

Menu Collections - Menu Analysis Report

Report Run: Apr 24, 2019

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

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

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

List: All Items

Lunch - Main Entrees

Monday - 04/29/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--------------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Chicken, Nuggets (5 each) | 5 each | 97.8 | 263.3 | 15 | 16.3 | 25.1 | 16.3 | 2.5 | 401.3 | - | 25.1 | 2.3 | - | \$0.41 |
| 1 MM CK12 Dinner Roll, WG (W) | 1 each | 28 | 74.5 | 1.3 | 14.3 | 0 | 2.4 | 2.1 | 145.9 | 76.2 | 29.7 | 0.7 | 0 | \$0.10 |
| 1 MM CK12 Broccoli, Florets, Fro | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| *1 MM CK12 Quesadilla, Cheddar | 1 each | 181.4 | 502.3 | 28.7 | 39.2 | 69.4 | 21.9 | 1.3 | 1210.9 | 71.4+ | 357.4 | 2.1 | 97.7+ | \$0.63 |
| 1 MM CK12 Broccoli, Florets, Fro | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| Main Entrees Totals | | | 924.5 | 50 | 79.2 | 94.5 | 43.7 | 10.3 | 1811.5 | 530.8+ | 464.7 | 5.9 | 198.2+ | \$1.50 |

Lunch - Extra Extra

Monday - 04/29/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 2 APL CK12 Celery Sticks, Fresh | 1/4 cup | 37.1 | 5.9 | 0.1 | 1.1 | 0 | 0.3 | 0.6 | 29.7 | 96.6 | 14.9 | 0.1 | 8.2 | \$0.21 |
| 2 APL CK12 Applesauce, Cinnar | 1/2 cup | 122.2 | 51.6 | 0.1 | 13.9 | 0 | 0.2 | 1.4 | 2.5 | 91 | 6.5 | 0.3 | 1.2 | \$0.24 |
| 2 APL CK12 Peaches, Canned, 1 | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 357 | 3 | 81.6 | 0 | 8.9 | 13.8 | 134.5+ | 865.4+ | 108.3 | 2.9 | 62.5+ | \$1.78 |

Lunch - Milk & Condiments

Monday - 04/29/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |

* indicates main item

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

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Lunch - Milk & Condiments

Monday - 04/29/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 04/29/2019 | | | 1716.4 | 55.9 | 239.7 | 111.2 | 78.2 | 25.9 | 3255.2+ | 1818.9+ | 1475.9 | 9.2 | 397.1+ | \$4.28 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 286.1% | - | - | - | - | - | 264.7% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 Nachos, Beef (JTM | 1 serving(s) | 180.8 | 442.8 | 22.3 | 43 | 37.6 | 17.3 | 4.5 | 845.3 | - | 106.5 | 2.6 | - | \$0.38 |
| 2 APL CK12 Beans, Refried, Veg | 1/4 cup | 60.7 | 50.8 | 0.5 | 8.3 | 0+ | 3.2 | 2.9 | 264.5 | 211.5 | 21.8 | 1.1 | 2.2+ | \$0.12 |
| 1 MM CK12 Salsa, Mild, 2 fl oz (| 1/4 cup | 64.7 | 18.8 | 0.1 | 4.3 | 0 | 1 | 1.2 | 460.4 | 178.1 | 19.4 | 0.3 | 14.9 | \$0.18 |
| 1 MM CK12 Corn, Frozen, Seas | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| *3 CK12 Sandwich, Wrap, Turke | 1 sandwich | 177 | 258.4 | 6.4 | 24.6 | 40.9 | 24 | 2 | 919.7 | 116.1+ | 216.8 | 1.9 | 204.9+ | \$1.12 |
| 1 MM CK12 Corn, Frozen, Seas | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| Main Entrees Totals | | | 943.6 | 34.9 | 112.2 | 78.5+ | 49.7 | 14.6 | 2491.5 | 892.5+ | 369.9 | 6.6 | 238.6+ | \$2.18 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cucumber, Fresh, U | 1/2 cup | 59.5 | 8.9 | 0.1 | 2.2 | 0 | 0.4 | 0.3 | 1.2 | 87.5 | 9.5 | 0.2 | 3 | \$0.13 |
| 2 APL CK12 Pineapple, Tidbits, C | 1/2 cup | 94.3 | 56.6 | 0.1 | 14.7 | 0 | 0.5 | 1.2 | 0.9 | 116.9 | 15.1 | 0.3 | 2.8 | \$0.20 |
| 2 APL CK12 Fruit, Tropical, Can | 1/2 cup | 131.5 | 65.7 | 0 | 17.2 | 0 | 0.7 | 1.3 | 6.6 | 152.5 | 14.5 | 0.3 | 39.4 | \$0.32 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 403.9 | 3 | 93.6 | 0 | 9.6 | 13.9 | 108.2+ | 972+ | 122.6 | 3.1 | 88.1+ | \$1.82 |

Lunch - Milk & Condiments

Tuesday - 04/30/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|--------|---------|--------|------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 04/30/2019 | 1782.5 | 40.8 | 284.6 | 95.2+ | 84.9 | 30.3 | 3909+ | 2287.2+ | 1395.4 | 10.2 | 463.1+ | \$5.00 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 297.1% | - | - | - | - | - | 317.8% | - | - | - | - | - |

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Lunch - 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 French Toast, Stic | 4 piece | 109.7 | 280.1 | 9.3 | 37.3 | 166.7 | 10.7 | 2.7 | 426.8 | - | 80 | 2.4 | - | \$0.71 |
| 2 APL CK12 Sausage, Pork, Pat | 2 each | 56.7 | 218.8 | 19.9 | 1 | 44.8 | 8 | 0 | 537.1 | - | 19.9 | 0.4 | - | \$0.37 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| 2 APL CK12 Syrup, Breakfast, 1 | 1 each | 39.7 | 120 | 0 | 30 | 0 | 0 | 0 | 25 | - | 0 | 0 | - | \$0.12 |
| *1 MM CK12 Corn Dog, Turkey, | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| Main Entrees Totals | | | 1149.2 | 57.8 | 129.6 | 241.9 | 34.9 | 9.8 | 2262.5 | 532.5+ | 160.8 | 5.9 | - | \$2.17 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cauliflower, Florets, | 1/2 cup | 74.8 | 18.7 | 0.2 | 3.7 | 0 | 1.4 | 1.5 | 22.5 | 223.8 | 16.5 | 0.3 | 0 | \$0.36 |
| 2 APL CK12 Oranges, Mandarin, | 1/2 cup | 129.7 | 48 | 0 | 12.4 | 0 | 0.8 | 0.9 | 6.5 | 172.5 | 14.3 | 0.4 | 55.8 | \$0.33 |
| 2 APL CK12 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 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 429.3 | 3.4 | 98.8 | 0 | 11.4 | 16.1 | 129.5+ | 1373+ | 119.3 | 3.3 | 101.7+ | \$2.13 |

Lunch - Milk & Condiments

Wednesday - 05/01/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|---------|---------|------|-----|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/01/2019 | 2013.4 | 64.1 | 307.2 | 258.6 | 71.9 | 27.7 | 3701.3+ | 2328.2+ | 1183 | 9.6 | 238.1+ | \$5.31 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 335.6% | - | - | - | - | - | 300.9% | - | - | - | - | - |

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Lunch - 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 |
|---------------------------------|--------------|------------|--------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| *1 MM CK12 Chicken, Parmesan | 1 serving(s) | 137.6 | 302.1 | 16.6 | 18.7 | 29.1 | 17.7 | 3.6 | 580.7 | 112.3+ | 85.6 | 2 | 21.8+ | \$0.49 |
| 1 MM CK12 Pasta, Rotini, WG, 1 | 1/2 cup | 61.9 | 77 | 0.3 | 16.4 | 0 | 3.3 | 1.8 | 1.8 | 0+ | 8.8 | 0.7 | 0+ | \$0.06 |
| 1 MM CK12 Dinner Roll, WG (W) | 1 each | 28 | 74.5 | 1.3 | 14.3 | 0 | 2.4 | 2.1 | 145.9 | 76.2 | 29.7 | 0.7 | 0 | \$0.10 |
| 1 MM CK12 Cheese, Mozzarella | 1/2 ounce | 14.2 | 41.8 | 2.8 | 0.8 | 9.1 | 3.4 | 0 | 94.4 | 26.6 | 98.8 | 0 | 31.6 | \$0.07 |
| 2 APL CK12 Sauce, Spaghetti, C | 1/2 cup | 128.1 | 64.1 | 2.1 | 9.5 | 2.6 | 1.8 | 2.3 | 559.9 | 410 | 33.3 | 0.9 | 39.7 | \$0.20 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| *1 MM CK12 Parfait, Lunch, Yog | 1 serving(s) | 462.9 | 610.5 | 9.2 | 121.3 | 6.7 | 14.8 | 8.8+ | 226.8 | 759.1 | 266.7 | 3.6 | 2.6+ | \$1.70 |
| Main Entrees Totals | | | 1212.1 | 34.8 | 185.8 | 47.4 | 45 | 20.7+ | 1636.3 | 1575.8+ | 549.2 | 8.4 | 146+ | \$2.80 |

