

Menu Collections - Menu Analysis Report

Report Run: Sep 20, 2018

Date(s) Included: October 1, 2018 - October 26, 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 - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	120	324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71
Main Entrees Totals			324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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 - 10/01/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 10/01/2018

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	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 10/01/2018			4614.7	110.5	818.5	397.8+	117.3	70	4424.4	2952.8+	3653.1	39.4	161.3+	\$11.89
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1153.7%	-	-	-	-	-	819.3%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 10/02/2018

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 Burrito, Breakfast,	1 serving(s)	181.8	326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56
Main Entrees Totals			326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 10/02/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/02/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/02/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 10/02/2018

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	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 10/02/2018			4616	108	820.8	392.1+	121.4	71.2	4585.8	3202+	3752.3	40	272.6+	\$11.75
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1154%	-	-	-	-	-	849.2%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 10/03/2018

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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
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
*2 APL CK12 Yogurt, Vanilla, Lo	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	\$0.33
2 APL CK12 Strawberries, Froze	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
2 APL CK12 Peaches, Canned, I	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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, Homemad	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			1100.2	26.5	192.8	172.4	27.3	16	951	1068.4+	346.9	7	37.3+	\$2.48

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 10/03/2018

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	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 10/03/2018

* indicates main item

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

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 10/03/2018

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, 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 10/03/2018			5390	118.7	985.5	431.7+	132.3	85	4457.4	3962.5+	3750.7	44.7	152.7+	\$13.66
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1347.5%	-	-	-	-	-	825.4%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 10/04/2018

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 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*2 APL CK12 Smoothie, Mixed Berry	12 floz	414.8	271	3.5	50.8	11.3	12	4.4	152.7	702.1	411.7	1.1	31	\$1.29
*2 APL CK12 Smoothie, Strawberry	12 floz	142.4	118.5	1.5	21.3	5.7	5.9	0.7	75.2	337.8	196.1	0.2	14.4	\$0.40
Main Entrees Totals			674.5	17.5	102.2	29.5	28.8	7.6	1022.9	1039.8+	627.8	3.3	45.4+	\$2.06

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 10/04/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 10/04/2018

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	\$0.24
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

Thursday - 10/04/2018

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	\$0.51
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 10/04/2018

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 10/04/2018			4964.3	109.7	894.9	288.8+	133.9	76.6	4529.3	3934+	4031.7	41	160.8+	\$13.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1241.1%	-	-	-	-	-	838.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 10/05/2018

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 Waffles, ENR (Kell	2 each	69.7	180	6	27	5	4	1	360	-	250	4.5	-	\$0.21
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			417.7	13.3	67.8	5	6.1	3.1	683.9	287.1+	251.2	5.3	0+	\$0.41

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 10/05/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 10/05/2018

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
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	\$0.24
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 - 10/05/2018

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 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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 10/05/2018

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, 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 10/05/2018			4707.5	105.6	860.5	264.3+	111.1	72.1	4190.3	3181.3+	3655.1	43	115.5+	\$11.60
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1176.9%	-	-	-	-	-	776%	-	-	-	-	-
Daily Average for Week (10/1/2018 - 10/6/2018)			4858.5	110.5	876	355+	123.2	75	4437.4	3446.5+	3768.6	41.6	172.6+	\$12.43
% Average for Week (10/1/2018 - 10/6/2018)			1214.6%	-	-	-	-	-	821.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 10/08/2018

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 Sandwich, Breakfast	1 sandwich	120	324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71
Main Entrees Totals			324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 10/08/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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,	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/08/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

* 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 - 10/08/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 10/08/2018

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	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 10/08/2018			4614.7	110.5	818.5	397.8+	117.3	70	4424.4	2952.8+	3653.1	39.4	161.3+	\$11.89
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1153.7%	-	-	-	-	-	819.3%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Burrito, Breakfast,	1 serving(s)	181.8	326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56
Main Entrees Totals			326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

* indicates main item

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/09/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 10/09/2018

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	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 10/09/2018			4616	108	820.8	392.1+	121.4	71.2	4585.8	3202+	3752.3	40	272.6+	\$11.75
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1154%	-	-	-	-	-	849.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 10/10/2018

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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
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
*2 APL CK12 Yogurt, Vanilla, Lo	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	\$0.33
2 APL CK12 Strawberries, Froze	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
2 APL CK12 Peaches, Canned, I	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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, Homemad	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			1100.2	26.5	192.8	172.4	27.3	16	951	1068.4+	346.9	7	37.3+	\$2.48

