

Menu Collections - Menu Analysis Report

Report Run: Aug 22, 2019

Date(s) Included: September 3, 2019 - September 20, 2019

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

Menu Collection Included: 9383, CK12, ELEMENTARY, LUNCH, K-8, 2019-20

List: All Items

New Menu - Main Entrees

Tuesday - 09/03/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*3 CK12 Pork, Riblet (Advance P	1 each	85.5	10.5
*1 MM CK12 Breadstick, Cheese	2 each	122	34
*2 APL CK12 Sandwich, Uncrust	1 each	76	32
2 APL CK12 Bun, Hamburger, W	1 each	56.7	25.3
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	9.7
2 APL CK12 Crackers, Goldfish,	1 each	21.3	14
Main Entrees Totals			125.5

New Menu - Sides for All Meals

Tuesday - 09/03/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	5.1
Sides for All Meals Totals			5.1

New Menu - Extra Extra

Tuesday - 09/03/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesa	1 cup	80	6.6
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	2.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			43.8

New Menu - Milk & Condiments

Tuesday - 09/03/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24

* indicates main item

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

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New Menu - Milk & Condiments

Tuesday - 09/03/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Frenc	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/03/2019			299.9
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Wednesday - 09/04/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Salisbury Steak, B	1 each	85	4
*2 APL CK12 Sandwich, Wrap, T	1 sandwich	121.9	25.9
*2 APL CK12 Cereal, Cocoa Puf	1 each	30.1	25
2 APL CK12 Potato, Mashed, Ins	1/2 cup	116.6	14.5
2 APL CK12 Gravy, Brown, Dry M	1/4 cup	60.8	1.9
1 MM CK12 Dinner Roll, WG (W	1 each	28	14.3
3 CK12 Yogurt, Strawberry Bana	1 each	113.4	14
Cheese, String, Part Skim, 1 oz,	1 each	28.3	0.8
Main Entrees Totals			100.5

New Menu - Sides for All Meals

Wednesday - 09/04/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Broccoli, Frozen, C	1/2 cup	111.3	8.4
Sides for All Meals Totals			8.4

New Menu - Extra Extra

Wednesday - 09/04/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Tomatoes, Cherry, F	1/2 cup	74.5	2.9
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			42.4

New Menu - Milk & Condiments

Wednesday - 09/04/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3

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New Menu - Milk & Condiments

Wednesday - 09/04/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, B	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/04/2019			276.8
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Thursday - 09/05/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Pepperoni,	1 each	153.7	38.7
*1 MM CK12 Chicken, Tenders (3 piece	96.1	16.2
*2 APL CK12 Combo, Cheddar,	1 each	179.6	44.3
Main Entrees Totals			99.2

New Menu - Sides for All Meals

Thursday - 09/05/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	36.9
Sides for All Meals Totals			36.9

New Menu - Extra Extra

Thursday - 09/05/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesar	1 cup	80	6.6
1 MM CK12 Broccoli, Florets, Fre	1/2 cup	35.5	2.4
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			44

New Menu - Milk & Condiments

Thursday - 09/05/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Frenc	1 floz	37	15

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Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/05/2019			305.7
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Friday - 09/06/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Taco, Beef (JTM C	1 each	163.1	40.6
*1 MM CK12 Corn Dog, Turkey,	6 each	115.7	24.4
*2 APL CK12 Sandwich, Turkey	1 sandwich	131.4	28.8
1 MM CK12 Lettuce, Romaine, S	1/4 cup	11.7	0.4
1 MM CK12 Tomatoes, Fresh, D	1/4 cup	45	1.8
1 MM CK12 Salsa, Mild, 2 fl oz (1/4 cup	64.7	4.3
Main Entrees Totals			100.2

New Menu - Sides for All Meals

Friday - 09/06/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Beans, Refried, Veg	1/2 cup	132.2	17.3
Sides for All Meals Totals			17.3

New Menu - Extra Extra

Friday - 09/06/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Celery Sticks, Fresh	1/2 cup	74.3	2.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			41.7

