

Menu Collections - Menu Analysis Report

Report Run: Apr 23, 2018

Date(s) Included: April 30, 2018 - June 8, 2018

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

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

List: All Items

Lunch - Main Entrees

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.42
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 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
*2 APL CK12 Sandwich, Wrap, T	1 sandwich	194	358.8	16.1	33	64.7	19.1	4	1213.5	153.5+	461.8	2.7	294.8+	\$0.91
2 APL CK12 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
Main Entrees Totals			906.2	39.1	97.7	89.7	40.5	11.2	2258.4	753.7+	516.5	6.6	294.8+	\$1.65

Lunch - Extra Extra

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.05
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Pears, Canned, Jui	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			381.7	3	87.3	0	9.3	15.9	142.7	1024.9+	118	3.2	255.9+	\$1.70

Lunch - Milk & Condiments

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10

* indicates main item

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

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Lunch - Milk & Condiments

Monday - 04/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 04/30/2018			1674.3	44.8	250.6	109.3	72.5	28.5	3195.7	2980.6+	1496.4	10.6	686.7+	\$4.19
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			279%	-	-	-	-	-	259.8%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 05/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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 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	\$0.20
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
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	\$0.20
Main Entrees Totals			771	33.7	86.9	79.6	39	15	1782.2	564.7+	390.4	8	1618.3+	\$1.90

Lunch - Extra Extra

Tuesday - 05/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.13
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 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 Apple, Red Deliciou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			382.8	3.2	87.5	0	9.9	16.5	122.2	1064.5+	122.6	3.2	293.9+	\$1.64

Lunch - Milk & Condiments

Tuesday - 05/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/01/2018			1540.1	39.6	240	99.2	71.6	32.9	2698.9	2831.3+	1375	11.9	2048.2+	\$4.38

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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	256.7%	-	-	-	-	-	219.4%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 05/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.72
2 APL CK12 Sausage, Turkey, L	2 each	58.1	120	8	0	60	12	0	160	-	40	0.7	-	\$0.42
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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.42
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	-	\$0.13
Main Entrees Totals			1070.2	48.8	120.5	251.8	43.1	9.3	1586.5	532.5+	145.1	6.9	-	\$1.94

Lunch - Extra Extra

Wednesday - 05/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 Banana, Sliced Cini	1/2 cup	41.6	40.2	0.1	10.3	0	0.4	1.1	0.4	145.4	3.1	0.1	1.2	\$0.11
2 APL CK12 Apple, Slices, Cann	1/2 cup	107.3	56.9	0.4	14.6	0	0.3	2.6	1.1	94.4	5.4	0.2	2.1	\$0.29
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			360.3	3.4	81.7	0	8.9	15.5	105.3	966.3+	101.7	2.9	229.6+	\$1.52

Lunch - Milk & Condiments

Wednesday - 05/02/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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Daily Totals for 05/02/2018	1816.9	54.9	267.8	271.4	74.7	26.2	2486.4	2700.9+	1108.7	10.5	365.6+	\$4.29
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	302.8%	-	-	-	-	-	202.1%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 05/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Bowl, Mashed Potatoes	1 serving(s)	272.2	375.4	15.9	38.4	24.7	18.3	3.3	657.3	253.5+	88.1	2.7	7.8+	\$0.59
2 APL CK12 Gravy, Chicken, Low Fat	1 floz	33.2	13.8	0.2	2.8	0	0	0	95.4	0.3+	5.5	0.2	0+	\$0.02
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 Cheese, Cheddar, Shredded	1 ounce	28.3	114.5	9.4	0.9	28.1	6.5	0	185.1	21.5	201.3	0	93.6	\$0.16
1 MM CK12 Corn, Frozen, Seasoned	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 Parfait, Lunch, Yogurt	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1402.3	48.9	196.2	64.1	50.2	16	1666	1404.5+	901.2	8.1	139.4+	\$2.66

Lunch - Extra Extra

Thursday - 05/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	20.8	0.2	4.4	0	1	1.8	13.8	257.1	21.7	0.5	285.8	\$0.24
1 MM CK12 Tomatoes, Cherry, Fresh	1/2 cup	74.5	13.4	0.1	2.9	0	0.7	0.9	3.7	176.6	7.4	0.2	31.3	\$0.28
1 MM CK12 Beans, Garbanzo, Cooked	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 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 Apple, Red Delicious, Sliced	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			405.6	3.4	93.2	0	9.7	17.6	118.7	1214.2+	120.4	3.1	342.1+	\$1.76

Lunch - Milk & Condiments

Thursday - 05/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8oz	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Milk & Condiments Totals			525.7	12	78.3	38.3	24.2	2.2	1982.8	1224.7+	888.1	1.1	140.6+	\$1.04
Daily Totals for 05/03/2018			2333.5	64.3	367.7	102.5	84.1	35.8	3767.6	3843.4+	1909.7	12.3	622.1+	\$5.46

