

Menu Collections - Menu Analysis Report

Report Run: Apr 23, 2018

Date(s) Included: April 30, 2018 - June 13, 2018

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

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

List: All Items

Elementary, Breakfast, 2015-16 - Main Entrees

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 04/30/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

* indicates main item

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

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 04/30/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

* indicates main item

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 05/01/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 05/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/01/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 05/02/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 05/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/02/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Garden of Eatin'	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 05/03/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Thursday - 05/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/03/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 05/04/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 05/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/04/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (4/30/2018 - 5/5/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (4/30/2018 - 5/5/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

* 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, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 05/07/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 05/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/07/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 05/08/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/08/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 05/09/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 05/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/09/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Garden of Eatin'	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 05/10/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Thursday - 05/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/10/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 05/11/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 05/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/11/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (5/6/2018 - 5/12/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (5/6/2018 - 5/12/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

* 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, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 05/14/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/14/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 05/15/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/15/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 05/16/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 05/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/16/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Garden of Eatin'	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 05/17/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Thursday - 05/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/17/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 05/18/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 05/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/18/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (5/13/2018 - 5/19/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (5/13/2018 - 5/19/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 05/21/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 05/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/21/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 05/22/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 05/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/22/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 05/23/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 05/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/23/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Garden of Eatin'	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 05/24/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Thursday - 05/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/24/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

* 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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 05/25/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 05/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 05/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/25/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (5/20/2018 - 5/26/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (5/20/2018 - 5/26/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 05/28/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 05/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 05/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/28/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 05/29/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 05/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 05/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/29/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 05/30/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 05/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 05/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/30/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Danone	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Garden of Eatin'	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Garden of Eatin'	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 05/31/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Thursday - 05/31/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 05/31/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 05/31/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

* 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 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	179.6	-	99.8	1.8	-	\$0.37
2 APL CK12 Juice, Apple, 4 fl oz	1 each	113.4	60	0	14	0	0	0	15	110	0	0	-	\$0.15
2 APL CK12 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 06/01/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 06/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 06/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/01/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (5/27/2018 - 6/2/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (5/27/2018 - 6/2/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 06/04/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 06/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 06/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/04/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 06/05/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 06/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 06/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/05/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 06/06/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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

Wednesday - 06/06/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 06/06/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/06/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-

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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
*Yogurt, Strawberry Banana, Dan	1 each	113	79.1	0	15.8	5.7	3.4	0	62.2	169.5	113	0	-	\$0.23
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			296.2	2.7	65.5	5.7	6.7	2.6	166.8	488+	234.3	1.5	0+	\$0.59
Daily Totals for 06/07/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

* indicates main item

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

Thursday - 06/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Thursday - 06/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/07/2018			885.6	5.9	185.2	25.2	32.2	11.8	574.6	2488.6+	1134.5	2.6	290.5+	\$2.15
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			221.4%	-	-	-	-	-	106.4%	-	-	-	-	-

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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	179.6	-	99.8	1.8	-	\$0.37
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 Cheese, Mozzarella	1 each	28.3	60	2.5	1	10	8	0	210	-	200	0	-	\$0.27
Main Entrees Totals			299.6	5	52.9	10+	10	3	404.6	110+	299.8	1.8	-	\$0.80
Daily Totals for 06/08/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-

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

Friday - 06/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Friday - 06/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/08/2018			889	8.2	172.6	29.6+	35.5	12.3	812.4	2110.6+	1200	2.9	290.5+	\$2.35
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			222.2%	-	-	-	-	-	150.5%	-	-	-	-	-
Daily Average for Week (6/3/2018 - 6/9/2018)			877.7	8.1	177.8	30.7+	31.2	13.1	628.6	2243.2+	1081.3	3.2	291.3+	\$2.20
% Average for Week (6/3/2018 - 6/9/2018)			219.4%	-	-	-	-	-	116.4%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Muffin, Blueberry, V	1 each	56.7	169.1	5	28.8	39.8	3	2	119.4	-	19.9	1.1	-	\$0.33
CACFP APL CK12 Crackers, Gr	1 each	22.1	90	2.5	16	0	2	1	100	-	100	0.7	-	\$0.05
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			319.1	7.5	58.8	39.8	5	3	234.4	110+	119.9	1.8	-	\$0.54
Daily Totals for 06/11/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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

