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

Report Run: Apr 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 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 Entre	ees Totals	204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
D	Main Entrees To			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 04/29/20 USDA K12 (Sodium Target 1), Breakfast, 5-1			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	-	-	-	-	-	79.7%	-	-	-	-	-

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^{*} 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Monday - 04/29/2019

Menu Item Name	i Portion Size	Weight (g)	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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Milk & Condiments Total			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 04/29/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	-	1	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	-	-	-	-	-	79.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	•	\$1.08
D	Main Entrees Tota Daily Totals for 04/30/20			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 Ta	Daily Totals for 04/30/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	-	-	≤540	1	1	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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 & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	•	\$0.46
D	Milk & Condiments Total		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 Ta	Daily Totals for 04/30/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	1	-	≤540	-	-	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	195.6%	1	-	1	1	-	120.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 To			5	49	0	4	4	235	110+	100	2.7	-	\$0.71
D	Main Entrees Totals for 05/01/20			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/01/20 USDA K12 (Sodium Target 1), Breakfast, 5-1			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Milk & Condiments Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/01/20 ^o USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	≤540	1	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
D	Main Entrees Tota Daily Totals for 05/02/20			12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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 & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	-	\$0.46
D	Milk & Condiments Total			12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Ta	Daily Totals for 05/02/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	-	-	-	-	-	≤540	1	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 Pop-Tart, Strawber	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 Entr	ees Totals	329.6	5	58.9	10+	10	5	400	ı	299.8+	1.8+	•	\$1.13
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	1	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Daily Totals for 05/03/201		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 Ta	Daily Totals for 05/03/201 USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	≤540	-	1	-	-	-
% USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 % USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for W	eek (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 W	eek (4/29/2019	- 5/4/2019)	195%	-	-	-	-	-	110.5%	-	-	-	-	-

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^{*} indicates main item

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 To		204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
D	Main Entrees Total Daily Totals for 05/06/20			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 05/06/20 USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	-	-	1	-	-	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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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 & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	1	\$0.46
D	Milk & Condiments Total			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 05/06/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	1	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	1	-	1	-	-	79.7%		-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	•	\$1.08
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	1	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Milk & Condiments Total Daily Totals for 05/07/20			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 Ta			400-500	-	-	1	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	195.6%	-	-	1	-	-	120.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
D	Main Entrees Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/08/20 USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	fast, 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
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Wednesday - 05/08/2019

Menu Item Name	iPortion Size	Weight (g)	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
N	Milk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	1	\$0.46
D	Milk & Condiments Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/08/207 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	-	-	-	≤540	-	1	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	185.9%	1	-	-	-	-	102.3%	-	1	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Tota			8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 % USDA K12 (Sodium Target 1), Breakfast, 5-13		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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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 Tota			2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Daily Totals for 05/09/201			12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Ta	Daily Totals for 05/09/201 USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	≤540	-	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees Friday - 05/10/2019

Menu Item Name	iPortion Size	Weight (g)	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, Strawber	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 Tota			5	58.9	10+	10	5	400	1	299.8+	1.8+	•	\$1.13
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	1	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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 Total		210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Daily Totals for 05/10/201			8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 y			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	% USDA K12 (Sodium Target 1), Breakfast, 5-13 y		203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for W	Daily Average for Week (5/5/2019 - 5/11/2019			9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for W	eek (5/5/2019 -	5/11/2019)	195%	-	-	-	-	-	110.5%	-	-	-	-	-

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^{*} indicates main item

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Tota			3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
D	Daily Totals for 05/13/201			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	•			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 % USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	-	-	-	79.7%	-	-	-	-	-