* indicates main item

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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	388.9%	-	-	-	-	-	306.3%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 05/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	65.1	2.1	9.7	2.6	1.8	2.3	569	416.7	33.9	1	40.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			715.9	22.7	93	95.5	39	9	1352.9	574.8+	943.3	4.4	467.6+	\$1.66

Lunch - Extra Extra

Friday - 05/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$1.47
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 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			385.1	3.1	87.1	0	9.7	15.3	136.3	954.6+	107.2	3.1	240.5+	\$2.93

Lunch - Milk & Condiments

Friday - 05/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/04/2018			1487.4	28.5	245.6	115.1	71.5	25.7	2283.7	2731.5+	1912.5	8.3	844.1+	\$5.42
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	247.9%	-	-	-	-	-	185.7%	-	-	-	-	-
Daily Average for Week (4/30/2018 - 5/5/2018)	1770.4	46.4	274.3	139.5	74.9	29.8	2886.4	3017.5+	1560.5	10.7	913.4+	\$4.75
% Average for Week (4/30/2018 - 5/5/2018)	295.1%	-	-	-	-	-	234.7%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 05/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Sandwich, Chicken	1 sandwich	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
*2 APL CK12 Sandwich, Wrap, T	1 sandwich	194	358.8	16.1	33	64.7	19.1	4	1213.5	153.5+	461.8	2.7	294.8+	\$0.91
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
Main Entrees Totals			1078.6	47.6	112.9	89.7	45.9	13.7	2568	674.8+	568.1	7.2	294.8+	\$1.74

Lunch - Extra Extra

Monday - 05/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.41
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 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			413.5	3.1	96	0	8.7	19.2	177.5	988+	119.8	3.3	833.5+	\$1.79

Lunch - Milk & Condiments

Monday - 05/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/07/2018			1878.4	53.5	274.4	109.3	77.3	34.4	3540.1	2864.8+	1549.7	11.4	1264.3+	\$4.37
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	313.1%	-	-	-	-	-	287.8%	-	-	-	-	-
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Lunch - Main Entrees

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	-	\$0.34
*2 APL CK12 Hot Dog, Beef (Tys	1 sandwich	113.4	340	19.2	28.2	35	11.7	2.7	862.8	96.4+	33.5	2.2	-	\$0.54
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+	\$0.11
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	\$0.17
1 MM CK12 Beans, Baked, Canr	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
2 APL CK12 Cookie, Chocolate C	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 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
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			1527.9	64.7	178.4	141.4+	67.2	26.2	3899.4	1216.9+	498.6	14.1	70.3+	\$2.40

Lunch - Extra Extra

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.13
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 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Orange, Fresh, We	4 wedge	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
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
Extra Extra Totals			400.5	3.3	91.4	0	10.6	17	117.8	1157.4+	158.8	3.3	274.2+	\$1.90

Lunch - Milk & Condiments

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10

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Lunch - Milk & Condiments

Tuesday - 05/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/08/2018			2314.8	70.7	335.4	161+	100.6	44.5	4811.7	3576.4+	1519.2	18.2	480.5+	\$5.14
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			385.8%	-	-	-	-	-	391.2%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 05/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.21
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	0.7	-	\$0.24
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Chicken, Nuggets (5 each	97.8	263.3	15	16.3	25.1	16.3	2.5	401.3	-	25.1	2.3	-	\$0.42
1 MM CK12 Potato, Hash Brown	1 each	63.8	130	8	14	-	1	3	250	-	0	0.4	-	\$0.15
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
Main Entrees Totals			961.1	42.4	117.9	251.7+	30.1	12.6	1542	76.2+	94.8	5.6	0+	\$1.40

Lunch - Extra Extra

Wednesday - 05/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Peppers, Green & R	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.25
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Honeydew, Melon,	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	\$0.53
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			356.7	3	79.7	0	8.7	14.1	124.6	921.6+	92.8	2.7	266+	\$1.95

Lunch - Milk & Condiments

Wednesday - 05/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03

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Milk & Condiments Totals	386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/09/2018	1704.1	48.1	263.2	271.3+	61.5	28.1	2461.1	2199.8+	1049.4	9.1	402+	\$4.19
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	284%	-	-	-	-	-	200.1%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 05/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Chicken, Popcorn	12 piece	95.3	257.7	14.6	15.7	22.4	15.7	2.2	381	-	44.8	2	-	\$0.43
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
2 APL CK12 Carrots, Frozen, 1/2	1/2 cup	97.5	36.1	0.7	7.5	0	0.6	3.2	57.5	187.2	34.1	0.5	825	\$0.20
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1106	35.9	161.4	33.8	39.6	16.2	1165.9	1123+	682.6	7.4	854.9+	\$2.33

