-	-	-	-	-
Daily Average for Dates: 03/05/2018 - 03/29/2018	1271.8	28.1+	209.2	90.4+	52.9+	22.8+	1907.1	2252.8+	1098.1	7.8+	554.1+	\$3.28
% USDA2014 for Dates: 03/05/2018 - 03/29/2018	212%	-	-	-	-	-	155.1%	-	-	-	-	-

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