

Menu Collections - Menu Analysis Report

Report Run: Nov 13, 2018

Date(s) Included: November 26, 2018 - December 21, 2018

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

Menu Collection Included: ALGONAC, BREAKFAST, Secondary, 7-12, SY 2018-2019

List: All Items

Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 11/26/2018

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 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 11/26/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 11/26/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

* indicates main item

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

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 11/26/2018

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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
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	\$0.55
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 11/26/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 11/26/2018			4628.3	109.6	822.2	410.3+	119	71.5	4361.5	2868.3+	3628.7	40.1	160.4+	\$12.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1157.1%	-	-	-	-	-	807.7%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 11/27/2018

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	-	\$0.69
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 11/27/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 11/27/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 11/27/2018

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 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 11/27/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 11/27/2018			4797.4	107.7	870.1	424+	117.2	73.3	4290.3	3136.7+	3471.6	41.2	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1199.3%	-	-	-	-	-	794.5%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 11/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.34
*2 APL CK12 Frudel, Apple, I.W.	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.22
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.43
Main Entrees Totals			939	25.8	153.6	30.7	25.9	14.8	784.7	655.8+	278.8	6.3	16.8+	\$2.21

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 11/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Banana	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 11/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
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* indicates main item

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

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 11/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 Count	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 11/28/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 11/28/2018			5218.6	116.8	945.6	287.9+	130.3	83.4	4324.4	3505.4+	3669.2	44.3	132.2+	\$13.77
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1304.7%	-	-	-	-	-	800.8%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 11/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.38
Main Entrees Totals			285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.38

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 11/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 11/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

* indicates main item

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 11/29/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 11/29/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 11/29/2018			4564.6	103.6	822	269.8+	115.4	71	4334.6	2849.6+	3410.3	40	115.5+	\$11.94
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1141.1%	-	-	-	-	-	802.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 11/30/2018

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 Sandwich, Breakfast, E	1 sandwich	140.7	284.8	9.9	34.7	148.8	16.7	4	787.8	18.7+	188.4	2.4	44.9+	\$0.71
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			522.5	17.2	75.5	148.8	18.7	6.1	1111.7	305.8+	189.6	3.2	44.9+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 11/30/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 11/30/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 11/30/2018

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 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 11/30/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 11/30/2018			4802.1	108.3	867.5	406.1+	123.2	74.6	4651.3	3155.4+	3579.9	41.2	160.4+	\$12.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.5%	-	-	-	-	-	861.4%	-	-	-	-	-
Daily Average for Week (11/26/2018 - 12/1/2018)			4802.2	109.2	865.5	359.6+	121	74.8	4392.4	3103.1+	3551.9	41.4	136.8+	\$12.57
% Average for Week (11/26/2018 - 12/1/2018)			1200.6%	-	-	-	-	-	813.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 12/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 12/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

* indicates main item

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/03/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 12/03/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/03/2018			4628.3	109.6	822.2	410.3+	119	71.5	4361.5	2868.3+	3628.7	40.1	160.4+	\$12.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1157.1%	-	-	-	-	-	807.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 12/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.69
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 12/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/04/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 12/04/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/04/2018			4797.4	107.7	870.1	424+	117.2	73.3	4290.3	3136.7+	3471.6	41.2	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1199.3%	-	-	-	-	-	794.5%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 12/05/2018

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 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.38
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.34
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.22
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.43
Main Entrees Totals			814	22.3	130.6	18.2	24.9	12.3	989.7	655.8+	278.8	5.4	16.8+	\$1.69

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 12/05/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Banana	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/05/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/05/2018

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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
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	\$0.55
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 12/05/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/05/2018			5093.6	113.3	922.6	275.4+	129.3	80.9	4529.4	3505.4+	3669.2	43.4	132.2+	\$13.26
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1273.4%	-	-	-	-	-	838.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 12/06/2018