Lunch - Extra Extra

Thursday - 05/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 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
1 MM CK12 Strawberries, Fresh	1/4 cup	44.2	14.2	0.1	3.4	0	0.3	0.9	0.4	67.7	7.1	0.2	0.4	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			334	3.1	74.8	0	8.9	13.9	105.2	911.1+	115.4	3	229.5+	\$1.65

Lunch - Milk & Condiments

Thursday - 05/10/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/10/2018			1826.3	41.7	301.7	53.4	71.3	31.6	2065.7	3236.1+	1660	11.2	1220.3+	\$4.82
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	304.4%	-	-	-	-	-	167.9%	-	-	-	-	-
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Lunch - Main Entrees

Friday - 05/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
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
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.88

Lunch - Extra Extra

Friday - 05/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.05
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 Peaches, Canned,	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			407.2	2.9+	92.6	0+	8.8+	13.8+	172.5	960.9+	186.4	2.8+	255.9+	\$1.69

Lunch - Milk & Condiments

Friday - 05/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim,	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			542.7	12	82.6	38.3	24.3	2.3	2069.5	1231.3+	890.4	1.3	140.6+	\$1.07
Daily Totals for 05/11/2018			1648.8	34.8+	270.9	131.3+	69.6+	27.7+	3563.7	2888.5+	1912.4	8.7+	823.7+	\$4.64
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	274.8%	-	-	-	-	-	289.7%	-	-	-	-	-
Daily Average for Week (5/6/2018 - 5/12/2018)	1874.5	49.8+	289.1	145.2+	76+	33.2+	3288.5	2953.1+	1538.2	11.7+	838.2+	\$4.63
% Average for Week (5/6/2018 - 5/12/2018)	312.4%	-	-	-	-	-	267.4%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Chicken, Nuggets (Gold)	6 each	103.4	220.8	9.6	14.4	42	18	2.4	480	-	37.2	2.4	-	\$0.18
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
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
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
*2 APL CK12 Sandwich, Wrap, T	1 sandwich	194	358.8	16.1	33	64.7	19.1	4	1213.5	153.5+	461.8	2.7	294.8+	\$0.91
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	73	0	15.6	0	2.1	1	18.4	251.2	13.2	0.2	0+	\$0.09
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
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
Main Entrees Totals			968.8	32.5	122.7	127.4	44.6	12.3	2160.2	656.4+	559.3	7.3	294.8+	\$1.54

Lunch - Extra Extra

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.41
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			393.2	3.1	90.5	0	9.4	17.1	178.8	1102.9+	124.5	3.8	855.4+	\$1.96

Lunch - Milk & Condiments

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05

* indicates main item

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Lunch - Milk & Condiments

Monday - 05/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/14/2018			1748.3	38.3	278.8	147	76.7	30.8	3133.5	2961.4+	1545.7	11.9	1286.2+	\$4.34
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			291.4%	-	-	-	-	-	254.8%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Taco Filling, Beef	3/8 cup	90.7	111.6	4.5	4.5	34.5	12.7	1.8	293.9	-	42.6	1.8	-	\$0.12
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	240	14	28	0	-	2	360	-	20	0.4	-	\$0.46
2 APL CK12 Breadstick, Cinnamon	1 each	30.6	82.4	1.9	15.3	0	2	1.2	65	1.4+	3.3	0.7	0+	\$0.05
1 MM CK12 Lettuce, Romaine, S	1/4 cup	11.7	2	0	0.4	0	0.1	0.2	0.9	29	3.9	0.1	51.2	\$0.06
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	57.3	4.7	0.4	14	3.2	0	92.6	10.8	100.6	0	46.8	\$0.08
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	\$0.17
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
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	\$0.20
Main Entrees Totals			911.2	42.6	94	97.7	42.9+	13.2	2154.2	528.7+	457	8.5	944.6+	\$1.85

Lunch - Extra Extra

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Lettuce, Romaine, S	1/2 cup	23.5	4	0.1	0.8	0	0.3	0.5	1.9	58	7.8	0.2	102.5	\$0.12
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 Applesauce, Cinnam	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 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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
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	\$0.05
Extra Extra Totals			372.5	3.1	85	0	9	15.3	137.7	1001.5+	128	3.2	337.9+	\$1.57

Lunch - Milk & Condiments

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	1 tbsp	16	33.9	2.2	3.3	4.4	0.1	0.1	173.3	-	1.3	0	-	\$0.05

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Lunch - Milk & Condiments

Tuesday - 05/15/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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
Milk & Condiments Totals			423.9	5.5	68.4	25	23.8	2	1462.8	1224.7+	884.2	0.9	140.6+	\$0.90
Daily Totals for 05/15/2018			1707.6	51.2	247.4	122.7	75.7+	30.5	3754.6	2754.9+	1469.2	12.7	1423.1+	\$4.32
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			284.6%	-	-	-	-	-	305.3%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 05/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.72
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*3 CK12 Chicken, Nuggets (Gold	6 each	103.4	220.8	9.6	14.4	42	18	2.4	480	-	37.2	2.4	-	\$0.18
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	-	\$0.13
1 MM CK12 Dinner Roll, WG (Ri	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.12
Main Entrees Totals			1077.6	42.8	134.6	428.7	41.8	11.2	1825.3	532.5+	157.2	8.1	-	\$1.64

