

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, Secondary, 7-12, SY 2017-2018

List: All Items

Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	106.6	255.6	12	29	116.4	8	2	616.4	0+	120.2	1.4	0+	\$0.38
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
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			631	21.9	94.7	116.4	13.9	8.6	1001.1	466.7+	165.3	3.7	1.6+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 03/05/2018

* indicates main item

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

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/05/2018			4642.1	110.2	835.3	295.3+	112.6	71.1	4361.4	4204.3+	3461.3	42.3	798.8+	\$10.90
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1031.6%	-	-	-	-	-	681.5%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	254.3	9.4	30.5	137.9	12.6	3	647.1	18.7+	228.4	2	44.9+	\$0.47
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			400.1	16.7	47.2	137.9	14.7	5.1	938.8	300+	228.4	2.7	44.9+	\$0.59

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/06/2018			4411.2	105	787.8	316.8+	113.4	67.6	4299.1	4037.6+	3524.3	41.4	842.2+	\$10.59
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			980.3%	-	-	-	-	-	671.7%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
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
2 APL CK12 Syrup, Breakfast (S)	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
2 APL CK12 Peaches, Canned, No Sugar Added	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 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less Sugar	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 03/07/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/07/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	126	312.1	12.7	32.2	187.1	17.3	4	655.9	125.8+	193.8	2.7	116.4+	\$0.71
1 MM CK12 Potato, Tater Tots (L)	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.12
Main Entrees Totals			457.9	20	48.8	187.1	19.3	6.1	947.6	407.1+	193.8	3.5	116.4+	\$0.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/08/2018			4469	108.3	789.4	366+	118.1	68.6	4307.9	4144.7+	3489.8	42.2	913.6+	\$10.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			993.1%	-	-	-	-	-	673.1%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.06
1 MM CK12 Onions, Fresh, Raw	1 tbsp	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.06

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry,	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 03/09/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/09/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.05
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (3/5/2018 - 3/10/2018)			4643.6	109.4	833.2	312.8+	117.6	70.9	4238.2	4252.1+	3537.7	42.8	875.4+	\$11.04
% USDA2014 Average for Week (3/5/2018 - 3/10/2018)			1031.9%	-	-	-	-	-	662.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	106.6	255.6	12	29	116.4	8	2	616.4	0+	120.2	1.4	0+	\$0.38
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
*2 APL CK12 Oatmeal, Crunchy, 1/2 cup	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			631	21.9	94.7	116.4	13.9	8.6	1001.1	466.7+	165.3	3.7	1.6+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon, WG, 1/2 cup	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch, 1.42 oz, PC (4)	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs, 1.42 oz, PC (4)	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz, PC (4)	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon, 1.42 oz, PC (4)	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry, 1.42 oz, PC (4)	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced, 1/2 cup	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry, 1/2 cup	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious, 1/2 cup	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole, 1/2 cup	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Cal, 1/2 cup	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Part Skim	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1/2)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/12/2018			4642.1	110.2	835.3	295.3+	112.6	71.1	4361.4	4204.3+	3461.3	42.3	798.8+	\$10.90
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1031.6%	-	-	-	-	-	681.5%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	254.3	9.4	30.5	137.9	12.6	3	647.1	18.7+	228.4	2	44.9+	\$0.47
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			400.1	16.7	47.2	137.9	14.7	5.1	938.8	300+	228.4	2.7	44.9+	\$0.59

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/13/2018			4411.2	105	787.8	316.8+	113.4	67.6	4299.1	4037.6+	3524.3	41.4	842.2+	\$10.59
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			980.3%	-	-	-	-	-	671.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*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
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
2 APL CK12 Syrup, Breakfast (S)	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
2 APL CK12 Peaches, Canned, No Sugar Added	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 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less Sugar	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 03/14/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/14/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	126	312.1	12.7	32.2	187.1	17.3	4	655.9	125.8+	193.8	2.7	116.4+	\$0.71
1 MM CK12 Potato, Tater Tots (L)	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.12
Main Entrees Totals			457.9	20	48.8	187.1	19.3	6.1	947.6	407.1+	193.8	3.5	116.4+	\$0.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/15/2018			4469	108.3	789.4	366+	118.1	68.6	4307.9	4144.7+	3489.8	42.2	913.6+	\$10.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			993.1%	-	-	-	-	-	673.1%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.06
1 MM CK12 Onions, Fresh, Raw	1 tbs	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.06