Lunch - Extra Extra

Thursday - 05/02/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, 1/2 | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.31 |
| 2 APL CK12 Honeydew, Melon, 1 | 1/2 cup | 85 | 30.6 | 0.1 | 7.7 | 0 | 0.5 | 0.7 | 15.3 | 193.8 | 5.1 | 0.1 | 2.5 | \$0.54 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 375.4 | 3.2 | 85.2 | 0 | 9.9 | 14.6 | 130.3+ | 1008.5+ | 115.2 | 3 | 56.5+ | \$2.17 |

Lunch - Milk & Condiments

Thursday - 05/02/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |

* indicates main item

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

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Lunch - Milk & Condiments

Thursday - 05/02/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/02/2019 | | | 2022.4 | 40.9 | 349.9 | 64.1 | 80.5 | 37.1+ | 3075.8+ | 3007+ | 1567.3 | 11.9 | 338.8+ | \$5.97 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 337.1% | - | - | - | - | - | 250.1% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 |
|--------------------------------|--------------|------------|------------|-------------|-------------|--------------|-------------|-------------|---------------|---------------|--------------|------------|---------------|---------------|
| *1 MM CK12 Pizza, Pepperoni | 1 slice | 121 | 287.9 | 14 | 24.9 | 36.9+ | 16.3 | 2.7 | 651.9 | 168.9+ | 333.6 | 1.7 | 101.3+ | \$0.48 |
| 1 MM CK12 Beans, Green, Frozen | 1/2 cup | 80.5 | 41.3 | 2.3 | 5.1 | 0 | 1.2 | 2.4 | 0.8 | 125 | 33.1 | 0.5 | 16.4 | \$0.19 |
| *1 MM CK12 Corn Dog, Turkey | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 1 MM CK12 Beans, Green, Frozen | 1/2 cup | 80.5 | 41.3 | 2.3 | 5.1 | 0 | 1.2 | 2.4 | 0.8 | 125 | 33.1 | 0.5 | 16.4 | \$0.19 |
| Main Entrees Totals | | | 614 | 30.8 | 59.4 | 67.3+ | 30.8 | 10.5 | 1353.6 | 418.9+ | 460.5 | 4.4 | 134.2+ | \$1.56 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Carrots, Fresh, Baby | 1/2 cup | 87.9 | 30.8 | 0.1 | 7.2 | 0 | 0.6 | 2.5 | 68.5 | 208.3 | 28.1 | 0.8 | 606.4 | \$0.45 |
| 2 APL CK12 Mixed Fruit, Canned | 1/2 cup | 126 | 60 | 0 | 15 | 0 | 0 | 1 | 5 | - | 0 | 0 | - | \$0.20 |
| 2 APL CK12 Peaches, Canned | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| 2 APL CK12 Juice, Kiwi Strawberry | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| Extra Extra Totals | | | 480.1 | 3+ | 110.9 | 0+ | 9+ | 15.3+ | 210.9+ | 946.1+ | 195 | 3.3+ | 659.5+ | \$2.32 |

Lunch - Milk & Condiments

Friday - 05/03/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|------------|------------|-------------|-------------|-------------|------------|---------------|---------------|------------|------------|---------------|---------------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ranch | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|-------|-------|--------|-------|-------|---------|---------|--------|------|--------|--------|
| Daily Totals for 05/03/2019 | 1529.1 | 36.7+ | 249.1 | 84+ | 65.3+ | 27.6+ | 2873.7+ | 1787.7+ | 1558.5 | 8.1+ | 930.1+ | \$4.88 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 254.8% | - | - | - | - | - | 233.6% | - | - | - | - | - |
| Daily Average for Week (4/29/2019 - 5/4/2019) | 1812.8 | 47.7+ | 286.1 | 122.6+ | 76.2+ | 29.7+ | 3363+ | 2245.8+ | 1436.1 | 9.8+ | 473.4+ | \$5.09 |
| % Average for Week (4/29/2019 - 5/4/2019) | 302.1% | - | - | - | - | - | 273.4% | - | - | - | - | - |

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Lunch - 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 Chicken, Popcorn | 12 piece | 184.3 | 425.2 | 22.3 | 26.3 | 60.7 | 26.3 | 4 | 648 | - | - | 2.2 | - | \$1.37 |
| 2 APL CK12 Carrots, Frozen, Se | 1/2 cup | 95.2 | 53.8 | 2.8 | 7.2 | 0 | 0.5 | 3.1 | 54.9 | 179.1 | 32.7 | 0.5 | 786.7 | \$0.18 |
| 2 APL CK12 Sauce, Sweet & So | 2 floz | 111 | 144.3 | 0 | 34.8 | 0 | 0.7 | 0.6 | 229.7 | 133.2 | 0 | 0 | - | \$1.55 |
| 2 APL CK12 Rice, White, ENR P | 1/2 cup | 228.1 | 195.1 | 0.5 | 42.2 | 0 | 3.9 | 0.9 | 229.6 | 92.6 | 42.4 | 1.7 | 0 | \$0.10 |
| *1 MM CK12 Quesadilla, Cheddar | 1 each | 181.4 | 502.3 | 28.7 | 39.2 | 69.4 | 21.9 | 1.3 | 1210.9 | 71.4+ | 357.4 | 2.1 | 97.7+ | \$0.63 |
| 2 APL CK12 Carrots, Frozen, Se | 1/2 cup | 95.2 | 53.8 | 2.8 | 7.2 | 0 | 0.5 | 3.1 | 54.9 | 179.1 | 32.7 | 0.5 | 786.7 | \$0.18 |
| Main Entrees Totals | | | 1374.5 | 57.2 | 157 | 130.2 | 53.9 | 13 | 2428 | 655.3+ | 465.3+ | 7 | 1671.1+ | \$4.01 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 2 APL CK12 Celery Sticks, Fresh | 1/4 cup | 37.1 | 5.9 | 0.1 | 1.1 | 0 | 0.3 | 0.6 | 29.7 | 96.6 | 14.9 | 0.1 | 8.2 | \$0.21 |
| 2 APL CK12 Applesauce, Cinnar | 1/2 cup | 122.2 | 51.6 | 0.1 | 13.9 | 0 | 0.2 | 1.4 | 2.5 | 91 | 6.5 | 0.3 | 1.2 | \$0.24 |
| 2 APL CK12 Peaches, Canned, 1 | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 357 | 3 | 81.6 | 0 | 8.9 | 13.8 | 134.5+ | 865.4+ | 108.3 | 2.9 | 62.5+ | \$1.78 |

Lunch - Milk & Condiments

Monday - 05/06/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|---------|---------|---------|------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/06/2019 | 2166.4 | 63.1 | 317.4 | 146.9 | 88.4 | 28.6 | 3871.7+ | 1943.4+ | 1476.5+ | 10.3 | 1870+ | \$6.79 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 361.1% | - | - | - | - | - | 314.8% | - | - | - | - | - |

* indicates main item

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Lunch - 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 Hot Dog, Beef (Type) | 1 sandwich | 117.7 | 310.4 | 16.1 | 28.2 | 32.1 | 13.2 | 2.7 | 776.1 | 96.4+ | 33.5 | 2.2 | - | \$0.74 |
| 2 APL CK12 Beans, Baked, Can | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| *3 CK12 Sandwich, Wrap, Turkey | 1 sandwich | 177 | 258.4 | 6.4 | 24.6 | 40.9 | 24 | 2 | 919.7 | 116.1+ | 216.8 | 1.9 | 204.9+ | \$1.12 |
| 2 APL CK12 Beans, Baked, Can | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| Main Entrees Totals | | | 848.9 | 23.5 | 112.8 | 73 | 47.2 | 16.7 | 2435.8 | 212.5+ | 330.3 | 7.7 | 204.9+ | \$2.35 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cucumber, Fresh, U | 1/2 cup | 59.5 | 8.9 | 0.1 | 2.2 | 0 | 0.4 | 0.3 | 1.2 | 87.5 | 9.5 | 0.2 | 3 | \$0.13 |
| 2 APL CK12 Pineapple, Tidbits, C | 1/2 cup | 94.3 | 56.6 | 0.1 | 14.7 | 0 | 0.5 | 1.2 | 0.9 | 116.9 | 15.1 | 0.3 | 2.8 | \$0.20 |
| 2 APL CK12 Fruit, Tropical, Can | 1/2 cup | 131.5 | 65.7 | 0 | 17.2 | 0 | 0.7 | 1.3 | 6.6 | 152.5 | 14.5 | 0.3 | 39.4 | \$0.32 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 403.9 | 3 | 93.6 | 0 | 9.6 | 13.9 | 108.2+ | 972+ | 122.6 | 3.1 | 88.1+ | \$1.82 |