Lunch - Extra Extra

Wednesday - 05/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bl	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 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	\$0.61
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			347.3	3	78.2	0	9.6	14.2	121.8	1105.4+	108.2	3.1	385.9+	\$2.06

Lunch - Milk & Condiments

Wednesday - 05/16/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03

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Milk & Condiments Totals	386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/16/2018	1811.3	48.6	278.4	448.3	74.2	26.8	2741.6	2840+	1127.4	12	521.9+	\$4.54
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	301.9%	-	-	-	-	-	222.9%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 05/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Hot Dog, Turkey B	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
1 MM CK12 Beans, Baked, Cann	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1025.6	24.1	167.9	65.2	40.1	18.7	1701.6	1439.3+	580.5	7.9	29.8+	\$1.96

Lunch - Extra Extra

Thursday - 05/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$1.47
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 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 Fruit Cocktail, Cann	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			377.9	3	85.3	0	10.6	15.2	136.5	1152.6+	124.4	3.3	297.5+	\$3.13

Lunch - Milk & Condiments

Thursday - 05/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim,	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			517.7	11.7	77.9	37.4	23.8	2	1658.2	1231.3+	874	1.2	140.6+	\$0.93
Daily Totals for 05/17/2018			1921.1	38.9	331.2	102.6	74.4	35.9	3496.4	3823.2+	1578.9	12.4	467.9+	\$6.02
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			320.2%	-	-	-	-	-	284.3%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 05/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	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 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			671.9	25.7	79.4	101.3+	31.7	9.1	1063.4	452.1+	782.4	3.7	545+	\$1.61

Lunch - Extra Extra

Friday - 05/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.13
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
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			413.2	2.9+	93.6	0+	9.3+	13.7+	154.3	928.6+	190.3	2.9+	252.7+	\$1.79

Lunch - Milk & Condiments

Friday - 05/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/18/2018			1471.5	31.4+	238.6	120.9+	63.7+	24.2+	2012.3	2582.8+	1834.6	7.4+	933.7+	\$4.24
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	245.3%	-	-	-	-	-	163.6%	-	-	-	-	-
Daily Average for Week (5/13/2018 - 5/19/2018)	1732	41.7+	274.9	188.3+	73+	29.6+	3027.7	2992.5+	1511.2	11.3+	926.6+	\$4.69
% Average for Week (5/13/2018 - 5/19/2018)	288.7%	-	-	-	-	-	246.2%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 05/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Chicken, Tenders (B)	3 piece	96.1	263	15.2	16.2	25.3	15.2	3	394.5	-	40.5	1.8	-	\$0.78
1 MM CK12 Breadstick, Plain (B)	1 each	28.3	70	1	14	0	2	1	65	-	0	0.7	-	\$0.04
2 APL CK12 Potato, Tater Tots (B)	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
*2 APL CK12 Sandwich, Wrap, T	1 sandwich	194	358.8	16.1	33	64.7	19.1	4	1213.5	153.5+	461.8	2.7	294.8+	\$0.91
2 APL CK12 Potato, Tater Tots (B)	1/2 cup	73.2	143.4	8.2	18.4	0	2	2	286.7	266.3	0	0.7	-	\$0.13
Main Entrees Totals			978.6	48.7	100.1	90	40.4	12.1	2246.5	686+	502.2	6.7	294.8+	\$1.99

Lunch - Extra Extra

Monday - 05/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Applesauce, Rosy,	1/2 cup	129.3	70.6	0.1	18.4	0	0.6	1.4	24.9	92.4	5.1	0.3	1.2	\$0.27
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			390.8	3	90.1	0	9.6	14.9	134	984.3+	106.2	3.2	252+	\$1.72

Lunch - Milk & Condiments

Monday - 05/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/21/2018			1755.7	54.4	255.7	109.6	72.7	28.4	3175	2872.3+	1470.3	10.7	682.8+	\$4.55

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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	292.6%	-	-	-	-	-	258.1%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 05/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	-	\$0.34
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+	\$0.11
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	\$0.17
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
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			944.2	40.3	105.4	86.8+	46.9	14.3	2397.5	713.4+	384.9	9	70.3+	\$1.53

Lunch - Extra Extra

Tuesday - 05/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.41
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 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Pineapple, Tidbits,	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
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			410.1	3.2	94.6	0	9.2	18.5	173.5	1104.9+	134.9	3.6	836.4+	\$1.78

Lunch - Milk & Condiments

Tuesday - 05/22/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim,	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim,	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/22/2018			1740.6	46.2	265.6	106.3+	78.8	34.2	3365.4	3020.3+	1381.6	13.4	1042.7+	\$4.15

