

# Menu Collections - Menu Analysis Report

Report Run: Aug 21, 2020

Date(s) Included: August 25, 2020 - September 25, 2020

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

Menu Collection Included: 9383, CK12, BREAKFAST, 9-12, 2020-21

List: All Items

## New Menu - Create

Tuesday - 08/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

## New Menu - Fruit & Vegetable Bar

Tuesday - 08/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

## New Menu - Milk & Condiments

Tuesday - 08/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23

\* indicates main item

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

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**New Menu - Milk & Condiments**

**Tuesday - 08/25/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 08/25/2020</b>			546.6
<b>USDA K12, Breakfast, 11-18 y</b>			-
<b>% USDA K12, Breakfast, 11-18 y</b>			-

\* indicates main item

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**New Menu - Create**

Wednesday - 08/26/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Wednesday - 08/26/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Wednesday - 08/26/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 08/26/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Thursday - 08/27/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Thursday - 08/27/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Thursday - 08/27/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 08/27/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Friday - 08/28/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Friday - 08/28/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Friday - 08/28/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 08/28/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-
Daily Average for Week (8/25/2020 - 8/29/2020)	546.6
% Average for Week (8/25/2020 - 8/29/2020)	-

\* indicates main item

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**New Menu - Create**

**Monday - 08/31/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

**Monday - 08/31/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

**Monday - 08/31/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 08/31/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Tuesday - 09/01/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Tuesday - 09/01/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Tuesday - 09/01/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/01/2020</b>			546.6

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Wednesday - 09/02/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Wednesday - 09/02/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Wednesday - 09/02/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/02/2020</b>			546.6

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Thursday - 09/03/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Thursday - 09/03/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Thursday - 09/03/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/03/2020</b>			546.6

\* indicates main item

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

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Friday - 09/04/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Friday - 09/04/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Friday - 09/04/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/04/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-
Daily Average for Week (8/30/2020 - 9/5/2020)	546.6
% Average for Week (8/30/2020 - 9/5/2020)	-

\* indicates main item

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**New Menu - Create**

**Monday - 09/07/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

**Monday - 09/07/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

**Monday - 09/07/2020**

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/07/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Tuesday - 09/08/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Tuesday - 09/08/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Tuesday - 09/08/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/08/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

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**New Menu - Create**

Wednesday - 09/09/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Wednesday - 09/09/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Wednesday - 09/09/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/09/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Thursday - 09/10/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Thursday - 09/10/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Thursday - 09/10/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/10/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Friday - 09/11/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Friday - 09/11/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Friday - 09/11/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/11/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-
Daily Average for Week (9/6/2020 - 9/12/2020)	546.6
% Average for Week (9/6/2020 - 9/12/2020)	-

\* indicates main item

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**New Menu - Create**

Monday - 09/14/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Monday - 09/14/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Monday - 09/14/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/14/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Tuesday - 09/15/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Tuesday - 09/15/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Tuesday - 09/15/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/15/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Wednesday - 09/16/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Wednesday - 09/16/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Wednesday - 09/16/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/16/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

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**New Menu - Create**

Thursday - 09/17/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Thursday - 09/17/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Thursday - 09/17/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/17/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

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**New Menu - Create**

Friday - 09/18/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Friday - 09/18/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Friday - 09/18/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/18/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-
Daily Average for Week (9/13/2020 - 9/19/2020)	546.6
% Average for Week (9/13/2020 - 9/19/2020)	-

\* indicates main item

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**New Menu - Create**

Monday - 09/21/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Monday - 09/21/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Monday - 09/21/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/21/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Tuesday - 09/22/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawber	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Tuesday - 09/22/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Tuesday - 09/22/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/22/2020</b>			546.6

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Wednesday - 09/23/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Wednesday - 09/23/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Wednesday - 09/23/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/23/2020</b>			546.6

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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**New Menu - Create**

Thursday - 09/24/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Thursday - 09/24/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Thursday - 09/24/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/24/2020</b>			546.6

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-

\* indicates main item

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

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**New Menu - Create**

Friday - 09/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Breakfast, S	1 each	85	25
*2 APL CK12 Parfait, Breakfast,	1 serving(s)	229.1	53.2
*2 APL CK12 Muffin, Chocolate C	1 each	56.7	33
*2 APL CK12 Cereal, Cinnamon	1 each	28.3	22.3
*2 APL CK12 Bagel, Plain, WG,	1 each	65.2	35
*2 APL CK12 Bar, BeneFIT, Oat	1 each	70.9	46.9
*2 APL CK12 Pop-Tart, Strawbe	1 each	49.9	37.9
*2 APL CK12 Pop-Tart, Cinnamc	1 each	49.9	38
*1 MM CK12 Yogurt, Strawberry,	1 cup	226.8	41.3
*2 APL CK12 Frudel, Apple, IW,	1 each	64.9	36
*2 APL CK12 Frudel, Cherry, IW	1 each	64.9	36
2 APL CK12 Cheese, Mozzarella	1 each	28.3	0.8
2 APL CK12 Crackers, Graham,	1 each	26	19
<b>Create Totals</b>			424.5

**New Menu - Fruit & Vegetable Bar**

Friday - 09/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
<b>Fruit &amp; Vegetable Bar Totals</b>			37.8

**New Menu - Milk & Condiments**

Friday - 09/25/2020

Menu Item Name	Portion Size	Weight (g)	CHO (g)
3 CK12 Milk, White, 1% Low Fat	1 each	226.8	11.3
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
3 CK12 Milk, Strawberry, Low Fa	1 each	226.8	23
2 APL CK12 Cream Cheese, Lig	1 each	28.3	1.9
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
<b>Milk &amp; Condiments Totals</b>			84.4
<b>Daily Totals for 09/25/2020</b>			546.6

\* indicates main item

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USDA K12, Breakfast, 11-18 y	-
% USDA K12, Breakfast, 11-18 y	-
Daily Average for Week (9/20/2020 - 9/25/2020)	546.6
% Average for Week (9/20/2020 - 9/25/2020)	-
Daily Average for Dates: 08/25/2020 - 09/25/2020	410
% for Dates: 08/25/2020 - 09/25/2020	-

\* indicates main item

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