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 03/16/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/16/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.05
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (3/11/2018 - 3/17/2018)			4643.6	109.4	833.2	312.8+	117.6	70.9	4238.2	4252.1+	3537.7	42.8	875.4+	\$11.04
% USDA2014 Average for Week (3/11/2018 - 3/17/2018)			1031.9%	-	-	-	-	-	662.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	106.6	255.6	12	29	116.4	8	2	616.4	0+	120.2	1.4	0+	\$0.38
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
*2 APL CK12 Oatmeal, Crunchy, 1/2 cup	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			631	21.9	94.7	116.4	13.9	8.6	1001.1	466.7+	165.3	3.7	1.6+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon, WG, 1/2 cup	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz, PC (4)	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

* indicates main item

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

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 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 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Part Skim	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/19/2018			4642.1	110.2	835.3	295.3+	112.6	71.1	4361.4	4204.3+	3461.3	42.3	798.8+	\$10.90
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1031.6%	-	-	-	-	-	681.5%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	254.3	9.4	30.5	137.9	12.6	3	647.1	18.7+	228.4	2	44.9+	\$0.47
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			400.1	16.7	47.2	137.9	14.7	5.1	938.8	300+	228.4	2.7	44.9+	\$0.59

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/20/2018			4411.2	105	787.8	316.8+	113.4	67.6	4299.1	4037.6+	3524.3	41.4	842.2+	\$10.59
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			980.3%	-	-	-	-	-	671.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*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
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
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Lo	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Froze	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
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 Granola, Homemad	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 03/21/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/21/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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 Sandwich, Breakfast	1 sandwich	126	312.1	12.7	32.2	187.1	17.3	4	655.9	125.8+	193.8	2.7	116.4+	\$0.71
1 MM CK12 Potato, Tater Tots (L)	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.12
Main Entrees Totals			457.9	20	48.8	187.1	19.3	6.1	947.6	407.1+	193.8	3.5	116.4+	\$0.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/22/2018			4469	108.3	789.4	366+	118.1	68.6	4307.9	4144.7+	3489.8	42.2	913.6+	\$10.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			993.1%	-	-	-	-	-	673.1%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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 Egg, Scrambled, F	1/4 cup	51.6	73.8	4.9	0.4	191.7	6.5	0	73.2	71.1	28.9	0.9	82.5+	\$0.16
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	2.9	0	0.6	0	0.1	0.2	0.4	22.2	1	0	10.1	\$0.06
1 MM CK12 Onions, Fresh, Raw	1 tbs	12.8	5.1	0	1.2	0	0.1	0.2	0.5	18.6	2.9	0	0	\$0.02
2 APL CK12 Bacon, Chopped, P	1 tsp	2.7	12.5	0.9	0	2.6	0.9	0	44.9	13.3	0.3	0	0.3	\$0.00
1 MM CK12 Cheese, Cheddar, S	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*2 APL CK12 Oatmeal, Crunchy,	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			588.5	18.4	83.1	222.5	23.9	8.9	597.1	332.2+	299.4	4.3	187.9+	\$1.06

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 03/23/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/23/2018			4599.5	106.7	823.7	401.4+	122.6	71.4	3957.5	4069.9+	3595.4	43	985.2+	\$11.05
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1022.1%	-	-	-	-	-	618.4%	-	-	-	-	-
Daily Average for Week (3/18/2018 - 3/24/2018)			4643.6	109.4	833.2	312.8+	117.6	70.9	4238.2	4252.1+	3537.7	42.8	875.4+	\$11.04
% USDA2014 Average for Week (3/18/2018 - 3/24/2018)			1031.9%	-	-	-	-	-	662.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	106.6	255.6	12	29	116.4	8	2	616.4	0+	120.2	1.4	0+	\$0.38
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
*2 APL CK12 Oatmeal, Crunchy, 1/2 cup	1/2 cup	225.2	229.6	2.5	49	0	3.8	4.5	93	185.4	45.1	1.5	1.6	\$0.41
Main Entrees Totals			631	21.9	94.7	116.4	13.9	8.6	1001.1	466.7+	165.3	3.7	1.6+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/3 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry, WG, 1/3 cup	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon, WG, 1/3 cup	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz, PC (4)	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24

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Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Part Skim	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (Reduced Fat)	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/26/2018			4642.1	110.2	835.3	295.3+	112.6	71.1	4361.4	4204.3+	3461.3	42.3	798.8+	\$10.90
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1031.6%	-	-	-	-	-	681.5%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - 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
*3 CK12 Sandwich, Breakfast, E	1 sandwich	121	254.3	9.4	30.5	137.9	12.6	3	647.1	18.7+	228.4	2	44.9+	\$0.47
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			400.1	16.7	47.2	137.9	14.7	5.1	938.8	300+	228.4	2.7	44.9+	\$0.59