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Monday -	05/13/2019
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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
N	Milk & Condiments Tota			2.5	31	20	16	0	300	1	600	0	•	\$0.46
D	Daily Totals for 05/13/201			6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 05/13/201 USDA K12 (Sodium Target 1), Breakfast, 5-13			1	-	-	1	-	≤540	1	1	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	1	-	-	1	-	79.7%	1	1	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 Muffin, Blueberry, V	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 Tota			7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	1	\$1.08
D	Daily Totals for 05/14/201			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 Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	-	-	≤540	1	1	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Tuesday - 05/14/2019

Menu Item Name	i Portion Size	Weight (g)	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	ı	300	0	•	\$0.26
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	-	\$0.46
D	Milk & Condiments Total Daily Totals for 05/14/20		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 Ta	Daily Totals for 05/14/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	1	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	260	5	49	0	4	4	235	110+	100	2.7	-	\$0.71
D	Main Entrees Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/15/20 USDA K12 (Sodium Target 1), Breakfast, 5-13			1	-	1	1	1	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Wednesday - 05/15/2019

Menu Item Name	iPortion Size	Weight (g)	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 & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	1	\$0.46
D	Milk & Condiments Total Daily Totals for 05/15/20		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 Ta	Daily Totals for 05/15/201 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	•	1	•	≤540	-	1	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	185.9%	-	-	-	1	-	102.3%	-	1	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

Thursday - 05/16/2019

Menu Item Name	i Portion Size	Weight (g)	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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Milk & Condiments Total Daily Totals for 05/16/20		872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Ta	Daily Totals for 05/16/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	-	1	-	≤540	1	1	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	218.2%	-	-	-	-	-	117.2%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 Pop-Tart, Strawber	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 Entr	ees Totals	329.6	5	58.9	10+	10	5	400	1	299.8+	1.8+	•	\$1.13
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	-	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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	ı	300	0	·	\$0.26
	Milk & Condiments Tot Daily Totals for 05/17/20			2.5	31	20	16	0	300	1	600	0	1	\$0.46
D	Daily Totals for 05/17/20			8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Ta	•			1	-	1	-	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 % USDA K12 (Sodium Target 1), Breakfast, 5-13			1	-	1	-	-	132.8%	1	-	-	1	-
Daily Average for We	Daily Average for Week (5/12/2019 - 5/18/201			9.1	155.5	32+	25.4	13	597	946+	876.1+	2.6+	20.8+	\$2.24
% Average for We	ek (5/12/2019 -	5/18/2019)	195%	-	-	-	-	-	110.5%	-	-	-	-	-

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^{*} indicates main item

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	204.5	3.1	44.6	0	2.2	4.4	113.3	94.4+	206.4	2.1	1.3+	\$0.66
D	Main Entrees Tota		688	6.3	144.6	20	20.8	13	430.6	919.2+	866.3	2.6	21.2+	\$1.99
USDA K12 (Sodium Ta	Daily Totals for 05/20/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	1	1	1	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	172%	1	-	-	1	-	79.7%	1	1	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
D	Daily Totals for 05/20/2019			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	-	-	1	1	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			172%	-	-	1	1	-	79.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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			7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	-	\$1.08
D	Daily Totals for 05/21/2019			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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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

Tuesday - 05/21/2019

Menu Item Name	i Portion Size	Weight (g)	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	ı	300	0	•	\$0.26
Milk & Condiments Totals			210	2.5	31	20	16	0	300	1	600	0	-	\$0.46
D	Daily Totals for 05/21/2019			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	1	-	1	1	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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
D	aily 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
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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

Wednesday - 05/22/2019

Menu Item Name	iPortion Size	Weight (g)	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	1	\$0.46
D	Daily Totals for 05/22/2019			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	1	-	1	1	-	≤540	-	1	-	1	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			185.9%	1	-	-	1	-	102.3%	-	1	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	389.4	8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	-	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	•	\$0.46
D	Milk & Condiments Tota		872.9	12	177	20	25.6	15.2	632.9	1186.4+	914.6	3	22.9+	\$2.25
USDA K12 (Sodium Ta	Daily Totals for 05/23/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	1	-	•	-	-	≤540	1	-	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	218.2%	-	-	-	-	-	117.2%	1	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 Pop-Tart, Strawber	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 Entr	ees Totals	329.6	5	58.9	10+	10	5	400	1	299.8+	1.8+	•	\$1.13
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	1	-	-	≤540	1	1	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-