Lunch - Milk & Condiments

Tuesday - 05/07/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-------------------------------------|--------------|------------|---------------|-------------|--------------|--------------|-------------|-------------|----------------|----------------|---------------|-------------|---------------|---------------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 1 MM CK12 Salad Dressing, Ran | 2 floz | 64 | 135.7 | 8.7 | 13.2 | 17.8 | 0.5 | 0.2 | 693.4 | - | 5.2 | 0.2 | - | \$0.16 |
| 1 MM CK12 Salad Dressing, Itali | 2 floz | 60 | 33.4 | 0.4 | 6.2 | 1.3 | 0.7 | 0.4 | 548.4 | - | 21.8 | 0.1 | - | \$0.18 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 579.5 | 11.8 | 93 | 35.4 | 26.6 | 2.3 | 2355.8 | 407.8+ | 922.7 | 0.6 | 136.4+ | \$1.17 |
| Daily Totals for 05/07/2019 | | | 1832.3 | 38.3 | 299.3 | 108.4 | 83.4 | 32.8 | 4899.8+ | 1592.3+ | 1375.6 | 11.5 | 429.4+ | \$5.35 |

* indicates main item

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

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| | | | | | | | | | | | | |
|---|---------|---|---|---|---|---|--------|---|---|---|---|---|
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 305.4% | - | - | - | - | - | 398.4% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Pancakes, WG (Au | 2 each | 64.6 | 153.3 | 4 | 27.3 | 6.7 | 3.3 | 2 | 219.9 | - | 0 | 1.2 | - | \$0.20 |
| 2 APL CK12 Egg, Scrambled, Pr | 1/2 cup | 56.7 | 90 | 6 | 2 | 190 | 6 | 0 | 260 | - | 0 | 0.7 | - | \$0.24 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| 2 APL CK12 Syrup, Breakfast, 1 | 1 each | 39.7 | 120 | 0 | 30 | 0 | 0 | 0 | 25 | - | 0 | 0 | - | \$0.12 |
| *2 APL CK12 Pizza, Cheese, De | 1 each | 141.2 | 340.4 | 13 | 39 | 30 | 18 | 4 | 650.8 | 320.4 | 300.4 | 2.7 | - | \$0.94 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| Main Entrees Totals | | | 990.4 | 39.4 | 135.2 | 226.7 | 31.5 | 10.1 | 1729.2 | 852.9+ | 300.4 | 6.1 | - | \$1.78 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cauliflower, Florets, | 1/2 cup | 74.8 | 18.7 | 0.2 | 3.7 | 0 | 1.4 | 1.5 | 22.5 | 223.8 | 16.5 | 0.3 | 0 | \$0.36 |
| 2 APL CK12 Oranges, Mandarin, | 1/2 cup | 129.7 | 48 | 0 | 12.4 | 0 | 0.8 | 0.9 | 6.5 | 172.5 | 14.3 | 0.4 | 55.8 | \$0.33 |
| 2 APL CK12 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 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 429.3 | 3.4 | 98.8 | 0 | 11.4 | 16.1 | 129.5+ | 1373+ | 119.3 | 3.3 | 101.7+ | \$2.13 |

Lunch - Milk & Condiments

Wednesday - 05/08/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|-----|---------|---------|--------|-----|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/08/2019 | 1854.7 | 45.7 | 312.9 | 243.4 | 68.5 | 28 | 3167.9+ | 2648.6+ | 1322.6 | 9.8 | 238.1+ | \$4.92 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 309.1% | - | - | - | - | - | 257.6% | - | - | - | - | - |

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Lunch - 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 |
|---------------------------------|--------------|------------|--------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Sandwich, Chicken | 1 sandwich | 157.1 | 419.1 | 18.4 | 41.3 | 25 | 21.4 | 5.2 | 659.7 | 90.7+ | 93.9 | 4 | 0+ | \$0.54 |
| 3 CK12 Potato, Oven Fries, Crin | 1/2 cup | 56.7 | 88.1 | 3 | 15.2 | 0 | 1 | 1 | 20.2 | - | 0 | 0.4 | - | \$0.01 |
| *1 MM CK12 Parfait, Lunch, Yog | 1 serving(s) | 462.9 | 610.5 | 9.2 | 121.3 | 6.7 | 14.8 | 8.8+ | 226.8 | 759.1 | 266.7 | 3.6 | 2.6+ | \$1.70 |
| Main Entrees Totals | | | 1117.7 | 30.7 | 177.8 | 31.7 | 37.3 | 14.9+ | 906.7 | 849.8+ | 360.5 | 8 | 2.6+ | \$2.25 |

Lunch - Extra Extra

Thursday - 05/09/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fres | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, 1/2 | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.31 |
| 2 APL CK12 Honeydew, Melon, 1/2 | 1/2 cup | 85 | 30.6 | 0.1 | 7.7 | 0 | 0.5 | 0.7 | 15.3 | 193.8 | 5.1 | 0.1 | 2.5 | \$0.54 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 375.4 | 3.2 | 85.2 | 0 | 9.9 | 14.6 | 130.3+ | 1008.5+ | 115.2 | 3 | 56.5+ | \$2.17 |

Lunch - Milk & Condiments

Thursday - 05/09/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/09/2019 | | | 1928 | 36.7 | 341.9 | 48.4 | 72.8 | 31.4+ | 2346.2+ | 2281+ | 1378.7 | 11.5 | 195.5+ | \$5.43 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |

* indicates main item

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| | | | | | | | | | | | | |
|---|--------|---|---|---|---|---|--------|---|---|---|---|---|
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 321.3% | - | - | - | - | - | 190.8% | - | - | - | - | - |
|---|--------|---|---|---|---|---|--------|---|---|---|---|---|

* indicates main item

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

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Lunch - Main Entrees

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 |
|----------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Breadstick, Cheese | 2 each | 122 | 300 | 10 | 34 | 30 | 20 | 4 | 440 | - | 400 | 2.2 | - | \$0.82 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| 2 APL CK12 Sauce, Pizza, Cann | 1/2 cup | 126 | 58 | 0.3 | 11.4 | - | 2.3 | 3.9 | 477.5 | 538 | 26 | 0.9 | - | \$0.16 |
| Retail CK12 Popsicle, Triple Ber | 1 each | 43.9 | 50 | 0.5 | 11 | 0 | 1 | 1 | 25 | - | 20 | 0 | - | \$0.36 |
| *1 MM CK12 Corn Dog, Turkey, | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| Main Entrees Totals | | | 735.9 | 27.9 | 90.2 | 60.4+ | 38.6 | 16.3 | 1696.1 | 921.2+ | 559.4 | 5.5 | 100.4+ | \$2.39 |

Lunch - Extra Extra

Friday - 05/10/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, Dic | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.30 |
| 2 APL CK12 Cantaloupe, Cubes | 1/2 cup | 80 | 27.2 | 0.2 | 6.5 | 0 | 0.7 | 0.7 | 12.8 | 213.6 | 7.2 | 0.2 | 135.2 | \$0.66 |
| 2 APL CK12 Orange, Wedges, 1 | 4 wedge | 97.4 | 45.8 | 0.1 | 11.4 | 0 | 0.9 | 2.3 | 0 | 176.3 | 39 | 0.1 | 10.7 | \$0.35 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 390.1 | 3.2 | 88.5 | 0 | 10.5 | 16.6 | 126.9+ | 1101.4+ | 149.8 | 2.9 | 174+ | \$2.32 |