Monday - 06/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Monday - 06/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/11/2018			908.5	10.6	178.6	59.4	30.5	12.3	642.2	2110.6+	1020.1	2.9	290.5+	\$2.10
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			227.1%	-	-	-	-	-	118.9%	-	-	-	-	-

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
2 APL CK12 Raisins, 1.5 oz, Ger	1 each	42.5	127.1	0.2	33.7	0	1.3	1.6	4.7	318.5	21.3	0.8	0	\$0.31
Main Entrees Totals			238.5	3.2	55.9	0	2.3	4.6	166.7	364.1	223.8	4.4	0+	\$0.67
Daily Totals for 06/12/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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

Tuesday - 06/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Tuesday - 06/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/12/2018			827.9	6.4	175.7	19.6	27.9	13.9	574.5	2364.7	1124	5.5	290.5+	\$2.23
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			207%	-	-	-	-	-	106.4%	-	-	-	-	-

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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 Pancakes, Mini, M	1 serving(s)	89.9	220	6	39	0	4	3	130	-	20	0.7	-	\$0.42
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
Main Entrees Totals			288.4	6.2	57.2	0	4.3	6.2	131.3	140.7+	27.9	0.9	3.9+	\$0.62
Daily Totals for 06/13/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-
Daily Average for Week (6/10/2018 - 6/13/2018)			871.4	8.8	177	32.9	29.4	13.8	585.3	2205.5+	1024.1	3.4	291.9+	\$2.17
% Average for Week (6/10/2018 - 6/13/2018)			217.8%	-	-	-	-	-	108.4%	-	-	-	-	-
Daily Average for Dates: 04/30/2018 - 06/13/2018			643.3	6	130.3	22.6+	22.8	9.7	458.1	1642.5+	789.2	2.3	213.7+	\$1.61
% for Dates: 04/30/2018 - 06/13/2018			160.8%	-	-	-	-	-	84.8%	-	-	-	-	-

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

Wednesday - 06/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.26
2 APL CK12 Banana, 150 Ct (13)	1 each	126.5	112.6	0.4	28.9	0	1.4	3.3	1.3	453	6.3	0.3	3.8	\$0.33
Sides for All Meals Totals			296.2	0.8	74.9	0	2.8	9.3	17.6	916.2	61.2	0.6	20.7+	\$0.95

Elementary, Breakfast, 2015-16 - Milk & Condiments

Wednesday - 06/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, White, Skim, 8 fl oz	1 each	226.8	77.1	0.2	11.2	4.5	7.6	0	95.3	353.8	276.7	0.1	138.3	\$0.18
3 CK12 Milk, Chocolate, Skim, 8 fl oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
Milk & Condiments Totals			293.2	2.4	44.9	19.6	22.7	0	390.2	1084.4	839	0.5	269.9+	\$0.61
Daily Totals for 06/13/2018			877.7	9.4	176.9	19.6	29.9	15.4	539.1	2141.3+	928.1	2	294.5+	\$2.18
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			219.4%	-	-	-	-	-	99.8%	-	-	-	-	-
Daily Average for Week (6/10/2018 - 6/13/2018)			871.4	8.8	177	32.9	29.4	13.8	585.3	2205.5+	1024.1	3.4	291.9+	\$2.17
% Average for Week (6/10/2018 - 6/13/2018)			217.8%	-	-	-	-	-	108.4%	-	-	-	-	-
Daily Average for Dates: 04/30/2018 - 06/13/2018			643.3	6	130.3	22.6+	22.8	9.7	458.1	1642.5+	789.2	2.3	213.7+	\$1.61
% for Dates: 04/30/2018 - 06/13/2018			160.8%	-	-	-	-	-	84.8%	-	-	-	-	-

* indicates main item

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

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