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 10/10/2018

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	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 10/10/2018

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 10/10/2018

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, 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 10/10/2018			5390	118.7	985.5	431.7+	132.3	85	4457.4	3962.5+	3750.7	44.7	152.7+	\$13.66
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1347.5%	-	-	-	-	-	825.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 10/11/2018

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 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*2 APL CK12 Smoothie, Mixed Berry	12 floz	414.8	271	3.5	50.8	11.3	12	4.4	152.7	702.1	411.7	1.1	31	\$1.29
*2 APL CK12 Smoothie, Strawberry	12 floz	142.4	118.5	1.5	21.3	5.7	5.9	0.7	75.2	337.8	196.1	0.2	14.4	\$0.40
Main Entrees Totals			674.5	17.5	102.2	29.5	28.8	7.6	1022.9	1039.8+	627.8	3.3	45.4+	\$2.06

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 10/11/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 10/11/2018

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	\$0.24
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

Thursday - 10/11/2018

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	\$0.51
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 10/11/2018

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 10/11/2018			4964.3	109.7	894.9	288.8+	133.9	76.6	4529.3	3934+	4031.7	41	160.8+	\$13.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1241.1%	-	-	-	-	-	838.8%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 10/12/2018

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 Waffles, ENR (Kell	2 each	69.7	180	6	27	5	4	1	360	-	250	4.5	-	\$0.21
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			417.7	13.3	67.8	5	6.1	3.1	683.9	287.1+	251.2	5.3	0+	\$0.41

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 10/12/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 10/12/2018

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
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	\$0.24
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 - 10/12/2018

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 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	\$0.51
3 CK12 Cheese, Mozzarella, Part	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 10/12/2018

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 10/12/2018			4707.5	105.6	860.5	264.3+	111.1	72.1	4190.3	3181.3+	3655.1	43	115.5+	\$11.60
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1176.9%	-	-	-	-	-	776%	-	-	-	-	-
Daily Average for Week (10/7/2018 - 10/13/2018)			4858.5	110.5	876	355+	123.2	75	4437.4	3446.5+	3768.6	41.6	172.6+	\$12.43
% Average for Week (10/7/2018 - 10/13/2018)			1214.6%	-	-	-	-	-	821.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 10/15/2018

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 Sandwich, Breakfast	1 sandwich	120	324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71
Main Entrees Totals			324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 10/15/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/15/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/15/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 10/15/2018

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	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 10/15/2018			4614.7	110.5	818.5	397.8+	117.3	70	4424.4	2952.8+	3653.1	39.4	161.3+	\$11.89
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1153.7%	-	-	-	-	-	819.3%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 10/16/2018

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 Burrito, Breakfast,	1 serving(s)	181.8	326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56
Main Entrees Totals			326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 10/16/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/16/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/16/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 10/16/2018

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	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 10/16/2018			4616	108	820.8	392.1+	121.4	71.2	4585.8	3202+	3752.3	40	272.6+	\$11.75
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1154%	-	-	-	-	-	849.2%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 10/17/2018

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 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
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
*2 APL CK12 Yogurt, Vanilla, Lo	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	\$0.33
2 APL CK12 Strawberries, Froze	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
2 APL CK12 Peaches, Canned, I	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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, Homemad	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			1100.2	26.5	192.8	172.4	27.3	16	951	1068.4+	346.9	7	37.3+	\$2.48

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 10/17/2018

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	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 10/17/2018

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 10/17/2018

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, 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 10/17/2018			5390	118.7	985.5	431.7+	132.3	85	4457.4	3962.5+	3750.7	44.7	152.7+	\$13.66
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1347.5%	-	-	-	-	-	825.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 10/18/2018

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 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*2 APL CK12 Smoothie, Mixed Berry	12 floz	414.8	271	3.5	50.8	11.3	12	4.4	152.7	702.1	411.7	1.1	31	\$1.29
*2 APL CK12 Smoothie, Strawberry	12 floz	142.4	118.5	1.5	21.3	5.7	5.9	0.7	75.2	337.8	196.1	0.2	14.4	\$0.40
Main Entrees Totals			674.5	17.5	102.2	29.5	28.8	7.6	1022.9	1039.8+	627.8	3.3	45.4+	\$2.06

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 10/18/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 10/18/2018

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	\$0.24
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

Thursday - 10/18/2018

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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 10/18/2018