Lunch - Milk & Condiments

Friday - 05/10/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|----------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 1 MM CK12 Salad Dressing, Ran | 2 floz | 64 | 135.7 | 8.7 | 13.2 | 17.8 | 0.5 | 0.2 | 693.4 | - | 5.2 | 0.2 | - | \$0.16 |
| 1 MM CK12 Salad Dressing, Itali | 2 floz | 60 | 33.4 | 0.4 | 6.2 | 1.3 | 0.7 | 0.4 | 548.4 | - | 21.8 | 0.1 | - | \$0.18 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|--------|------|-------|---------|---------|---------|------|--------|--------|
| Milk & Condiments Totals | 579.5 | 11.8 | 93 | 35.4 | 26.6 | 2.3 | 2355.8 | 407.8+ | 922.7 | 0.6 | 136.4+ | \$1.17 |
| Daily Totals for 05/10/2019 | 1705.5 | 42.9 | 271.7 | 95.8+ | 75.7 | 35.2 | 4178.7+ | 2430.5+ | 1631.9 | 9.1 | 410.8+ | \$5.89 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 284.2% | - | - | - | - | - | 339.7% | - | - | - | - | - |
| Daily Average for Week (5/5/2019 - 5/11/2019) | 1897.4 | 45.4 | 308.6 | 128.6+ | 77.7 | 31.2+ | 3692.9+ | 2179.2+ | 1437.1+ | 10.4 | 628.8+ | \$5.67 |
| % Average for Week (5/5/2019 - 5/11/2019) | 316.2% | - | - | - | - | - | 300.2% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 |
|--------------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Chicken, Nuggets (5 each) | 5 each | 97.8 | 263.3 | 15 | 16.3 | 25.1 | 16.3 | 2.5 | 401.3 | - | 25.1 | 2.3 | - | \$0.41 |
| 1 MM CK12 Dinner Roll, WG (W) | 1 each | 28 | 74.5 | 1.3 | 14.3 | 0 | 2.4 | 2.1 | 145.9 | 76.2 | 29.7 | 0.7 | 0 | \$0.10 |
| 2 APL CK12 Carrots, Frozen, Se | 1/2 cup | 95.2 | 53.8 | 2.8 | 7.2 | 0 | 0.5 | 3.1 | 54.9 | 179.1 | 32.7 | 0.5 | 786.7 | \$0.18 |
| *1 MM CK12 Quesadilla, Cheddar | 1 each | 181.4 | 502.3 | 28.7 | 39.2 | 69.4 | 21.9 | 1.3 | 1210.9 | 71.4+ | 357.4 | 2.1 | 97.7+ | \$0.63 |
| 2 APL CK12 Carrots, Frozen, Se | 1/2 cup | 95.2 | 53.8 | 2.8 | 7.2 | 0 | 0.5 | 3.1 | 54.9 | 179.1 | 32.7 | 0.5 | 786.7 | \$0.18 |
| Main Entrees Totals | | | 947.7 | 50.7 | 84.2 | 94.5 | 41.7 | 12.1 | 1867.7 | 505.8+ | 477.6 | 6 | 1671.1+ | \$1.49 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 2 APL CK12 Celery Sticks, Fresh | 1/4 cup | 37.1 | 5.9 | 0.1 | 1.1 | 0 | 0.3 | 0.6 | 29.7 | 96.6 | 14.9 | 0.1 | 8.2 | \$0.21 |
| 2 APL CK12 Applesauce, Cinnamon | 1/2 cup | 122.2 | 51.6 | 0.1 | 13.9 | 0 | 0.2 | 1.4 | 2.5 | 91 | 6.5 | 0.3 | 1.2 | \$0.24 |
| 2 APL CK12 Peaches, Canned, 1/4 | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 357 | 3 | 81.6 | 0 | 8.9 | 13.8 | 134.5+ | 865.4+ | 108.3 | 2.9 | 62.5+ | \$1.78 |

Lunch - Milk & Condiments

Monday - 05/13/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ranch | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |

* indicates main item

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

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|--|---------|------|-------|-------|------|------|---------|---------|--------|-----|-------|--------|
| Daily Totals for 05/13/2019 | 1739.6 | 56.7 | 244.7 | 111.2 | 76.2 | 27.7 | 3311.5+ | 1793.8+ | 1488.8 | 9.3 | 1870+ | \$4.27 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 289.9% | - | - | - | - | - | 269.2% | - | - | - | - | - |

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Lunch - 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 Hot Dog, Beef (Type) | 1 sandwich | 117.7 | 310.4 | 16.1 | 28.2 | 32.1 | 13.2 | 2.7 | 776.1 | 96.4+ | 33.5 | 2.2 | - | \$0.74 |
| 2 APL CK12 Beans, Baked, Canned | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| 2 APL CK12 Cookie, Chocolate Chip | 1 each | 28.3 | 104 | 3.1 | 18.5 | 10.4 | 1.7 | 1.9 | 93.7 | - | 10.3 | 0.6 | - | \$0.11 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| *3 CK12 Sandwich, Wrap, Turkey | 1 sandwich | 177 | 258.4 | 6.4 | 24.6 | 40.9 | 24 | 2 | 919.7 | 116.1+ | 216.8 | 1.9 | 204.9+ | \$1.12 |
| 2 APL CK12 Beans, Baked, Canned | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| Main Entrees Totals | | | 980.5 | 26.8 | 138.2 | 83.4 | 49.4 | 19 | 2530.4 | 315.7+ | 347.1 | 8.6 | 230.7+ | \$2.76 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cucumber, Fresh, Unpeeled | 1/2 cup | 59.5 | 8.9 | 0.1 | 2.2 | 0 | 0.4 | 0.3 | 1.2 | 87.5 | 9.5 | 0.2 | 3 | \$0.13 |
| 2 APL CK12 Pineapple, Tidbits, Canned | 1/2 cup | 94.3 | 56.6 | 0.1 | 14.7 | 0 | 0.5 | 1.2 | 0.9 | 116.9 | 15.1 | 0.3 | 2.8 | \$0.20 |
| 2 APL CK12 Fruit, Tropical, Canned | 1/2 cup | 131.5 | 65.7 | 0 | 17.2 | 0 | 0.7 | 1.3 | 6.6 | 152.5 | 14.5 | 0.3 | 39.4 | \$0.32 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 403.9 | 3 | 93.6 | 0 | 9.6 | 13.9 | 108.2+ | 972+ | 122.6 | 3.1 | 88.1+ | \$1.82 |

Lunch - Milk & Condiments

Tuesday - 05/14/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8oz | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8oz | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ranch | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|---------|---------|--------|------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/14/2019 | 1819.4 | 32.7 | 310.7 | 100.1 | 84.6 | 34.7 | 3947.9+ | 1710.4+ | 1372.6 | 12.1 | 455.2+ | \$5.58 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 303.2% | - | - | - | - | - | 321% | - | - | - | - | - |

* indicates main item

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Lunch - 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 French Toast, Stic | 4 piece | 109.7 | 280.1 | 9.3 | 37.3 | 166.7 | 10.7 | 2.7 | 426.8 | - | 80 | 2.4 | - | \$0.71 |
| 2 APL CK12 Sausage, Pork, Pat | 1 each | 28.3 | 109.4 | 9.9 | 0.5 | 22.4 | 4 | 0 | 268.6 | - | 9.9 | 0.2 | - | \$0.19 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| 2 APL CK12 Syrup, Breakfast, 1 | 1 each | 39.7 | 120 | 0 | 30 | 0 | 0 | 0 | 25 | - | 0 | 0 | - | \$0.12 |
| *1 MM CK12 Corn Dog, Turkey, | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| Main Entrees Totals | | | 1039.8 | 47.8 | 129.1 | 219.5 | 30.9 | 9.8 | 1994 | 532.5+ | 150.9 | 5.7 | - | \$1.99 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cauliflower, Florets, | 1/2 cup | 74.8 | 18.7 | 0.2 | 3.7 | 0 | 1.4 | 1.5 | 22.5 | 223.8 | 16.5 | 0.3 | 0 | \$0.36 |
| 2 APL CK12 Oranges, Mandarin, | 1/2 cup | 129.7 | 48 | 0 | 12.4 | 0 | 0.8 | 0.9 | 6.5 | 172.5 | 14.3 | 0.4 | 55.8 | \$0.33 |
| 2 APL CK12 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 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 429.3 | 3.4 | 98.8 | 0 | 11.4 | 16.1 | 129.5+ | 1373+ | 119.3 | 3.3 | 101.7+ | \$2.13 |

Lunch - Milk & Condiments

Wednesday - 05/15/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|---------|---------|--------|-----|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/15/2019 | 1904 | 54.1 | 306.7 | 236.2 | 67.9 | 27.7 | 3432.7+ | 2328.2+ | 1173.1 | 9.4 | 238.1+ | \$5.13 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 317.3% | - | - | - | - | - | 279.1% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Sandwich, Ham (S) | 1 sandwich | 128.5 | 293.6 | 10.8 | 32.1 | 47.8 | 17.1 | 3 | 664 | 72.3+ | 213.3 | 2.1 | 57+ | \$0.68 |
| 3 CK12 Potato, Oven Fries, Crin | 1/2 cup | 56.7 | 88.1 | 3 | 15.2 | 0 | 1 | 1 | 20.2 | - | 0 | 0.4 | - | \$0.01 |
| *1 MM CK12 Parfait, Lunch, Yog | 1 serving(s) | 462.9 | 610.5 | 9.2 | 121.3 | 6.7 | 14.8 | 8.8+ | 226.8 | 759.1 | 266.7 | 3.6 | 2.6+ | \$1.70 |
| Main Entrees Totals | | | 992.1 | 23 | 168.6 | 54.4 | 33 | 12.8+ | 911 | 831.4+ | 480 | 6.1 | 59.6+ | \$2.39 |