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 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
Main Entrees Totals			410	16	53	25	12	5	590	-	20	2.9	-	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 12/06/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/06/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55

* indicates main item

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/06/2018

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 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 12/06/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/06/2018			4689.6	107.1	845	282.3+	116.4	73.5	4129.6	2849.6+	3410.3	40.9	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1172.4%	-	-	-	-	-	764.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 12/07/2018

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 Sandwich, Breakfast, E	1 sandwich	140.7	284.8	9.9	34.7	148.8	16.7	4	787.8	18.7+	188.4	2.4	44.9+	\$0.71
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			522.5	17.2	75.5	148.8	18.7	6.1	1111.7	305.8+	189.6	3.2	44.9+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 12/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/07/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham, Honey	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 12/07/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/07/2018			4802.1	108.3	867.5	406.1+	123.2	74.6	4651.3	3155.4+	3579.9	41.2	160.4+	\$12.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.5%	-	-	-	-	-	861.4%	-	-	-	-	-
Daily Average for Week (12/2/2018 - 12/8/2018)			4802.2	109.2	865.5	359.6+	121	74.8	4392.4	3103.1+	3551.9	41.4	136.8+	\$12.57
% Average for Week (12/2/2018 - 12/8/2018)			1200.6%	-	-	-	-	-	813.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 12/10/2018

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 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 12/10/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/10/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/10/2018

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 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 12/10/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/10/2018			4628.3	109.6	822.2	410.3+	119	71.5	4361.5	2868.3+	3628.7	40.1	160.4+	\$12.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1157.1%	-	-	-	-	-	807.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 12/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.69
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 12/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

* indicates main item

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

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/11/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 12/11/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/11/2018			4797.4	107.7	870.1	424+	117.2	73.3	4290.3	3136.7+	3471.6	41.2	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1199.3%	-	-	-	-	-	794.5%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 12/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.38
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.34
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.22
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.43
Main Entrees Totals			814	22.3	130.6	18.2	24.9	12.3	989.7	655.8+	278.8	5.4	16.8+	\$1.69

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 12/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Banana	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
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	\$0.55
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 12/12/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/12/2018			5093.6	113.3	922.6	275.4+	129.3	80.9	4529.4	3505.4+	3669.2	43.4	132.2+	\$13.26
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1273.4%	-	-	-	-	-	838.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 12/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*3 CK12 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
Main Entrees Totals			410	16	53	25	12	5	590	-	20	2.9	-	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 12/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 12/13/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/13/2018			4689.6	107.1	845	282.3+	116.4	73.5	4129.6	2849.6+	3410.3	40.9	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1172.4%	-	-	-	-	-	764.7%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 12/14/2018

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 Sandwich, Breakfast, E	1 sandwich	140.7	284.8	9.9	34.7	148.8	16.7	4	787.8	18.7+	188.4	2.4	44.9+	\$0.71
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			522.5	17.2	75.5	148.8	18.7	6.1	1111.7	305.8+	189.6	3.2	44.9+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 12/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

* indicates main item

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/14/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 12/14/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/14/2018			4802.1	108.3	867.5	406.1+	123.2	74.6	4651.3	3155.4+	3579.9	41.2	160.4+	\$12.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.5%	-	-	-	-	-	861.4%	-	-	-	-	-
Daily Average for Week (12/9/2018 - 12/15/2018)			4802.2	109.2	865.5	359.6+	121	74.8	4392.4	3103.1+	3551.9	41.4	136.8+	\$12.57
% Average for Week (12/9/2018 - 12/15/2018)			1200.6%	-	-	-	-	-	813.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 12/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	135.6	348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68
Main Entrees Totals			348.8	18.5	30.2	153	14.6	3	821.9	18.7+	238.3	2.1	44.9+	\$0.68