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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	290.1%	-	-	-	-	-	273.6%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 05/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
*3 CK12 Chicken, Nuggets (Gold	6 each	103.4	220.8	9.6	14.4	42	18	2.4	480	-	37.2	2.4	-	\$0.18
1 MM CK12 Dinner Roll, WG (Ri	1 each	35.4	80	1.5	14	0	3	2	70	-	0	1.1	-	\$0.12
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	172.6	1.1	36.9	0	5.2	6.2	434.6	35.9+	47.5	1.9	1.4+	\$0.28
Main Entrees Totals			991.3	27.9	136.1	91.2	54.7	20.5	2245.6	202.1+	366.7	11.9	47.8+	\$1.56

Lunch - Extra Extra

Wednesday - 05/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 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 Honeydew, Melon,	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	\$0.53
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			341.9	3	76.9	0	9.4	13.4	125.6	1092.8+	112.7	3	284.5+	\$1.99

Lunch - Milk & Condiments

Wednesday - 05/23/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/23/2018			1719.6	33.7	278.5	110.8	86.8	35.3	3165.8	2496.9+	1341.2	15.8	468.3+	\$4.39

* indicates main item

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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	286.6%	-	-	-	-	-	257.4%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 05/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Pizza, Pepperoni (S)	1 slice	121.2	289.7	13.9	24	38.4+	16.3	3.1	658.6	168.9+	339.6	1.5	101.3+	\$0.48
*2 APL CK12 Hot Dog, Beef (Type)	1 sandwich	113.4	340	19.2	28.2	35	11.7	2.7	862.8	96.4+	33.5	2.2	-	\$0.54
Rice Krispies Treats, Mini Squares	1 each	11.1	45.8	1.1	8.5	0	0.3	0.1	52.2	5.1	0.6	0.2	-	\$0.16
1 MM CK12 Beans, Baked, Canned	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
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
*1 MM CK12 Parfait, Lunch, Yogurt	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1522.4	50.1	216.9	104.3+	56.2	23.8	2482.6	1613.3+	908.4	10.6	131.1+	\$2.93

Lunch - Extra Extra

Thursday - 05/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine Bunch	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Peppers, Green & Red	1/2 cup	46	11.7	0.1	2.5	0	0.4	0.9	1.6	88.8	3.9	0.2	40.2	\$0.25
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 Pears, Canned, Juice	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.35
2 APL CK12 Honeydew, Melon, Canned	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	\$0.53
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fresh	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
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
Extra Extra Totals			388.9	3.2	88.4	0	9.7	15.5	125.7	1148.8+	110.9	3.3	291.8+	\$2.39

Lunch - Milk & Condiments

Thursday - 05/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8oz	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8oz	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodium	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gram	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65)	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03

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Milk & Condiments Totals	386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/24/2018	2297.7	56.1	370.8	123.9+	88.6	40.7	3402.7	3964.2+	1881.2	14.7	559+	\$6.16
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	383%	-	-	-	-	-	276.6%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 05/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
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
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.88

Lunch - Extra Extra

Friday - 05/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			383.3	3	86.9	0	9.6	15.1	124.5	916.7+	108.2	3	258.8+	\$1.64

Lunch - Milk & Condiments

Friday - 05/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			542.7	12	82.6	38.3	24.3	2.3	2069.5	1231.3+	890.4	1.3	140.6+	\$1.07
Daily Totals for 05/25/2018			1624.9	34.9	265.2	131.3+	70.4	29	3515.7	2844.2+	1834.3	8.9	826.6+	\$4.59
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	270.8%	-	-	-	-	-	285.8%	-	-	-	-	-
Daily Average for Week (5/20/2018 - 5/26/2018)	1827.7	45.1	287.2	116.4+	79.5	33.5	3324.9	3039.6+	1581.7	12.7	715.9+	\$4.77
% Average for Week (5/20/2018 - 5/26/2018)	304.6%	-	-	-	-	-	270.3%	-	-	-	-	-

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Lunch - Main Entrees

Tuesday - 05/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*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	-	\$0.42
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 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
*2 APL CK12 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
2 APL CK12 Potato, Oven Fries,	1/2 cup	73.2	104.8	3.3	17	0	1.3	1.3	248.9	262	0	0.5	-	\$0.11
Main Entrees Totals			892.8	37.5	98.5	74.3	44.6	10.9	1871.4	730.5+	289.2	8.5	44.9+	\$1.45

Lunch - Extra Extra

Tuesday - 05/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.13
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
1 MM CK12 Pineapple, Tidbits, C	1/4 cup	47.1	28.3	0.1	7.3	0	0.2	0.6	0.5	58.4	7.5	0.1	1.4	\$0.10
2 APL CK12 Apple, Golden Delic	1 each	169	96.3	0.3	23	-	0.5	4.1	3.4	169	10.1	0.2	5.1	\$0.30
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			391.1	3.2	87.2	0+	9.5	17.1	118.2	978.8+	118.2	3	240.7+	\$1.50