Lunch - Extra Extra

Thursday - 05/16/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, 1/2 | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.31 |
| 2 APL CK12 Honeydew, Melon, 1/2 | 1/2 cup | 85 | 30.6 | 0.1 | 7.7 | 0 | 0.5 | 0.7 | 15.3 | 193.8 | 5.1 | 0.1 | 2.5 | \$0.54 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 375.4 | 3.2 | 85.2 | 0 | 9.9 | 14.6 | 130.3+ | 1008.5+ | 115.2 | 3 | 56.5+ | \$2.17 |

Lunch - Milk & Condiments

Thursday - 05/16/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/16/2019 | | | 1802.5 | 29.1 | 332.7 | 71.1 | 68.5 | 29.2+ | 2350.6+ | 2262.6+ | 1498.2 | 9.5 | 252.4+ | \$5.56 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |

* indicates main item

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

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| | | | | | | | | | | | | |
|---|--------|---|---|---|---|---|--------|---|---|---|---|---|
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 300.4% | - | - | - | - | - | 191.1% | - | - | - | - | - |
|---|--------|---|---|---|---|---|--------|---|---|---|---|---|

* indicates main item

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Lunch - 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 |
|---------------------------------|--------------|------------|------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|--------------|-------------|---------------|---------------|
| *1 MM CK12 Pizza, Pepperoni (S) | 1 slice | 121 | 287.9 | 14 | 24.9 | 36.9+ | 16.3 | 2.7 | 651.9 | 168.9+ | 333.6 | 1.7 | 101.3+ | \$0.48 |
| 1 MM CK12 Beans, Green, Froz | 1/2 cup | 80.5 | 41.3 | 2.3 | 5.1 | 0 | 1.2 | 2.4 | 0.8 | 125 | 33.1 | 0.5 | 16.4 | \$0.19 |
| 2 APL CK12 Juice, Kiwi Strawbe | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| *1 MM CK12 Corn Dog, Turkey, | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 1 MM CK12 Beans, Green, Froz | 1/2 cup | 80.5 | 41.3 | 2.3 | 5.1 | 0 | 1.2 | 2.4 | 0.8 | 125 | 33.1 | 0.5 | 16.4 | \$0.19 |
| 2 APL CK12 Juice, Kiwi Strawbe | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| Main Entrees Totals | | | 794 | 30.8+ | 103.4 | 67.3+ | 30.8+ | 10.5+ | 1423.6 | 538.9+ | 620.5 | 4.4+ | 134.2+ | \$2.23 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Carrots, Fresh, Bab | 1/2 cup | 87.9 | 30.8 | 0.1 | 7.2 | 0 | 0.6 | 2.5 | 68.5 | 208.3 | 28.1 | 0.8 | 606.4 | \$0.45 |
| 2 APL CK12 Mixed Fruit, Canned | 1/2 cup | 126 | 60 | 0 | 15 | 0 | 0 | 1 | 5 | - | 0 | 0 | - | \$0.20 |
| 2 APL CK12 Peaches, Canned, | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| 2 APL CK12 Juice, Kiwi Strawbe | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| Extra Extra Totals | | | 480.1 | 3+ | 110.9 | 0+ | 9+ | 15.3+ | 210.9+ | 946.1+ | 195 | 3.3+ | 659.5+ | \$2.32 |

Lunch - Milk & Condiments

Friday - 05/17/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |

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Lunch - Milk & Condiments

Friday - 05/17/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/17/2019 | | | 1709.1 | 36.7+ | 293.1 | 84+ | 65.3+ | 27.6+ | 2943.7+ | 1907.7+ | 1718.5 | 8.1+ | 930.1+ | \$5.56 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 284.8% | - | - | - | - | - | 239.3% | - | - | - | - | - |
| Daily Average for Week (5/12/2019 - 5/18/2019) | | | 1794.9 | 41.9+ | 297.6 | 120.5+ | 72.5+ | 29.4+ | 3197.3+ | 2000.5+ | 1450.2 | 9.7+ | 749.2+ | \$5.22 |
| % Average for Week (5/12/2019 - 5/18/2019) | | | 299.2% | - | - | - | - | - | 259.9% | - | - | - | - | - |

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Lunch - 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 Chicken, Popcorn | 12 piece | 184.3 | 425.2 | 22.3 | 26.3 | 60.7 | 26.3 | 4 | 648 | - | - | 2.2 | - | \$1.37 |
| 1 MM CK12 Dinner Roll, WG (W) | 1 each | 28 | 74.5 | 1.3 | 14.3 | 0 | 2.4 | 2.1 | 145.9 | 76.2 | 29.7 | 0.7 | 0 | \$0.10 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| *1 MM CK12 Quesadilla, Cheddar | 1 each | 181.4 | 502.3 | 28.7 | 39.2 | 69.4 | 21.9 | 1.3 | 1210.9 | 71.4+ | 357.4 | 2.1 | 97.7+ | \$0.63 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| Main Entrees Totals | | | 1086.4 | 57.2 | 89.2 | 130.2 | 53.8 | 11.8 | 2058.2 | 530.8+ | 439.6+ | 5.9 | 198.2+ | \$2.46 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 2 APL CK12 Celery Sticks, Fresh | 1/4 cup | 37.1 | 5.9 | 0.1 | 1.1 | 0 | 0.3 | 0.6 | 29.7 | 96.6 | 14.9 | 0.1 | 8.2 | \$0.21 |
| 2 APL CK12 Applesauce, Cinnamon | 1/2 cup | 122.2 | 51.6 | 0.1 | 13.9 | 0 | 0.2 | 1.4 | 2.5 | 91 | 6.5 | 0.3 | 1.2 | \$0.24 |
| 2 APL CK12 Peaches, Canned, 1/2 | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 357 | 3 | 81.6 | 0 | 8.9 | 13.8 | 134.5+ | 865.4+ | 108.3 | 2.9 | 62.5+ | \$1.78 |

Lunch - Milk & Condiments

Monday - 05/20/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ranch | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |

* indicates main item

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| | | | | | | | | | | | | |
|--|---------|------|-------|-------|------|------|--------|---------|---------|-----|--------|--------|
| Daily Totals for 05/20/2019 | 1878.4 | 63.2 | 249.7 | 146.9 | 88.2 | 27.4 | 3502+ | 1818.9+ | 1450.8+ | 9.2 | 397.1+ | \$5.24 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 313.1% | - | - | - | - | - | 284.7% | - | - | - | - | - |

* indicates main item

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

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Lunch - 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 Nachos, Beef (JTM) | 1 serving(s) | 180.8 | 442.8 | 22.3 | 43 | 37.6 | 17.3 | 4.5 | 845.3 | - | 106.5 | 2.6 | - | \$0.38 |
| 2 APL CK12 Beans, Refried, Veg | 1/4 cup | 60.7 | 50.8 | 0.5 | 8.3 | 0+ | 3.2 | 2.9 | 264.5 | 211.5 | 21.8 | 1.1 | 2.2+ | \$0.12 |
| 1 MM CK12 Salsa, Mild, 2 fl oz (| 1/4 cup | 64.7 | 18.8 | 0.1 | 4.3 | 0 | 1 | 1.2 | 460.4 | 178.1 | 19.4 | 0.3 | 14.9 | \$0.18 |
| 1 MM CK12 Corn, Frozen, Seaso | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| *1 MM CK12 Quesadilla, Cheddar | 1 each | 181.4 | 502.3 | 28.7 | 39.2 | 69.4 | 21.9 | 1.3 | 1210.9 | 71.4+ | 357.4 | 2.1 | 97.7+ | \$0.63 |
| 1 MM CK12 Corn, Frozen, Seaso | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| Main Entrees Totals | | | 1187.5 | 57.2 | 126.8 | 107+ | 47.7 | 14 | 2782.7 | 847.9+ | 510.5 | 6.9 | 131.4+ | \$1.68 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cucumber, Fresh, U | 1/2 cup | 59.5 | 8.9 | 0.1 | 2.2 | 0 | 0.4 | 0.3 | 1.2 | 87.5 | 9.5 | 0.2 | 3 | \$0.13 |
| 2 APL CK12 Pineapple, Tidbits, C | 1/2 cup | 94.3 | 56.6 | 0.1 | 14.7 | 0 | 0.5 | 1.2 | 0.9 | 116.9 | 15.1 | 0.3 | 2.8 | \$0.20 |
| 2 APL CK12 Fruit, Tropical, Can | 1/2 cup | 131.5 | 65.7 | 0 | 17.2 | 0 | 0.7 | 1.3 | 6.6 | 152.5 | 14.5 | 0.3 | 39.4 | \$0.32 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 403.9 | 3 | 93.6 | 0 | 9.6 | 13.9 | 108.2+ | 972+ | 122.6 | 3.1 | 88.1+ | \$1.82 |

Lunch - Milk & Condiments

Tuesday - 05/21/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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