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 12/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 12/17/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 12/17/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/17/2018			4628.3	109.6	822.2	410.3+	119	71.5	4361.5	2868.3+	3628.7	40.1	160.4+	\$12.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1157.1%	-	-	-	-	-	807.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 12/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.69
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			517.8	16.6	78.1	166.7	12.8	4.8	750.7	287.1+	81.2	3.2	0+	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 12/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinna	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 12/18/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 12/18/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/18/2018			4797.4	107.7	870.1	424+	117.2	73.3	4290.3	3136.7+	3471.6	41.2	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1199.3%	-	-	-	-	-	794.5%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 12/19/2018

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 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.38
*2 APL CK12 Yogurt, Vanilla, Low Fat	1/2 cup	113.4	96.4	1.4	15.6	5.7	5.6	0	74.8	248.3	193.9	0.1	13.6	\$0.34
2 APL CK12 Strawberries, Frozen	1/2 cup	78	27.3	0.1	7.1	0	0.3	1.6	1.6	115.4	12.5	0.6	1.6	\$0.22
1 MM CK12 Blueberries, Frozen	1/2 cup	77.5	39.5	0.5	9.4	0	0.3	2.1	0.8	41.8	6.2	0.1	1.5	\$0.32
2 APL CK12 Granola, Homemade	3/4 cup	108.5	365.8	7.8	68.4	0	7.6	6.1	117.6	250.3	46.2	2.7	0.1	\$0.43
Main Entrees Totals			814	22.3	130.6	18.2	24.9	12.3	989.7	655.8+	278.8	5.4	16.8+	\$1.69

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 12/19/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Banana	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa Puff	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1/2	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Banana	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, Apple	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1/2	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach & Cream	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/19/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 12/19/2018

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 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
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	\$0.55
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Lig	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 12/19/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/19/2018			5093.6	113.3	922.6	275.4+	129.3	80.9	4529.4	3505.4+	3669.2	43.4	132.2+	\$13.26
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1273.4%	-	-	-	-	-	838.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 12/20/2018

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 Pancake, Turkey Sausage	1 each	80.8	200	10	17	25	7	3	310	-	20	1.8	-	\$0.41
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	210	6	36	0	5	2	280	-	0	1.1	-	\$0.49
Main Entrees Totals			410	16	53	25	12	5	590	-	20	2.9	-	\$0.89

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 12/20/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinnamon	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawberry	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/20/2018

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 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Whole	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 12/20/2018

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 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 12/20/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/20/2018			4689.6	107.1	845	282.3+	116.4	73.5	4129.6	2849.6+	3410.3	40.9	115.5+	\$12.45
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1172.4%	-	-	-	-	-	764.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 12/21/2018

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 Sandwich, Breakfast, E	1 sandwich	140.7	284.8	9.9	34.7	148.8	16.7	4	787.8	18.7+	188.4	2.4	44.9+	\$0.71
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	145.8	7.3	16.7	0	2.1	2.1	291.7	281.3	0	0.8	-	\$0.14
2 APL CK12 Syrup, Breakfast (S	1 floz	39.2	91.8	0	24.1	0	0	0	32.2	5.9	1.2	0	0	\$0.06
Main Entrees Totals			522.5	17.2	75.5	148.8	18.7	6.1	1111.7	305.8+	189.6	3.2	44.9+	\$0.91