New Menu - Milk & Condiments

Friday - 09/06/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1

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New Menu - Milk & Condiments

Friday - 09/06/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Italian	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (French)	1 floz	37	15
2 APL CK12 Salad Dressing, Caesar	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Blueberry	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/06/2019			284.8
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-
Daily Average for Week (9/3/2019 - 9/7/2019)			291.8
% Average for Week (9/3/2019 - 9/7/2019)			-

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New Menu - Main Entrees

Monday - 09/09/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*3 CK12 Burger, Cheeseburger,	1 sandwich	145.5	28
*1 MM CK12 Chicken, Nuggets (5 each	97.8	16.3
*1 MM CK12 Salad, Chef, Turkey	1 serving(s)	228.4	6.7
1 MM CK12 Dinner Roll, WG (W	1 each	28	14.3
2 APL CK12 Crackers, Graham,	1 each	26	19
2 APL CK12 Crackers, Graham,	1 each	26	19
Main Entrees Totals			103.4

New Menu - Sides for All Meals

Monday - 09/09/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Potato, Oven Fries,	2-1/4 ounce	63.8	15.2
Sides for All Meals Totals			15.2

New Menu - Extra Extra

Monday - 09/09/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Carrots, Fresh, Baby	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			46.7

New Menu - Milk & Condiments

Monday - 09/09/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1

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New Menu - Milk & Condiments

Monday - 09/09/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Italian	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (French)	1 floz	37	15
2 APL CK12 Salad Dressing, Caesar	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Blueberry	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/09/2019			290.9
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Tuesday - 09/10/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Pancakes, WG (Au	2 each	64.6	27.3
*2 APL CK12 Hot Dog, Beef Tys	1 sandwich	123.5	29
*2 APL CK12 Sandwich, Uncrust	1 each	76	32
1 MM CK12 Sausage, Turkey, P	2 each	58.1	0
2 APL CK12 Crackers, Goldfish,	1 each	21.3	14
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	16.7
Main Entrees Totals			119

New Menu - Sides for All Meals

Tuesday - 09/10/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Potato, Tater Tots (L	1/2 cup	74.4	16.7
Sides for All Meals Totals			16.7

New Menu - Extra Extra

Tuesday - 09/10/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesa	1 cup	80	6.6
1 MM CK12 Cucumber, Fresh, U	1/2 cup	59.5	2.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			43.8

New Menu - Milk & Condiments

Tuesday - 09/10/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1

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New Menu - Milk & Condiments

Tuesday - 09/10/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Italian	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (French)	1 floz	37	15
2 APL CK12 Salad Dressing, Caesar	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Blueberry	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/10/2019			305
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Wednesday - 09/11/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*3 CK12 Meatballs, Swedish, Be	5 each	134.1	8.2
*1 MM CK12 Breadstick, Cheese	2 each	122	34
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	25
2 APL CK12 Potato, Mashed, Ins	1/2 cup	116.6	14.5
2 APL CK12 Gravy, Brown, Dry M	1/4 cup	60.8	1.9
1 MM CK12 Dinner Roll, WG (W)	1 each	28	14.3
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	9.7
3 CK12 Yogurt, Strawberry Bana	1 each	113.4	14
Cheese, String, Part Skim, 1 oz,	1 each	28.3	0.8
Main Entrees Totals			122.4

New Menu - Sides for All Meals

Wednesday - 09/11/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	16
Sides for All Meals Totals			16

New Menu - Extra Extra

Wednesday - 09/11/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Tomatoes, Cherry, F	1/2 cup	74.5	2.9
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			42.4

New Menu - Milk & Condiments

Wednesday - 09/11/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24

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New Menu - Milk & Condiments

Wednesday - 09/11/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, B	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/11/2019			306.4
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

* indicates main item

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New Menu - Main Entrees

Thursday - 09/12/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Cheese (To	1 piece	130.4	37
*2 APL CK12 Sandwich, Meatba	1 sandwich	203.7	37.8
*2 APL CK12 Combo, Cheddar, \	1 each	179.6	44.3
3 CK12 Meatballs, Swedish, Bee	5 each	134.1	8.2
Main Entrees Totals			127.2