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| | | | | | | | | | | | | |
|--|---------|------|-------|--------|------|------|---------|---------|------|------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/21/2019 | 2026.4 | 63.1 | 299.2 | 123.7+ | 82.9 | 29.7 | 4200.2+ | 2242.6+ | 1536 | 10.4 | 355.9+ | \$4.51 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 337.7% | - | - | - | - | - | 341.5% | - | - | - | - | - |

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Lunch - 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 Beef, Sloppy Joe M | 3/8 cup | 106.3 | 149.8 | 6.2 | 10.3 | 45.5 | 13.4 | 2.1 | 430.8 | - | 35.1 | 2.1 | - | \$0.24 |
| 2 APL CK12 Bun, Hamburger, W | 1 each | 56.7 | 149.1 | 3.4 | 25.3 | 0 | 5.4 | 2.2 | 259.7 | 90.7 | 53.9 | 2.2 | 0 | \$0.13 |
| 2 APL CK12 Potato, Oven Fries, | 1/2 cup | 61.9 | 120.1 | 6 | 14 | 0 | 1 | 1 | 260.2 | 190.2 | 0 | 0.4 | - | \$0.13 |
| *2 APL CK12 Pizza, Cheese, De | 1 each | 141.2 | 340.4 | 13 | 39 | 30 | 18 | 4 | 650.8 | 320.4 | 300.4 | 2.7 | - | \$0.94 |
| 2 APL CK12 Potato, Oven Fries, | 1/2 cup | 61.9 | 120.1 | 6 | 14 | 0 | 1 | 1 | 260.2 | 190.2 | 0 | 0.4 | - | \$0.13 |
| Main Entrees Totals | | | 879.5 | 34.6 | 102.7 | 75.5 | 38.9 | 10.2 | 1861.7 | 791.4+ | 389.4 | 7.7 | 0+ | \$1.58 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cauliflower, Florets, | 1/2 cup | 74.8 | 18.7 | 0.2 | 3.7 | 0 | 1.4 | 1.5 | 22.5 | 223.8 | 16.5 | 0.3 | 0 | \$0.36 |
| 2 APL CK12 Oranges, Mandarin, | 1/2 cup | 129.7 | 48 | 0 | 12.4 | 0 | 0.8 | 0.9 | 6.5 | 172.5 | 14.3 | 0.4 | 55.8 | \$0.33 |
| 2 APL CK12 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 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 429.3 | 3.4 | 98.8 | 0 | 11.4 | 16.1 | 129.5+ | 1373+ | 119.3 | 3.3 | 101.7+ | \$2.13 |

Lunch - Milk & Condiments

Wednesday - 05/22/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-------------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |

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| | | | | | | | | | | | | |
|--|---------|------|-------|------|------|------|---------|---------|--------|------|--------|--------|
| Daily Totals for 05/22/2019 | 1743.8 | 40.9 | 280.3 | 92.2 | 75.9 | 28.1 | 3300.5+ | 2587.1+ | 1411.6 | 11.4 | 238.1+ | \$4.72 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 290.6% | - | - | - | - | - | 268.3% | - | - | - | - | - |

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Lunch - 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 |
|---|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *1 MM CK12 Chicken, Tenders (3 piece) | 3 piece | 96.1 | 263 | 15.2 | 16.2 | 25.3 | 15.2 | 3 | 394.5 | - | 40.5 | 1.8 | - | \$0.82 |
| 1 MM CK12 Beans, Green, Frozen | 1/2 cup | 80.5 | 41.3 | 2.3 | 5.1 | 0 | 1.2 | 2.4 | 0.8 | 125 | 33.1 | 0.5 | 16.4 | \$0.19 |
| 1 MM CK12 Dinner Roll, WG (Whole Grain) | 1 each | 28 | 74.5 | 1.3 | 14.3 | 0 | 2.4 | 2.1 | 145.9 | 76.2 | 29.7 | 0.7 | 0 | \$0.10 |
| *1 MM CK12 Parfait, Lunch, Yogurt | 1 serving(s) | 462.9 | 610.5 | 9.2 | 121.3 | 6.7 | 14.8 | 8.8+ | 226.8 | 759.1 | 266.7 | 3.6 | 2.6+ | \$1.70 |
| Main Entrees Totals | | | 989.3 | 28 | 156.9 | 32 | 33.6 | 16.3+ | 768 | 960.2+ | 369.9 | 6.6 | 19.1+ | \$2.82 |

Lunch - Extra Extra

Thursday - 05/23/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|------------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fresh | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, 1/2 | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.31 |
| 2 APL CK12 Honeydew, Melon, Fresh | 1/2 cup | 85 | 30.6 | 0.1 | 7.7 | 0 | 0.5 | 0.7 | 15.3 | 193.8 | 5.1 | 0.1 | 2.5 | \$0.54 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 375.4 | 3.2 | 85.2 | 0 | 9.9 | 14.6 | 130.3+ | 1008.5+ | 115.2 | 3 | 56.5+ | \$2.17 |

Lunch - Milk & Condiments

Thursday - 05/23/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|--------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 1 MM CK12 Salad Dressing, Ranch | 2 floz | 64 | 135.7 | 8.7 | 13.2 | 17.8 | 0.5 | 0.2 | 693.4 | - | 5.2 | 0.2 | - | \$0.16 |
| 1 MM CK12 Salad Dressing, Italian | 2 floz | 60 | 33.4 | 0.4 | 6.2 | 1.3 | 0.7 | 0.4 | 548.4 | - | 21.8 | 0.1 | - | \$0.18 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 579.5 | 11.8 | 93 | 35.4 | 26.6 | 2.3 | 2355.8 | 407.8+ | 922.7 | 0.6 | 136.4+ | \$1.17 |
| Daily Totals for 05/23/2019 | | | 1944.1 | 43 | 335.1 | 67.4 | 70.1 | 33.1+ | 3254.1+ | 2376.5+ | 1407.8 | 10.3 | 211.9+ | \$6.16 |

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| | | | | | | | | | | | | |
|---|---------|---|---|---|---|---|--------|---|---|---|---|---|
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 324% | - | - | - | - | - | 264.6% | - | - | - | - | - |

* indicates main item

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Lunch - 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 |
|------------------------------------|--------------|------------|--------------|-------------|-------------|-------------|-------------|-------------|---------------|---------------|--------------|------------|---------------|---------------|
| *3 CK12 Breadstick, Pepperoni | 2 each | 210 | 480 | 18 | 58 | 50 | 22 | 6 | 1000 | - | 300 | 3.6 | - | \$0.81 |
| 1 MM CK12 Broccoli, Florets, Fresh | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| *1 MM CK12 Corn Dog, Turkey | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 1 MM CK12 Broccoli, Florets, Fresh | 1/2 cup | 67.4 | 42.2 | 2.4 | 4.7 | 0 | 1.6 | 2.2 | 26.7 | 191.6 | 26.3 | 0.4 | 50.2 | \$0.18 |
| Main Entrees Totals | | | 807.9 | 35.1 | 91.8 | 80.4 | 37.3 | 13.4 | 1753.6 | 383.2+ | 413.4 | 6.1 | 100.4+ | \$1.87 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Carrots, Fresh, Baby | 1/2 cup | 87.9 | 30.8 | 0.1 | 7.2 | 0 | 0.6 | 2.5 | 68.5 | 208.3 | 28.1 | 0.8 | 606.4 | \$0.45 |
| 2 APL CK12 Mixed Fruit, Canned | 1/2 cup | 126 | 60 | 0 | 15 | 0 | 0 | 1 | 5 | - | 0 | 0 | - | \$0.20 |
| 2 APL CK12 Peaches, Canned, 1/4 cup | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Canned | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fresh | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, Canned | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| 2 APL CK12 Juice, Kiwi Strawberry | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| Extra Extra Totals | | | 480.1 | 3+ | 110.9 | 0+ | 9+ | 15.3+ | 210.9+ | 946.1+ | 195 | 3.3+ | 659.5+ | \$2.32 |

Lunch - Milk & Condiments

Friday - 05/24/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------------|--------------|------------|------------|------------|-------------|-------------|-------------|------------|---------------|---------------|------------|------------|---------------|---------------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8oz | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8oz | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Condiment | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Condiment | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ranch | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk Condiment | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |

* indicates main item

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

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| | | | | | | | | | | | | |
|---|---------|-------|-------|--------|-------|-------|---------|---------|---------|-------|--------|--------|
| Daily Totals for 05/24/2019 | 1723 | 40.9+ | 281.5 | 97.1+ | 71.8+ | 30.5+ | 3273.7+ | 1752+ | 1511.4 | 9.8+ | 896.3+ | \$5.19 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 287.2% | - | - | - | - | - | 266.2% | - | - | - | - | - |
| Daily Average for Week (5/19/2019 - 5/25/2019) | 1863.1 | 50.2+ | 289.2 | 105.4+ | 77.8+ | 29.8+ | 3506.1+ | 2155.4+ | 1463.5+ | 10.2+ | 419.9+ | \$5.16 |
| % Average for Week (5/19/2019 - 5/25/2019) | 310.5% | - | - | - | - | - | 285% | - | - | - | - | - |