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 12/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.41
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.36
*3 CK12 Cereal, Lucky Charms,	1 each	28.3	111.4	1	23.3	0	2	2	182.2	55.7	101.2	4.6	-	\$0.37
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*3 CK12 Muffin, Blueberry, WG,	1 each	56.7	190	7	30	-	2	1	135	-	0	0.7	-	\$0.35
*DS CK12 Carolinas Muffin, Ban	1 each	113.4	380	12	61	80	7	5	260	-	60	1.8	-	\$0.75
*3 CK12 Muffin, Apple Cinnamon	1 each	113.4	380	12	61	80	7	4	260	-	60	1.8	-	\$0.75
*2 APL CK12 Bar, Cereal, Cinn	1 each	40.3	151	3	30.2	0	3	3	115.7	-	201.3	1.8	-	\$0.33
*2 APL CK12 Bar, Cereal, Cocoa	1 each	40.3	151	3	30.2	0	3	3	110.7	-	201.3	1.8	-	\$0.31
*2 APL CK12 Bar, Cereal, Trix, 1	1 each	40.3	151	3	30.2	0	2	3	105.7	-	201.3	1.8	-	\$0.60
*2 APL CK12 Bar, BeneFIT, Ban	1 each	70.9	279.5	8	47.9	15	5	3	219.6	-	20	1.8	-	\$0.42
*2 APL CK12 Bar, BeneFIT, App	1 each	70.9	289.5	9	47.9	15	5	3	239.6	-	20	1.8	-	\$0.42
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	179.6	2.5	37.9	-	2	3	190	-	99.8	1.8	-	\$0.41
*2 APL CK12 Bagel, Plain, Sliced	1 each	56.7	150	0.5	31	0	6	4	200	-	20	1.8	-	\$0.33
*3 CK12 Smoothie, Strawberry, 1	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.26
*2 APL CK12 Smoothie, Peach &	1-1/2 cup	429.1	222.9	1.6	46.7	5.7	7.1	4.9	91.8	653.5	232	1.6	16.4+	\$1.22
Alternate Entrees Totals			3310.3	73	617.3	207+	66.1	51.6	2663	1573.7+	2069.4	34.9	45.8+	\$8.90

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Apple, Red Delicious	1 each	131.5	68.4	0.2	18.2	0	0.3	3.2	1.3	140.7	7.9	0.2	3.9	\$0.20
2 APL CK12 Orange, Fresh, Wh	1 each	117.4	55.2	0.1	13.8	0	1.1	2.8	0	212.5	47	0.1	12.9	\$0.26
2 APL CK12 Banana, 100-120 C	1 each	184.4	164.1	0.6	42.1	0	2	4.8	1.8	660.1	9.2	0.5	5.5	\$0.45

* indicates main item

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

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 12/21/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 Pears, Fresh, Bartlett	1 each	166	94.6	0.2	25.3	0	0.6	5.1	1.7	192.6	14.9	0.3	1.7	\$0.55
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.22
2 APL CK12 Cream Cheese, Light	1 each	28.3	57	4.3	2.3	15.3	2.2	0	101.8	70	42	0	45.6	\$0.16
2 APL CK12 Crackers, Graham,	1 each	26	120	4	19	0	1	1	140	-	100	2	-	\$0.13
Sides for All Meals Totals			639.2	15.5	121.7	30.3	14.3	16.9	456.6	1275.8+	421	3.1	69.7+	\$1.98

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 12/21/2018

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	100	2.5	11	15	8	0	120	-	300	0	-	\$0.20
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
Milk & Condiments Totals			330	2.5	53	20	24	0	420	-	900	0	-	\$0.69
Daily Totals for 12/21/2018			4802.1	108.3	867.5	406.1+	123.2	74.6	4651.3	3155.4+	3579.9	41.2	160.4+	\$12.47
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1200.5%	-	-	-	-	-	861.4%	-	-	-	-	-
Daily Average for Week (12/16/2018 - 12/21/2018)			4802.2	109.2	865.5	359.6+	121	74.8	4392.4	3103.1+	3551.9	41.4	136.8+	\$12.57
% Average for Week (12/16/2018 - 12/21/2018)			1200.6%	-	-	-	-	-	813.4%	-	-	-	-	-
Daily Average for Dates: 11/26/2018 - 12/21/2018			3694	84	665.7	276.6+	93.1	57.5	3378.8	2387+	2732.3	31.8	105.2+	\$9.67
% for Dates: 11/26/2018 - 12/21/2018			923.5%	-	-	-	-	-	625.7%	-	-	-	-	-

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