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, 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 10/18/2018			4964.3	109.7	894.9	288.8+	133.9	76.6	4529.3	3934+	4031.7	41	160.8+	\$13.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1241.1%	-	-	-	-	-	838.8%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 10/19/2018

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 Waffles, ENR (Kell	2 each	69.7	180	6	27	5	4	1	360	-	250	4.5	-	\$0.21
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			417.7	13.3	67.8	5	6.1	3.1	683.9	287.1+	251.2	5.3	0+	\$0.41

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 10/19/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 10/19/2018

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
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	\$0.24
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 - 10/19/2018

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 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	\$0.51
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 10/19/2018

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 10/19/2018			4707.5	105.6	860.5	264.3+	111.1	72.1	4190.3	3181.3+	3655.1	43	115.5+	\$11.60
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1176.9%	-	-	-	-	-	776%	-	-	-	-	-
Daily Average for Week (10/14/2018 - 10/20/2018)			4858.5	110.5	876	355+	123.2	75	4437.4	3446.5+	3768.6	41.6	172.6+	\$12.43
% Average for Week (10/14/2018 - 10/20/2018)			1214.6%	-	-	-	-	-	821.7%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Monday - 10/22/2018

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 Sandwich, Breakfast	1 sandwich	120	324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71
Main Entrees Totals			324.9	18.2	25.8	138.5	12.3	1	918	58.6+	249.3	1.6	45.8+	\$0.71

Great Lakes, Secondary, Breakfast - Alternate Entrees

Monday - 10/22/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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,	1-1/2 cup	448	302.1	2.9	62.5	11.3	10	4.6	124.7	728.9	348.6	1.8	29.4	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/22/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

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Great Lakes, Secondary, Breakfast - Sides for All Meals

Monday - 10/22/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Monday - 10/22/2018

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	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 10/22/2018			4614.7	110.5	818.5	397.8+	117.3	70	4424.4	2952.8+	3653.1	39.4	161.3+	\$11.89
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1153.7%	-	-	-	-	-	819.3%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Tuesday - 10/23/2018

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 Burrito, Breakfast,	1 serving(s)	181.8	326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56
Main Entrees Totals			326.2	15.7	28.1	132.8	16.4	2.2	1079.4	307.8+	348.4	2.3	157.2+	\$0.56

Great Lakes, Secondary, Breakfast - Alternate Entrees

Tuesday - 10/23/2018

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 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Tuesday - 10/23/2018

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 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Par	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23

* 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 - 10/23/2018

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 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
Crackers, Graham, Cinnamon G	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Tuesday - 10/23/2018

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	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 10/23/2018			4616	108	820.8	392.1+	121.4	71.2	4585.8	3202+	3752.3	40	272.6+	\$11.75
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1154%	-	-	-	-	-	849.2%	-	-	-	-	-

* indicates main item

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Great Lakes, Secondary, Breakfast - Main Entrees

Wednesday - 10/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 French Toast, Stic	4 piece	109.7	280.1	9.3	37.3	166.7	10.7	2.7	426.8	-	80	2.4	-	\$0.68
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
*2 APL CK12 Yogurt, Vanilla, Lo	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	\$0.33
2 APL CK12 Strawberries, Froze	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
2 APL CK12 Peaches, Canned, I	1/2 cup	124.2	53.4	0.1	14.1	0	0.6	1.4	5.6	125.4	6.8	0.4	20.5	\$0.30
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, Homemad	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			1100.2	26.5	192.8	172.4	27.3	16	951	1068.4+	346.9	7	37.3+	\$2.48

Great Lakes, Secondary, Breakfast - Alternate Entrees

Wednesday - 10/24/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Wednesday - 10/24/2018

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Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Wednesday - 10/24/2018

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	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 10/24/2018			5390	118.7	985.5	431.7+	132.3	85	4457.4	3962.5+	3750.7	44.7	152.7+	\$13.66
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1347.5%	-	-	-	-	-	825.4%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Sandwich, Breakfast	1 sandwich	107.7	285	12.5	30	12.5	11	2.5	795	-	20	2	-	\$0.37
*2 APL CK12 Smoothie, Mixed Berry	12 floz	414.8	271	3.5	50.8	11.3	12	4.4	152.7	702.1	411.7	1.1	31	\$1.29
*2 APL CK12 Smoothie, Strawberry	12 floz	142.4	118.5	1.5	21.3	5.7	5.9	0.7	75.2	337.8	196.1	0.2	14.4	\$0.40
Main Entrees Totals			674.5	17.5	102.2	29.5	28.8	7.6	1022.9	1039.8+	627.8	3.3	45.4+	\$2.06