* indicates main item

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Lunch - 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 Bowl, Mashed Potatoes | 1 serving(s) | 243.6 | 362.3 | 15.4 | 36.1 | 24.7 | 18.9 | 3.6 | 420.4 | 328.7+ | 78.8 | 2.3 | 7.8+ | \$0.55 |
| 2 APL CK12 Potato, Mashed, Ins | 1/2 cup | 116.6 | 71.8 | 4.3 | 14.5 | 0 | 1.9 | 1 | 188.6 | 233.6+ | 12.6 | 0.2 | 0+ | \$0.10 |
| 1 MM CK12 Dinner Roll, WG (Fr | 2 each | 62.4 | 153 | 2.6 | 26.7 | 0 | 5.9 | 2.9 | 284.4 | 122 | 39.5 | 1.5 | - | \$0.25 |
| 1 MM CK12 Corn, Frozen, Seaso | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| 2 APL CK12 Gravy, Chicken, Dry | 1 floz | 31.2 | 17.6 | 0.3 | 3.5 | 0 | 0 | 0 | 121.3 | 0.3+ | 6.6 | 0.2 | 0+ | \$0.03 |
| 1 MM CK12 Cheese, Cheddar, S | 1 tsp | 2.4 | 9.5 | 0.8 | 0.1 | 2.3 | 0.5 | 0 | 15.4 | 1.8 | 16.7 | 0 | 7.8 | \$0.01 |
| *3 CK12 Sandwich, Wrap, Turke | 1 sandwich | 177 | 258.4 | 6.4 | 24.6 | 40.9 | 24 | 2 | 919.7 | 116.1+ | 216.8 | 1.9 | 204.9+ | \$1.12 |
| 1 MM CK12 Corn, Frozen, Seaso | 1/2 cup | 85 | 86.4 | 2.7 | 16 | 0 | 2.1 | 2 | 0.8 | 193.4 | 2.7 | 0.4 | 8.3 | \$0.19 |
| Main Entrees Totals | | | 1045.4 | 35.2 | 137.5 | 68 | 55.5 | 13.5 | 1951.4 | 1189.4+ | 376.3 | 6.9 | 237+ | \$2.45 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cucumber, Fresh, U | 1/2 cup | 59.5 | 8.9 | 0.1 | 2.2 | 0 | 0.4 | 0.3 | 1.2 | 87.5 | 9.5 | 0.2 | 3 | \$0.13 |
| 2 APL CK12 Pineapple, Tidbits, C | 1/2 cup | 94.3 | 56.6 | 0.1 | 14.7 | 0 | 0.5 | 1.2 | 0.9 | 116.9 | 15.1 | 0.3 | 2.8 | \$0.20 |
| 2 APL CK12 Fruit, Tropical, Can | 1/2 cup | 131.5 | 65.7 | 0 | 17.2 | 0 | 0.7 | 1.3 | 6.6 | 152.5 | 14.5 | 0.3 | 39.4 | \$0.32 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 403.9 | 3 | 93.6 | 0 | 9.6 | 13.9 | 108.2+ | 972+ | 122.6 | 3.1 | 88.1+ | \$1.82 |

Lunch - Milk & Condiments

Tuesday - 05/28/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|----------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 1 MM CK12 Salad Dressing, Ran | 2 floz | 64 | 135.7 | 8.7 | 13.2 | 17.8 | 0.5 | 0.2 | 693.4 | - | 5.2 | 0.2 | - | \$0.16 |

* indicates main item

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

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Lunch - Milk & Condiments

Tuesday - 05/28/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|--|--------------|------------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 1 MM CK12 Salad Dressing, Itali | 2 floz | 60 | 33.4 | 0.4 | 6.2 | 1.3 | 0.7 | 0.4 | 548.4 | - | 21.8 | 0.1 | - | \$0.18 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 579.5 | 11.8 | 93 | 35.4 | 26.6 | 2.3 | 2355.8 | 407.8+ | 922.7 | 0.6 | 136.4+ | \$1.17 |
| Daily Totals for 05/28/2019 | | | 2028.8 | 50 | 324.1 | 103.4 | 91.7 | 29.6 | 4415.4+ | 2569.2+ | 1421.6 | 10.6 | 461.5+ | \$5.44 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | | | 338.1% | - | - | - | - | - | 359% | - | - | - | - | - |

* indicates main item

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Lunch - 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 French Toast, Stic | 4 piece | 109.7 | 280.1 | 9.3 | 37.3 | 166.7 | 10.7 | 2.7 | 426.8 | - | 80 | 2.4 | - | \$0.71 |
| 2 APL CK12 Sausage, Pork, Pat | 1 each | 28.3 | 109.4 | 9.9 | 0.5 | 22.4 | 4 | 0 | 268.6 | - | 9.9 | 0.2 | - | \$0.19 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| 2 APL CK12 Syrup, Breakfast, 1 | 1 each | 39.7 | 120 | 0 | 30 | 0 | 0 | 0 | 25 | - | 0 | 0 | - | \$0.12 |
| *2 APL CK12 Pizza, Cheese, De | 1 each | 141.2 | 340.4 | 13 | 39 | 30 | 18 | 4 | 650.8 | 320.4 | 300.4 | 2.7 | - | \$0.94 |
| 2 APL CK12 Potato, Tater Tots (| 1/2 cup | 73.2 | 143.4 | 8.2 | 18.4 | 0 | 2 | 2 | 286.7 | 266.3 | 0 | 0.7 | - | \$0.14 |
| Main Entrees Totals | | | 1136.7 | 48.7 | 143.8 | 219.1 | 36.8 | 10.8 | 1944.7 | 852.9+ | 390.4 | 6.8 | - | \$2.23 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Cauliflower, Florets, | 1/2 cup | 74.8 | 18.7 | 0.2 | 3.7 | 0 | 1.4 | 1.5 | 22.5 | 223.8 | 16.5 | 0.3 | 0 | \$0.36 |
| 2 APL CK12 Oranges, Mandarin, | 1/2 cup | 129.7 | 48 | 0 | 12.4 | 0 | 0.8 | 0.9 | 6.5 | 172.5 | 14.3 | 0.4 | 55.8 | \$0.33 |
| 2 APL CK12 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 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 429.3 | 3.4 | 98.8 | 0 | 11.4 | 16.1 | 129.5+ | 1373+ | 119.3 | 3.3 | 101.7+ | \$2.13 |

Lunch - Milk & Condiments

Wednesday - 05/29/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

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| | | | | | | | | | | | | |
|--|---------|-----|-------|-------|------|------|---------|---------|--------|------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/29/2019 | 2000.9 | 55 | 321.4 | 235.8 | 73.8 | 28.6 | 3383.4+ | 2648.6+ | 1412.6 | 10.4 | 238.1+ | \$5.37 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 333.5% | - | - | - | - | - | 275.1% | - | - | - | - | - |

* indicates main item

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Lunch - Main Entrees

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 |
|--------------------------------|--------------|------------|--------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| *DS CK12 Hazel Park Pretzel, R | 3 each | 85 | 210 | 1.5 | 42 | 0 | 6 | 3 | 195 | - | 0 | 2.2 | - | \$0.34 |
| 3 CK12 Sauce, Cheese, Bagged | 4 ounce | 113.4 | 191.6 | 10.5 | 12.6 | 37.9 | 10.5 | 0 | 802.1 | - | 391.6 | 18.9 | - | \$0.33 |
| 2 APL CK12 Carrots, Frozen, Se | 1/2 cup | 95.2 | 53.8 | 2.8 | 7.2 | 0 | 0.5 | 3.1 | 54.9 | 179.1 | 32.7 | 0.5 | 786.7 | \$0.18 |
| *1 MM CK12 Parfait, Lunch, Yog | 1 serving(s) | 462.9 | 610.5 | 9.2 | 121.3 | 6.7 | 14.8 | 8.8+ | 226.8 | 759.1 | 266.7 | 3.6 | 2.6+ | \$1.70 |
| Main Entrees Totals | | | 1065.8 | 24.1 | 183.2 | 44.6 | 31.9 | 14.8+ | 1278.8 | 938.2+ | 691 | 25.2 | 789.3+ | \$2.55 |