New Menu - Sides for All Meals

Thursday - 09/12/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	5.1
Sides for All Meals Totals			5.1

New Menu - Extra Extra

Thursday - 09/12/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesa	1 cup	80	6.6
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	2.4
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			44

New Menu - Milk & Condiments

Thursday - 09/12/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2

* indicates main item

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New Menu - Milk & Condiments

Thursday - 09/12/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/12/2019			301.9
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

* indicates main item

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New Menu - Main Entrees

Friday - 09/13/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pretzel, WG (J&J 3	1 each	62.4	30.2
*3 CK12 Sandwich, Chicken (Tys	1 sandwich	150	40.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	131.4	28.8
2 APL CK12 Sauce, Cheese (JT	3-3/4 ounce	106.3	4.1
Main Entrees Totals			103.4

New Menu - Sides for All Meals

Friday - 09/13/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Beans, Baked, Bost	1/2 cup	150.6	36.9
Sides for All Meals Totals			36.9

New Menu - Extra Extra

Friday - 09/13/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Celery Sticks, Fresh	1/2 cup	74.3	2.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			41.7

New Menu - Milk & Condiments

Friday - 09/13/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2

* indicates main item

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New Menu - Milk & Condiments

Friday - 09/13/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/13/2019			307.6
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-
Daily Average for Week (9/8/2019 - 9/14/2019)			302.3
% Average for Week (9/8/2019 - 9/14/2019)			-

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New Menu - Main Entrees

Monday - 09/16/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Chicken, Nuggets (5 each	97.8	16.3
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	379.2	99.2
*1 MM CK12 Salad, Chef, Turkey	1 serving(s)	228.4	6.7
2 APL CK12 Salad Dressing, Ho	1 each	42.5	12
2 APL CK12 Breadstick, Herb (B	1 each	29.4	14.1
2 APL CK12 Crackers, Graham,	1 each	26	19
2 APL CK12 Crackers, Graham,	1 each	26	19
Main Entrees Totals			186.4

New Menu - Sides for All Meals

Monday - 09/16/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Beans, Baked, BBC	1/2 cup	148.5	37.5
Sides for All Meals Totals			37.5

New Menu - Extra Extra

Monday - 09/16/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Carrots, Fresh, Baby	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			46.7

New Menu - Milk & Condiments

Monday - 09/16/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9

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Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Frenc	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/16/2019			396.2
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Tuesday - 09/17/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Pasta, Macaroni and Cheese	6 oz portion	174.5	27.7
*1 MM CK12 Breadstick, Cheese	2 each	122	34
*2 APL CK12 Sandwich, Uncrustables	1 each	76	32
2 APL CK12 Pretzel, WG (J&J 3/4)	1 each	62.4	30.2
1 MM CK12 Sauce, Marinara, Canned	1/2 cup	130.2	9.7
2 APL CK12 Crackers, Goldfish, Original	1 each	21.3	14
Main Entrees Totals			147.5

New Menu - Sides for All Meals

Tuesday - 09/17/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Beans, Green, Frozen	1/2 cup	80.5	5.1
Sides for All Meals Totals			5.1

New Menu - Extra Extra

Tuesday - 09/17/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesar	1 cup	80	6.6
1 MM CK12 Cucumber, Fresh, Unpeeled	1/2 cup	59.5	2.2
1 MM CK12 Fruit, Assorted, Fresh	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Canned	1/2 cup	123.3	14.5
Extra Extra Totals			43.8

New Menu - Milk & Condiments

Tuesday - 09/17/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz, Unsweetened	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Condiment	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Condiment	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft Hefty)	1 tbsp	15	0.1

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New Menu - Milk & Condiments