Lunch - Milk & Condiments

Tuesday - 05/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 05/29/2018			1670.2	43.4	251.3	93.9+	76.9	29.4	2784.2	2911.4+	1269.2	12.3	421.7+	\$3.79

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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	278.4%	-	-	-	-	-	226.4%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 05/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.72
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Sandwich, Turkey (1 sandwich	121.9	291.5	14.1	23.6	50.8	18.7	1.9	480.9	21.5+	216.3	1.3	93.6+	\$0.83
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	-	\$0.13
Main Entrees Totals			1068.3	45.9	129.8	437.5	39.4	8.7	1756.2	554.1+	336.3	5.9	93.6+	\$2.17

Lunch - Extra Extra

Wednesday - 05/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 Banana, Sliced Cini	1/2 cup	41.6	40.2	0.1	10.3	0	0.4	1.1	0.4	145.4	3.1	0.1	1.2	\$0.11
1 MM CK12 Juice, Assorted, 100	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			366.8	3	81.7	0	8.9	12.9	119.3	975.3+	96.4	2.7	227.4+	\$1.40

Lunch - Milk & Condiments

Wednesday - 05/30/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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

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Daily Totals for 05/30/2018	1821.5	51.6	277.1	457.1	71.1	23	2670	2731.4+	1294.6	9.4	457+	\$4.41
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	303.6%	-	-	-	-	-	217.1%	-	-	-	-	-

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Lunch - Main Entrees

Thursday - 05/31/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Hot Dog, Turkey B	1 sandwich	113.4	282.7	11.3	30.3	44.6	13.9	2.7	886.3	96.4+	56.2	1.9	-	\$0.32
1 MM CK12 Beans, Baked, Can	1/2 cup	131.8	139.7	2	26.3	9.2	6.8	7.2	545.5	407.2	69.8	2.2	0	\$0.22
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	603.2	10.7	111.3	11.3	19.4	8.8	269.8	935.8	454.5	3.8	29.8	\$1.42
Main Entrees Totals			1025.6	24.1	167.9	65.2	40.1	18.7	1701.6	1439.3+	580.5	7.9	29.8+	\$1.96

Lunch - Extra Extra

Thursday - 05/31/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Tomatoes, Cherry, F	1/2 cup	74.5	13.4	0.1	2.9	0	0.7	0.9	3.7	176.6	7.4	0.2	31.3	\$0.28
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Fruit Cocktail, Can	1/2 cup	123.4	56.8	0	14.6	0	0.6	1.2	4.9	117.3	9.9	0.3	18.5	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			381.4	3	87.1	0	9.8	15.3	116.5	1098.2+	108.8	3.2	297.6+	\$1.94

Lunch - Milk & Condiments

Thursday - 05/31/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
2 APL CK12 Salad Dressing, Ital	1 tbsp	15	8.3	0.1	1.6	0.3	0.2	0.1	137.1	-	5.5	0	-	\$0.04
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			517.7	11.7	77.9	37.4	23.8	2	1658.2	1231.3+	874	1.2	140.6+	\$0.93
Daily Totals for 05/31/2018			1924.7	38.8	332.9	102.6	73.7	36.1	3476.4	3768.9+	1563.4	12.3	468+	\$4.83
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			320.8%	-	-	-	-	-	282.6%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 06/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Pizza, French Bread, C	1 piece	155.9	309.8	11	33	30	23	3	379.8	-	499.8	1.8	-	\$0.53
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	65.1	2.1	9.7	2.6	1.8	2.3	569	416.7	33.9	1	40.4	\$0.19
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			715.9	22.7	93	95.5	39	9	1352.9	574.8+	943.3	4.4	467.6+	\$1.66

Lunch - Extra Extra

Friday - 06/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$1.47
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 Peaches, Diced, Ca	1/2 cup	123.6	52.1	0.1	13.8	0	0.5	1.3	6.2	91.7	7	0.4	17.3	\$0.28
2 APL CK12 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			385.1	3.1	87.1	0	9.7	15.3	136.3	954.6+	107.2	3.1	240.5+	\$2.93

Lunch - Milk & Condiments

Friday - 06/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 06/01/2018			1487.4	28.5	245.6	115.1	71.5	25.7	2283.7	2731.5+	1912.5	8.3	844.1+	\$5.42
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-

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% USDA K12 (Sodium Target 1), Lunch, 5-13 y	247.9%	-	-	-	-	-	185.7%	-	-	-	-	-
Daily Average for Week (5/27/2018 - 6/2/2018)	1726	40.6	276.7	192.2+	73.3	28.6	2803.6	3035.8+	1509.9	10.6	547.7+	\$4.61
% Average for Week (5/27/2018 - 6/2/2018)	287.7%	-	-	-	-	-	227.9%	-	-	-	-	-

