

Menu Collections - Menu Analysis Report

Report Run: Apr 24, 2019

Date(s) Included: April 29, 2019 - May 31, 2019

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

Menu Collection Included: ALGONAC, BREAKFAST, Elementary, K-8, SY 2018-2019

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 04/29/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Bar, Cereal, Golde	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
Main Entrees Totals			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
Daily Totals for 04/29/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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

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

Monday - 04/29/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/29/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/29/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
Daily Totals for 04/30/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

Tuesday - 04/30/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 04/30/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 04/30/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
Main Entrees Totals			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
Daily Totals for 05/01/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

Wednesday - 05/01/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/01/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/01/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
2 APL CK12 Banana, 150 Ct (13	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
Daily Totals for 05/02/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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

Thursday - 05/02/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/02/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/02/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
Daily Totals for 05/03/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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

Friday - 05/03/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/03/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/03/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (4/29/2019 - 5/4/2019)			780	9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for Week (4/29/2019 - 5/4/2019)			195%	-	-	-	-	-	110.5%	-	-	-	-	-

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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 Bar, Cereal, Golden	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
Main Entrees Totals			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
Daily Totals for 05/06/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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

Monday - 05/06/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/06/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/06/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
Daily Totals for 05/07/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

Tuesday - 05/07/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/07/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/07/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
Main Entrees Totals			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
Daily Totals for 05/08/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

Wednesday - 05/08/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/08/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/08/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
2 APL CK12 Banana, 150 Ct (13	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
Daily Totals for 05/09/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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

Thursday - 05/09/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/09/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/09/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
Daily Totals for 05/10/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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

Friday - 05/10/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/10/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/10/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (5/5/2019 - 5/11/2019)			780	9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for Week (5/5/2019 - 5/11/2019)			195%	-	-	-	-	-	110.5%	-	-	-	-	-

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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 Bar, Cereal, Golden	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
Main Entrees Totals			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
Daily Totals for 05/13/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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

Monday - 05/13/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/13/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/13/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
Daily Totals for 05/14/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

Tuesday - 05/14/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/14/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/14/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
Main Entrees Totals			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
Daily Totals for 05/15/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

Wednesday - 05/15/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/15/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/15/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
2 APL CK12 Banana, 150 Ct (13	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
Daily Totals for 05/16/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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

Thursday - 05/16/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/16/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/16/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
Daily Totals for 05/17/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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

Friday - 05/17/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/17/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/17/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (5/12/2019 - 5/18/2019)			780	9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for Week (5/12/2019 - 5/18/2019)			195%	-	-	-	-	-	110.5%	-	-	-	-	-

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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 Bar, Cereal, Golden	1 each	40.3	151	3	30.2	0	2	3	110.7	-	201.3	1.8	-	\$0.30
3 CK12 Applesauce, Plain, Unsw	1 each	127.6	53.6	0.1	14.4	0	0.2	1.4	2.6	94.4	5.1	0.3	1.3	\$0.35
Main Entrees Totals			204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
Daily Totals for 05/20/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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

Monday - 05/20/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/20/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/20/2019			688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	-	-	-	79.7%	-	-	-	-	-

* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
Daily Totals for 05/21/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

Tuesday - 05/21/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/21/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/21/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
Main Entrees Totals			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
Daily Totals for 05/22/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

Wednesday - 05/22/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/22/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/22/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
2 APL CK12 Banana, 150 Ct (13	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
Daily Totals for 05/23/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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

Thursday - 05/23/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/23/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/23/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
Daily Totals for 05/24/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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

Friday - 05/24/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/24/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/24/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (5/19/2019 - 5/25/2019)			780	9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for Week (5/19/2019 - 5/25/2019)			195%	-	-	-	-	-	110.5%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry,	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
2 APL CK12 Fruit Cup, Diced Pe	1 each	127.6	70	0	18	0	0	0	5	40	0	0	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
Daily Totals for 05/28/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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

Tuesday - 05/28/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/28/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/28/2019			782.5	10.7	147.9	69.8	29.5	10.6	651.7	864.8+	879.8	1.6	19.9+	\$2.42
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Waffle, Mini, Maple	1 serving(s)	75.1	200	5	35	0	4	4	220	-	100	2.7	-	\$0.56
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
Main Entrees Totals			260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
Daily Totals for 05/29/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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

Wednesday - 05/29/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/29/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/29/2019			743.4	8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Crackers, Graham, Cru	1 each	49.9	209.6	6	36.9	0	4	3	219.5	-	149.7	1.4	-	\$0.44
2 APL CK12 Banana, 150 Ct (13	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
2 APL CK12 Crackers, Graham,	1 packet	22.1	90	2.5	17	0	2	1	95	-	100	0.7	-	\$0.21
Main Entrees Totals			389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
Daily Totals for 05/30/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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

Thursday - 05/30/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/30/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/30/2019			872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.38
3 CK12 Fruit Cup, Mixed Berries	1 each	113.4	90	0	20	0	0	2	0	-	-	-	-	\$0.52
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.23
Main Entrees Totals			329.6	5	58.9	10+	10	5	400	-	299.8+	1.8+	-	\$1.13
Daily Totals for 05/31/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (5/26/2019 - 5/31/2019)			803	9.8	158.2	34.9+	26.6	13	638.6	952.7+	878.5+	2.5+	20.6+	\$2.30
% Average for Week (5/26/2019 - 5/31/2019)			200.7%	-	-	-	-	-	118.3%	-	-	-	-	-
Daily Average for Dates: 04/29/2019 - 05/31/2019			570.1	6.7	113.4	23.6+	18.6	9.5	439.2	688.8+	637.4+	1.9+	15.1+	\$1.63
% for Dates: 04/29/2019 - 05/31/2019			142.5%	-	-	-	-	-	81.3%	-	-	-	-	-

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

Friday - 05/31/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.25
2 APL CK12 Banana, 150 Ct (13)	1 each	101	89.9	0.3	23.1	0	1.1	2.6	1	361.6	5.1	0.3	3	\$0.26
Sides for All Meals Totals			273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/31/2019

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	110	0	20	5	8	0	180	-	300	0	-	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
Daily Totals for 05/31/2019			813.1	8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for Week (5/26/2019 - 5/31/2019)			803	9.8	158.2	34.9+	26.6	13	638.6	952.7+	878.5+	2.5+	20.6+	\$2.30
% Average for Week (5/26/2019 - 5/31/2019)			200.7%	-	-	-	-	-	118.3%	-	-	-	-	-
Daily Average for Dates: 04/29/2019 - 05/31/2019			570.1	6.7	113.4	23.6+	18.6	9.5	439.2	688.8+	637.4+	1.9+	15.1+	\$1.63
% for Dates: 04/29/2019 - 05/31/2019			142.5%	-	-	-	-	-	81.3%	-	-	-	-	-

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