Tuesday - 09/17/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Italian	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (French)	1 floz	37	15
2 APL CK12 Salad Dressing, Caesar	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Blueberry	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/17/2019			322
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Wednesday - 09/18/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Nachos, Beef (JTM	1 serving(s)	269.3	44.6
*3 CK12 Sandwich, Chicken (Tys	1 sandwich	150	40.3
*2 APL CK12 Cereal, Cocoa Puff	1 each	30.1	25
1 MM CK12 Dinner Roll, WG (W	1 each	28	14.3
3 CK12 Yogurt, Strawberry Bana	1 each	113.4	14
Cheese, String, Part Skim, 1 oz,	1 each	28.3	0.8
Main Entrees Totals			139

New Menu - Sides for All Meals

Wednesday - 09/18/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Broccoli, Florets, Fr	1/4 cup	33.7	2.4
Sides for All Meals Totals			2.4

New Menu - Extra Extra

Wednesday - 09/18/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Tomatoes, Cherry, F	1/2 cup	74.5	2.9
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			42.4

New Menu - Milk & Condiments

Wednesday - 09/18/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1

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New Menu - Milk & Condiments

Wednesday - 09/18/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Ranch	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Italian	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (French)	1 floz	37	15
2 APL CK12 Salad Dressing, Caesar	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Blueberry	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/18/2019			309.3
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Thursday - 09/19/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Pepperoni, V	1 each	153.7	38.7
*1 MM CK12 Chicken, Tenders (3 piece)	3 piece	96.1	16.2
*2 APL CK12 Combo, Cheddar, V	1 each	179.6	44.3
1 MM CK12 Dinner Roll, WG (W)	1 each	28	14.3
Main Entrees Totals			113.5

New Menu - Sides for All Meals

Thursday - 09/19/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Carrots, Roasted "F"	1/2 cup	89.9	8.7
Sides for All Meals Totals			8.7

New Menu - Extra Extra

Thursday - 09/19/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Salad, Side, Caesar	1 cup	80	6.6
1 MM CK12 Broccoli, Florets, Fr	1/2 cup	35.5	2.4
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			44

New Menu - Milk & Condiments

Thursday - 09/19/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2

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New Menu - Milk & Condiments

Thursday - 09/19/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/19/2019			291.8
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-

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New Menu - Main Entrees

Friday - 09/20/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Chicken, Drumstick	1 each	162.4	20
*2 APL CK12 Corn Dog, Turkey	1 each	113.4	30
*2 APL CK12 Sandwich, Turkey	1 sandwich	131.4	28.8
2 APL CK12 Potato, Mashed, Ins	1/2 cup	101.5	14.6
1 MM CK12 Dinner Roll, WG (W	1 each	28	14.3
Main Entrees Totals			107.7

New Menu - Sides for All Meals

Friday - 09/20/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Corn, Frozen, Seaso	1/2 cup	85	16
Sides for All Meals Totals			16

New Menu - Extra Extra

Friday - 09/20/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Tossed	1 cup	102.8	4.4
1 MM CK12 Celery Sticks, Fresh	1/2 cup	74.3	2.2
1 MM CK12 Fruit, Assorted, Fres	1 each	133	20.5
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
Extra Extra Totals			41.7

New Menu - Milk & Condiments

Friday - 09/20/2019

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, White, Skim, 8 fl oz	1 each	226.8	11.2
3 CK12 Milk, Chocolate, Low Fat	1 each	226.8	24
Milk, Strawberry, Low Fat, 8 oz,	1 each	226.8	24
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3

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New Menu - Milk & Condiments

Friday - 09/20/2019

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
2 APL CK12 Sauce, BBQ (Frenc	1 floz	37	15
2 APL CK12 Salad Dressing, Ca	1 tbsp	14.5	1
1 MM CK12 Syrup, Breakfast, Bu	1 floz	39.2	24.1
Milk & Condiments Totals			125.5
Daily Totals for 09/20/2019			291
USDA K12, Lunch, 5-13 y			-
% USDA K12, Lunch, 5-13 y			-
Daily Average for Week (9/15/2019 - 9/20/2019)			322
% Average for Week (9/15/2019 - 9/20/2019)			-
Daily Average for Dates: 09/03/2019 - 09/20/2019			238.3
% for Dates: 09/03/2019 - 09/20/2019			-

* indicates main item

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

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