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Lunch - Main Entrees

Monday - 06/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Sandwich, Chicken	1 sandwich	170.1	453.5	19.2	47.1	25	22.7	5.7	719.6	111.7+	106.3	4.6	0+	\$0.55
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
*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
3 CK12 Potato, Tater Tots (McC)	1/2 cup	73.2	133.1	6.1	16.4	0	2	2	317.5	204.8	0	0	-	\$0.14
Main Entrees Totals			963.3	43.7	104.2	55.4	39	12.8	2054.6	521.3+	167.2	6.2	0+	\$1.52

Lunch - Extra Extra

Monday - 06/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.41
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 Apple, Red Delicou	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Pears, Canned, Lig	1/2 cup	124	60	0	16	0	0	2	5	-	0	0	-	\$0.21
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			413.5	3.1	96	0	8.7	19.2	177.5	988+	119.8	3.3	833.5+	\$1.79

Lunch - Milk & Condiments

Monday - 06/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 06/04/2018			1763.2	49.5	265.8	75	70.4	33.4	3026.7	2711.3+	1148.8	10.3	969.6+	\$4.15
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	293.9%	-	-	-	-	-	246.1%	-	-	-	-	-
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* indicates main item

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Lunch - Main Entrees

Tuesday - 06/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 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	-	\$0.34
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+	\$0.11
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	\$0.17
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 Burger, Cheesebur	1 sandwich	154.8	345.4	14.5	33.8	49.2	23.3	3.7	826.5	130.4+	234.4	4.6	44.9+	\$0.71
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			1030.6	43	121.4	86.8+	49	16.3	2398.3	906.8+	387.6	9.4	78.6+	\$1.72

Lunch - Extra Extra

Tuesday - 06/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
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 Applesauce, Canne	1/2 cup	122	51.2	0.1	13.7	0	0.2	1.3	2.4	90.3	4.9	0.3	1.2	\$0.24
2 APL CK12 Pears, Fresh, Bartle	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.45
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			412.3	3.3	96	0	9.6	18.9	118.5	1034.2+	120.3	3.2	237.1+	\$1.80

Lunch - Milk & Condiments

Tuesday - 06/05/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

* indicates main item

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Daily Totals for 06/05/2018	1829.3	49	282.9	106.3+	81.4	36.6	3311.3	3143.1+	1369.7	13.4	451.8+	\$4.36
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	304.9%	-	-	-	-	-	269.2%	-	-	-	-	-

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Lunch - Main Entrees

Wednesday - 06/06/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.72
2 APL CK12 Egg, Scrambled, Pr	1/2 cup	56.7	90	6	2	220	6	0	250	-	40	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	-	\$0.13
2 APL CK12 Syrup, Breakfast, 1	1 each	39.7	120	0	30	0	0	0	25	-	0	0	-	\$0.12
*1 MM CK12 Sandwich, Turkey (1 sandwich	121.9	291.5	14.1	23.6	50.8	18.7	1.9	480.9	21.5+	216.3	1.3	93.6+	\$0.83
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	-	\$0.13
Main Entrees Totals			1068.3	45.9	129.8	437.5	39.4	8.7	1756.2	554.1+	336.3	5.9	93.6+	\$2.17

Lunch - Extra Extra

Wednesday - 06/06/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.15
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 Banana, Sliced Cini	1/2 cup	41.6	40.2	0.1	10.3	0	0.4	1.1	0.4	145.4	3.1	0.1	1.2	\$0.11
1 MM CK12 Juice, Assorted, 100	1 each	113.4	63.3	0	14.7	0	0.3	0	15	103.3	0	0	-	\$0.17
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			366.8	3	81.7	0	8.9	12.9	119.3	975.3+	96.4	2.7	227.4+	\$1.40

Lunch - Milk & Condiments

Wednesday - 06/06/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84

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Daily Totals for 06/06/2018	1821.5	51.6	277.1	457.1	71.1	23	2670	2731.4+	1294.6	9.4	457+	\$4.41
USDA K12 (Sodium Target 1), Lunch, 5-13 y	600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y	303.6%	-	-	-	-	-	217.1%	-	-	-	-	-

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Lunch - Extra Extra

Thursday - 06/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
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	\$0.05
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 Peaches, Canned, J	1/2 cup	129.2	56.8	0	14.9	0	0.8	1.7	5.2	165.3	7.7	0.3	24.5	\$0.33
2 APL CK12 Pears, Canned, Juic	1/2 cup	129.2	64.6	0.1	16.7	0	0.4	2.1	5.2	124	11.6	0.4	0	\$0.35
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			381.7	3	87.3	0	9.3	15.9	142.7	1024.9+	118	3.2	255.9+	\$1.70