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, B	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 C	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/27/2018			4411.2	105	787.8	316.8+	113.4	67.6	4299.1	4037.6+	3524.3	41.4	842.2+	\$10.59
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			980.3%	-	-	-	-	-	671.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
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
2 APL CK12 Syrup, Breakfast (S)	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.33
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.23
2 APL CK12 Peaches, Canned, No Sugar Added	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 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.42
Main Entrees Totals			1085.2	28.6	189	5.7	22.5	13.5	904.5	1066.5+	321.8	6.2	39.8+	\$1.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less Sugar	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2 cup	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2 cup	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2 cup	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 03/28/2018

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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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Count	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC Original	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon Garden of Eatin'	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/28/2018			5096.3	117	929.7	184.6+	121.2	76	4264.9	4804.1+	3617.8	44.9	837+	\$11.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			1132.5%	-	-	-	-	-	666.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - 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
*2 APL CK12 Sandwich, Breakfast	1 sandwich	126	312.1	12.7	32.2	187.1	17.3	4	655.9	125.8+	193.8	2.7	116.4+	\$0.71
1 MM CK12 Potato, Tater Tots (L)	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.12
Main Entrees Totals			457.9	20	48.8	187.1	19.3	6.1	947.6	407.1+	193.8	3.5	116.4+	\$0.83

Great Lakes, Secondary, Breakfast - Alternate 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
*Cereal, Cinnamon Toast Crunch	1 each	28.3	108.1	2.9	21.9	0	1.4	2.5	203.6	-	202.5	3.7	-	\$0.39
*Cereal, Cocoa Puffs, 25% Less	1 each	30.1	114.2	1.6	24.8	0	2	2	158.7	98.6	100.1	4.5	140	\$0.40
*Cereal, Lucky Charms, Bowl, 1/2	1 each	28.3	107.7	1.4	22.9	0	2.2	1.4	183.7	62.9	123	6.3	240.1	\$0.39
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*3 CK12 Muffin, Blueberry, WG, 1/2	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DELETE 4/20 3 CK12 Muffin, Blueberry	1 each	56.7	200	8	31	-	2	1	110	-	0	0.7	-	\$0.35
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*Bar, Cereal, Cinnamon Toast Crunch	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Cocoa Puffs	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1.42 oz	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.30
*Bar, Banana Chocolate Chunk, 1.42 oz	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.62
*2 APL CK12 Bar, BeneFIT, Apple Cinnamon	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.25
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.28
*2 APL CK12 Smoothie, Peach & Blueberry	1-1/2 cup	429.1	222.9	1.6	48.8	5.7	7.3	5.2	84.7	680.1	226.7	1.6	50.1	\$1.20
Alternate Entrees Totals			3134.8	70.3	588.5	129+	61.9	46.9	2543.8	1570.5+	2030.9	35.7	459.7+	\$8.01

Great Lakes, Secondary, Breakfast - 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
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.22
2 APL CK12 Banana, 100-120 Calories	1 each	118	105	0.4	27	0	1.3	3.1	1.2	422.4	5.9	0.3	3.5	\$0.24
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.37

* indicates main item

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

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Great Lakes, Secondary, Breakfast - 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
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.09
Cream Cheese, Light, 1 oz, PC (1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.18
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			583	15.7	107.3	30.3	14.1	15.6	426.3	1082.8+	426.1	2.5	67.7+	\$1.37

Great Lakes, Secondary, Breakfast - 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
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 03/29/2018			4469	108.3	789.4	366+	118.1	68.6	4307.9	4144.7+	3489.8	42.2	913.6+	\$10.83
USDA2014, Breakfast, 14-18 y			450-600	-	-	-	-	-	≤640	-	-	-	-	-
% USDA2014, Breakfast, 14-18 y			993.1%	-	-	-	-	-	673.1%	-	-	-	-	-
Daily Average for Week (3/25/2018 - 3/29/2018)			4654.6	110.1	835.5	290.7+	116.3	70.8	4308.3	4297.7+	3523.3	42.7	847.9+	\$11.04
% USDA2014 Average for Week (3/25/2018 - 3/29/2018)			1034.4%	-	-	-	-	-	673.2%	-	-	-	-	-
Daily Average for Dates: 03/05/2018 - 03/29/2018			3530.9	83.3	633.6	234.2+	89.2	53.9	3232.2	3238.9+	2686.4	32.5	660.9+	\$8.39
% USDA2014 for Dates: 03/05/2018 - 03/29/2018			784.6%	-	-	-	-	-	505%	-	-	-	-	-

* indicates main item

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

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