Lunch - Extra Extra

Thursday - 05/30/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|---------------------------------|--------------|------------|-------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 2 APL CK12 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Broccoli, Florets, Fr | 1/2 cup | 35.5 | 12.1 | 0.1 | 2.4 | 0 | 1 | 0.9 | 11.7 | 112.3 | 16.7 | 0.3 | 11 | \$0.14 |
| 2 APL CK12 Pears, Canned, 1/2 | 1/2 cup | 123.7 | 60 | 0.1 | 15.6 | 0 | 0.4 | 2 | 3.7 | 87.2 | 9.9 | 0.3 | 0 | \$0.31 |
| 2 APL CK12 Honeydew, Melon, C | 1/2 cup | 85 | 30.6 | 0.1 | 7.7 | 0 | 0.5 | 0.7 | 15.3 | 193.8 | 5.1 | 0.1 | 2.5 | \$0.54 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| Extra Extra Totals | | | 375.4 | 3.2 | 85.2 | 0 | 9.9 | 14.6 | 130.3+ | 1008.5+ | 115.2 | 3 | 56.5+ | \$2.17 |

Lunch - Milk & Condiments

Thursday - 05/30/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-------------------------------------|--------------|------------|--------|---------|---------|-----------|---------|----------|---------|---------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |
| Milk & Condiments Totals | | | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/30/2019 | | | 1876.2 | 30.1 | 347.2 | 61.2 | 67.4 | 31.3+ | 2718.3+ | 2369.4+ | 1709.1 | 28.7 | 982.1+ | \$5.72 |

* indicates main item

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

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| | | | | | | | | | | | | |
|---|---------|---|---|---|---|---|-------|---|---|---|---|---|
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 312.7% | - | - | - | - | - | 221% | - | - | - | - | - |

* indicates main item

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Lunch - 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 Chicken, Drumstick | 1 each | 125.4 | 191.9 | 11.2 | 5 | 50 | 16 | 1 | 450 | 0+ | 20 | 1.1 | - | \$0.79 |
| 2 APL CK12 Beans, Baked, Can | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| 1 MM CK12 Biscuit, WG (GM 10 | 1 each | 56.7 | 208.9 | 9.9 | 26.9 | 0 | 4 | 2 | 457.6 | - | 149.2 | 1.1 | - | \$0.28 |
| *1 MM CK12 Corn Dog, Turkey, | 6 each | 115.7 | 243.5 | 12.2 | 24.4 | 30.4 | 12.2 | 3 | 700.1 | - | 60.9 | 1.6 | - | \$0.70 |
| 2 APL CK12 Beans, Baked, Can | 1/2 cup | 130 | 140 | 0.5 | 30 | 0 | 5 | 6 | 370 | - | 40 | 1.8 | - | \$0.24 |
| Main Entrees Totals | | | 924.3 | 34.3 | 116.2 | 80.4 | 42.2 | 18 | 2347.7 | 0+ | 310.1 | 7.4 | - | \$2.26 |

Lunch - Extra Extra

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 Salad, Side, Iceberg | 1/2 cup | 34.4 | 5.2 | 0 | 1.4 | 0 | 0.3 | 0.3 | - | - | 6.9 | 0.1 | - | \$0.07 |
| 1 MM CK12 Carrots, Fresh, Baby | 1/2 cup | 87.9 | 30.8 | 0.1 | 7.2 | 0 | 0.6 | 2.5 | 68.5 | 208.3 | 28.1 | 0.8 | 606.4 | \$0.45 |
| 2 APL CK12 Mixed Fruit, Canned | 1/2 cup | 126 | 60 | 0 | 15 | 0 | 0 | 1 | 5 | - | 0 | 0 | - | \$0.20 |
| 2 APL CK12 Peaches, Canned, 1 | 1/4 cup | 62.1 | 26.7 | 0 | 7 | 0 | 0.3 | 0.7 | 2.8 | 62.7 | 3.4 | 0.2 | 10.2 | \$0.15 |
| 2 APL CK12 Watermelon, Cubes | 1/2 cup | 92.1 | 27.6 | 0.1 | 7 | 0 | 0.6 | 0.4 | 0.9 | 103.2 | 6.4 | 0.2 | 25.8 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Can | 1/2 cup | 123.3 | 55.4 | 0.1 | 14.5 | 0 | 0.5 | 1.5 | 4.2 | 105 | 7.9 | 0.3 | 10.1 | \$0.30 |
| 1 MM CK12 Fruit, Assorted, Fres | 1 each | 133 | 78.9 | 0.2 | 20.5 | 0 | 0.8 | 3.5 | 1 | 234.1 | 20.3 | 0.2 | 5.8 | \$0.35 |
| 1 MM CK12 Beans, Garbanzo, C | 1/2 cup | 120 | 105.6 | 2.3 | 16.2 | 0 | 5.9 | 5.3 | 93.5 | 172.8 | 42 | 1.5 | 1.2 | \$0.16 |
| 2 APL CK12 Juice, Kiwi Strawbe | 1 each | 124.7 | 90 | - | 22 | - | - | - | 35 | 60 | 80 | - | - | \$0.34 |
| Extra Extra Totals | | | 480.1 | 3+ | 110.9 | 0+ | 9+ | 15.3+ | 210.9+ | 946.1+ | 195 | 3.3+ | 659.5+ | \$2.32 |

Lunch - Milk & Condiments

Friday - 05/31/2019

| Menu Item Name | Portion Size | Weight (g) | KCAL | FAT (g) | CHO (g) | CHOL (mg) | PRO (g) | DFIB (g) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Vit A (RAE) | Item Cost |
|-----------------------------------|--------------|------------|------|---------|---------|-----------|---------|----------|---------|--------|---------|---------|-------------|-----------|
| 3 CK12 Milk, White, 1% Low Fat | 1 each | 226.8 | 95.3 | 2.2 | 11.3 | 11.3 | 7.6 | 0 | 99.8 | 340.2 | 283.5 | 0.1 | 131.5 | \$0.22 |
| 3 CK12 Milk, Strawberry, Skim, 8 | 1 each | 226.8 | 120 | 0 | 22 | 0 | 8 | 0 | 120 | - | 300 | 0 | - | \$0.22 |
| 3 CK12 Milk, Chocolate, Skim, 8 | 1 each | 226.8 | 110 | 0 | 20 | 5 | 8 | 0 | 180 | - | 300 | 0 | - | \$0.26 |
| 1 MM CK12 Ketchup, Bulk Cond | 1 tbsp | 15.6 | 15.8 | 0 | 4.3 | 0 | 0.2 | 0 | 141.7 | 43.9 | 2.3 | 0.1 | 4.1 | \$0.02 |
| 1 MM CK12 Mustard, Bulk Cond | 1 tbsp | 15.6 | 9.4 | 0.5 | 0.9 | 0 | 0.6 | 0.6 | 172.5 | 23.7 | 9.8 | 0.3 | 0.8 | \$0.02 |
| 2 APL CK12 Salad Dressing, Ra | 1 each | 12.4 | 17.6 | 0.1 | 4 | 0.1 | 0.1 | 0.1 | 81.2 | - | 2.7 | 0 | - | \$0.07 |
| Salad Dressing, Italian, Fat Free | 1 each | 12.5 | 6.9 | 0.1 | 1.3 | 0.3 | 0.1 | 0.1 | 114 | 14.9 | 4.5 | 0 | - | \$0.10 |
| 2 APL CK12 Sauce, BBQ, Bulk C | 1 floz | 37 | 60 | 0 | 15 | 0 | 1 | 1 | 400 | - | 0 | 0 | - | \$0.09 |

* indicates main item

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| | | | | | | | | | | | | |
|---|---------|-------|-------|--------|-------|-------|---------|---------|---------|-------|--------|--------|
| Milk & Condiments Totals | 435 | 2.9 | 78.8 | 16.7 | 25.6 | 1.8 | 1309.2 | 422.7+ | 903 | 0.4 | 136.4+ | \$1.00 |
| Daily Totals for 05/31/2019 | 1839.4 | 40.2+ | 305.9 | 97.1+ | 76.7+ | 35.1+ | 3867.8+ | 1368.8+ | 1408.1 | 11.1+ | 795.9+ | \$5.58 |
| USDA K12 (Sodium Target 1), Lunch, 5-13 y | 600-650 | - | - | - | - | - | ≤1230 | - | - | - | - | - |
| % USDA K12 (Sodium Target 1), Lunch, 5-13 y | 306.6% | - | - | - | - | - | 314.5% | - | - | - | - | - |
| Daily Average for Week (5/26/2019 - 5/31/2019) | 1936.3 | 43.8+ | 324.7 | 124.4+ | 77.4+ | 31.2+ | 3596.2+ | 2239+ | 1487.9 | 15.2+ | 619.4+ | \$5.53 |
| % Average for Week (5/26/2019 - 5/31/2019) | 322.7% | - | - | - | - | - | 292.4% | - | - | - | - | - |
| Daily Average for Dates: 04/29/2019 - 05/31/2019 | 1351.1 | 33.4+ | 218.4 | 87.4+ | 55.5+ | 22+ | 2520.6+ | 1571.5+ | 1057.1+ | 7.9+ | 419.2+ | \$3.87 |
| % for Dates: 04/29/2019 - 05/31/2019 | 225.2% | - | - | - | - | - | 204.9% | - | - | - | - | - |

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