Lunch - Milk & Condiments

Thursday - 06/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
2 APL CK12 Ketchup, Low Sodi	1 each	9	10	0	2	0	0	0	25	30	0	0	-	\$0.01
3 CK12 Mustard, Yellow, 5.5 gra	1 each	5.5	3.3	0.2	0.3	0	0.2	0.2	60.7	8.4	3.5	0.1	0.3	\$0.01
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	-	\$0.10
Salad Dressing, Italian, Fat Free	1 each	12.5	6.9	0.1	1.3	0.3	0.1	0.1	114	-	4.5	0	-	\$0.05
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			386.4	2.7	65.6	19.6	22.7	1.4	794.5	1202.1+	861.9	0.8	136+	\$0.84
Daily Totals for 06/07/2018			768.1	5.7	152.9	19.6	32	17.3	937.2	2227+	979.9	4	391.9+	\$2.54
USDA K12 (Sodium Target 1), Lunch, 5-13 y			600-650	-	-	-	-	-	≤1230	-	-	-	-	-
% USDA K12 (Sodium Target 1), Lunch, 5-13 y			128%	-	-	-	-	-	76.2%	-	-	-	-	-

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Lunch - Main Entrees

Friday - 06/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*1 MM CK12 Breadstick, Cheese	2 each	122	300	10	34	30	20	4	440	-	400	2.2	-	\$0.78
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
*2 APL CK12 Fun Lunch: Muffin,	1 serving(s)	198	321.1	9.5	45.6	62.9	13.9	2	359.8	23.8+	391.6	1.1	36+	\$0.82
2 APL CK12 Carrots, Fresh, Bab	1 each	56.7	19.8	0.1	4.7	0	0.4	1.6	44.2	134.4	18.1	0.5	391.2	\$0.12
Main Entrees Totals			698.9	19.9	95.7	92.9+	36.5	11.5	1321.6	696.2+	835.7	4.7	427.2+	\$1.88

Lunch - Extra Extra

Friday - 06/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
1 MM CK12 Lettuce, Romaine B	1 cup	47	8	0.1	1.5	0	0.6	1	3.8	116.1	15.5	0.5	204.9	\$0.13
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	12.1	0.1	2.4	0	1	0.9	11.7	112.3	16.7	0.3	11	\$0.13
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 Fruit Cocktail, Cann	1/2 cup	126	60	0	15	0	0	1	5	-	0	0	-	\$0.20
2 APL CK12 Juice, Kiwi Strawbe	1 each	124.7	90	-	22	-	-	-	35	60	80	-	-	\$0.34
1 MM CK12 Fruit, Assorted, Can	1/2 cup	124.6	56.2	0	14.8	0	0.4	1.6	4.4	93.2+	5.6	0.2	11.1+	\$0.28
1 MM CK12 Fruit, Assorted, Fres	1 each	139.4	84.6	0.3	22	0	0.9	3.7	1.1	256.9	20.6	0.2	6	\$0.40
Extra Extra Totals			416.5	2.9+	93.9	0+	8.8+	13.4+	154.4	811.4+	180.5	2.6+	234.2+	\$1.64

Lunch - Milk & Condiments

Friday - 06/08/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	95.3	2.2	11.3	11.3	7.6	0	99.8	340.2	283.5	0.1	131.5	\$0.22
3 CK12 Milk, Strawberry, Skim, 8	1 each	226.8	115.3	0.2	20	4.2	7.2	1	131.9	426.4	286.6	0.1	4.2	\$0.21
3 CK12 Milk, Chocolate, Skim, 8	1 each	226.8	120.8	0	22.3	3.7	7.4	0	195.2	390.4	278.8	0.3	-	\$0.21
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	-	\$0.18
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
Sauce, Barbecue, 12gm, PC (65	1 each	12	17.1	0	4.3	0	0.1	0.1	86.7	6.7	2.2	0.2	-	\$0.03
Milk & Condiments Totals			542.7	12	82.6	38.3	24.3	2.3	2069.5	1231.3+	890.4	1.3	140.6+	\$1.07
Daily Totals for 06/08/2018			1658.1	34.8+	272.2	131.3+	69.6+	27.3+	3545.5	2738.9+	1906.5	8.6+	802+	\$4.59
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	276.3%	-	-	-	-	-	288.3%	-	-	-	-	-
Daily Average for Week (6/3/2018 - 6/8/2018)	1568	38.1+	250.2	157.9+	64.9+	27.5+	2698.1	2710.3+	1339.9	9.1+	614.5+	\$4.01
% Average for Week (6/3/2018 - 6/8/2018)	261.3%	-	-	-	-	-	219.4%	-	-	-	-	-
Daily Average for Dates: 04/30/2018 - 06/08/2018	1269.2	31.7+	199.6	112.6+	53.4+	22.1+	2183.6	2142.7+	1092.4	8+	555.8+	\$3.32
% for Dates: 04/30/2018 - 06/08/2018	211.5%	-	-	-	-	-	177.5%	-	-	-	-	-

* indicates main item

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