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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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
· ·	lilk & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	-	\$0.46
D	aily Totals for 0	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 Ta	Daily Totals for 05/24/201 USDA K12 (Sodium Target 1), Breakfast, 5-13			-	-	1	-	-	≤540	1	-	-	-	-
% USDA K12 (Sodium Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 % USDA K12 (Sodium Target 1), Breakfast, 5-13		203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for We	ek (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 We	ek (5/19/2019 -	5/25/2019)	195%	-	-	1	-	-	110.5%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	299.1	7.5	47.8	49.8	11	2	334.4	40+	219.9	1.1	•	\$1.08
D	aily 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 Ta	arget 1), Breakf	ast, 5-13 y	400-500	1	-	-	-	-	≤540	-	-	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	195.6%	1	-	-	-	-	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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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	ı	300	0	•	\$0.26
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	1	600	0	-	\$0.46
D	Milk & Condiments Total Daily Totals for 05/28/20			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 Ta	Daily Totals for 05/28/20 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	ı	-	1	1	-	≤540	ı	-	-	1	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	195.6%	-	-	-	-	-	120.7%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 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 Entr	ees Totals	260	5	49	0	4	4	235	110+	100	2.7	•	\$0.71
D	Main Entrees Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/29/20 USDA K12 (Sodium Target 1), Breakfast, 5-13			1	-	1	1	1	≤540	1	-	-	•	-
% USDA K12 (Sodium Ta	arget 1), Breakt	fast, 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
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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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 Me	eals Totals	273.4	0.7	69	0	2.5	8.6	17.3	824.8	59.9	0.5	19.9+	\$0.87

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
	Wilk & Condime	nts Totals	210	2.5	31	20	16	0	300	-	600	0	-	\$0.46
D	Milk & Condiments Tota			8.2	149	20	22.5	12.6	552.3	934.8+	759.9	3.2	19.9+	\$2.05
USDA K12 (Sodium Ta	Daily Totals for 05/29/201 USDA K12 (Sodium Target 1), Breakfast, 5-13		400-500	-	-	-	1	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakf	ast, 5-13 y	185.9%	-	-	-	-	-	102.3%	-	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees Thursday - 05/30/2019

Menu Item Name	iPortion Size	Weight (g)	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			8.8	77	0	7.1	6.6	315.5	361.6+	254.7	2.4	3+	\$0.92
D	Daily Totals for 05/30/2019			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	1	-	-	-	-	≤540	1	1	-	-	-
% 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 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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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

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	1	600	0	•	\$0.46
D	Daily Totals for 05/30/2019			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	1	-	1	1	-	≤540	1	-	-	•	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			218.2%	1	-	1	1	-	117.2%	1	-	-	-	-

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Elementary, Breakfast, 2015-16 - Main Entrees 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 Pop-Tart, Strawber	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	ı	299.8+	1.8+	-	\$1.13
D	Daily Totals for 05/31/2019			8.2	158.9	30+	28.5	13.6	717.3	824.8+	959.7+	2.3+	19.9+	\$2.47
USDA K12 (Sodium Ta	arget 1), Breakt	fast, 5-13 y	400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakt	fast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for We	ek (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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Menu Item Name	Portion Size	Weight (g)	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 Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Who	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

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	1	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 Ta	USDA K12 (Sodium Target 1), Breakfast, 5-13 y			-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Ta	arget 1), Breakt	fast, 5-13 y	203.3%	-	-	-	-	-	132.8%	-	-	-	-	-
Daily Average for We	ek (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 We	% Average for Week (5/26/2019 - 5/31/2019)			-	-	-	-	-	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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