Great Lakes, Secondary, Breakfast - Alternate Entrees

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	111.4	3	22.3	0	1	3	162	45.6	202.5	3.6	-	\$0.36
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	110.2	1.5	25	0	2	2	160.3	90.2	100.2	4.5	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4)	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.24
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

Thursday - 10/25/2018

Menu Item Name	Portion Size	Weight (g)	KCAL	FAT (g)	CHO (g)	CHOL (mg)	PRO (g)	DFIB (g)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Vit A (RAE)	Item Cost
2 APL CK12 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	\$0.51
3 CK12 Cheese, Mozzarella, Partly Skimmed	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Thursday - 10/25/2018

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	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 10/25/2018			4964.3	109.7	894.9	288.8+	133.9	76.6	4529.3	3934+	4031.7	41	160.8+	\$13.24
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1241.1%	-	-	-	-	-	838.8%	-	-	-	-	-

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Great Lakes, Secondary, Breakfast - Main Entrees

Friday - 10/26/2018

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 Waffles, ENR (Kell	2 each	69.7	180	6	27	5	4	1	360	-	250	4.5	-	\$0.21
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			417.7	13.3	67.8	5	6.1	3.1	683.9	287.1+	251.2	5.3	0+	\$0.41

Great Lakes, Secondary, Breakfast - Alternate Entrees

Friday - 10/26/2018

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	-	\$0.36
*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	-	\$0.38
*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	-	\$0.25
*Bar, Cereal, Trix, 1.42 oz, PC (4	1 each	40.3	153.2	3.2	30	0	2.5	2.6	109.1	-	201.3	1.8	-	\$0.30
*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
*Bar, Cereal, Cinnamon Toast C	1 each	40.3	151.9	3.2	30	0	2.6	3	117.7	-	201.3	1.8	-	\$0.31
*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	-	\$0.68
*Bar, Banana Chocolate Chunk,	1 each	70.9	283.7	8.4	48.3	17	4.9	3.5	221	-	25.1	2	-	\$0.63
*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	179.6	-	99.8	1.8	-	\$0.38
*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	\$1.24
*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+	\$1.19
Alternate Entrees Totals			3317.7	73.9	617.3	209+	66.2	51.6	2659.4	1573.7+	2074.5	35.1	45.8+	\$8.64

Great Lakes, Secondary, Breakfast - Sides for All Meals

Friday - 10/26/2018

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
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	\$0.24
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 - 10/26/2018

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 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	\$0.51
3 CK12 Cheese, Mozzarella, Partly	1 each	28.3	80	6	1	15	7	0	210	-	200	0	-	\$0.23
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
Crackers, Graham, Cinnamon Grahams	1 each	25.5	122.9	4.4	19.8	0	1.5	1.5	110.4	44.6	108.4	1.5	0	\$0.07
Sides for All Meals Totals			642.1	15.9	122.4	30.3	14.8	17.4	427	1320.4+	429.4	2.6	69.7+	\$1.86

Great Lakes, Secondary, Breakfast - Milk & Condiments

Friday - 10/26/2018

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, 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 10/26/2018			4707.5	105.6	860.5	264.3+	111.1	72.1	4190.3	3181.3+	3655.1	43	115.5+	\$11.60
USDA K12 (Sodium Target 1), Breakfast, 5-13 y			400-500	-	-	-	-	-	≤540	-	-	-	-	-
% USDA K12 (Sodium Target 1), Breakfast, 5-13 y			1176.9%	-	-	-	-	-	776%	-	-	-	-	-
Daily Average for Week (10/21/2018 - 10/26/2018)			4858.5	110.5	876	355+	123.2	75	4437.4	3446.5+	3768.6	41.6	172.6+	\$12.43
% Average for Week (10/21/2018 - 10/26/2018)			1214.6%	-	-	-	-	-	821.7%	-	-	-	-	-
Daily Average for Dates: 10/01/2018 - 10/26/2018			3737.3	85	673.9	273.1+	94.8	57.7	3413.4	2651.2+	2898.9	32	132.8+	\$9.56
% for Dates: 10/01/2018 - 10/26/2018			934.3%	-	-	-	-	-	632.1%	-	-	-	-	-

* indicates main item

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