

Menu Collections - Menu Analysis Report

Report Run: Dec 18, 2020

Date(s) Included: January 4, 2021 - January 8, 2021

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

Menu Collection Included: 9383, CK12, JR/SR HIGH, LUNCH, 9-12, 2020-21

List: All Items

New Menu - Create

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Chicken, Sweet &	12 each	242.9	42.9
1 MM CK12 Rice, Brown, 1/2 Cu	1/2 cup	105.6	22.5
1 MM CK12 Egg Roll, Vegetable	1 each	453.6	22
2 APL CK12 Breadstick, Sesame	1 each	35	15
Create Totals			102.4

New Menu - Pizza

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, French Brea	1 each	139.8	33
*2 APL CK12 Pizza, Pepperoni (1 slice	179.7	46.2
2 APL CK12 Sauce, Pizza, Cann	1/2 cup	125	10.8
Pizza Totals			90

New Menu - Grill

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Sandwich, Cheese	1 sandwich	127.6	38.7
*2 APL CK12 Sandwich, Chicker	1 sandwich	150	40.3
2 APL CK12 Potato, Oven Fries,	2-1/4 ounce	63.8	15.2
Grill Totals			94.2

New Menu - Deli

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	1
*2 APL CK12 Ham, Deli (Smithfi	2-1/2 ounce	70.9	2.4
*2 APL CK12 Salami, Genoa, Sli	13 slice	66.3	2.4
*2 APL CK12 Chicken, Patty (Ty	1 each	85	16

* indicates main item

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New Menu - Deli

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Taco Filling, Beef (3/8 cup	90.7	4.5
*2 APL CK12 Sandwich, Meatba	1 sandwich	186.3	30
2 APL CK12 Bread, Sub Roll, Fre	1 each	71.8	30.7
1 MM CK12 Tortilla, Flour, WG,	1 each	70.9	34
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	28
2 APL CK12 Breadstick, Cinnam	1 each	30.6	15.3
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	0.2
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	0.3
1 MM CK12 Cheese, Colby Jack	1/2 ounce	14.2	0.4
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	0.5
2 APL CK12 Cheese, Pepper Ja	1 oz portion	28.3	1
2 APL CK12 Lettuce, Romaine B	1 cup	47	1.5
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	0.2
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	2.2
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	1.2
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	1.1
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	0.6
2 APL CK12 Spinach, Fresh, Ra	1/4 cup	7.5	0.3
2 APL CK12 Peppers, Banana, R	1 tbsp	6.5	0.1
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	0.5
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	0.7
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	1.6
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Mus	1 tbsp	17	4.8
3 CK12 Sour Cream, 1 fl oz (349	2 tbsp	28.3	1.3
Deli Totals			200.2

New Menu - On the Go

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
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* indicates main item

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New Menu - On the Go

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Salad Base, Chick	1 each	138	11.4
*2 APL CK12 Hummus (Grecian	1 serving(s)	341.7	70.7
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	121.3
*2 APL CK12 Combo, Cheddar, V	1 each	179.6	44.3
*2 APL CK12 Sandwich, Ham (S	1 each	208.2	34.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	144.7	28.9
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	370.1	100.5
*1 MM CK12 Salad, Caesar, Chi	1 serving(s)	181.1	19.4
*2 APL CK12 Salad, Caesar, Ch	1 each	171.1	6
1 MM CK12 Dinner Roll, WG (W	2 each	56	28.6
On the Go Totals			465.3

New Menu - Extra Extra

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Romain	3/4 cup	66	2.4
1 MM CK12 Carrots, Fresh, Baby	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
Extra Extra Totals			62

New Menu - Milk & Condiments

Monday - 01/04/2021

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
1 MM CK12 Salad Dressing, Ran	2 floz	64	13.2
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
1 MM CK12 Salad Dressing, Mus	2 floz	68	19.2
1 MM CK12 Salad Dressing, Cae	2 floz	58	4

* indicates main item

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New Menu - Milk & Condiments

Monday - 01/04/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
2 APL CK12 Sauce, Hot (37888)	1/4 tsp	1.2	0
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
Milk & Condiments Totals			121.3
Daily Totals for 01/04/2021			1135.4
Daily Value			<275
% Daily Value			412.9%

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New Menu - Create

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Turkey, Gravy, Pre	3/8 cup	113.4	2
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	15.6
2 APL CK12 Beans, Green, Froz	5/8 cup	155	12.8
2 APL CK12 Stuffing, Cornbread	1/3 cup	117.5	18.9
1 MM CK12 Crisp, Apple (37411	1 piece	91.2	27.6
Create Totals			76.9

New Menu - Pizza

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Pepperoni (1 slice	179.7	46.2
Pizza Totals			46.2

New Menu - Grill

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Burger, Cheesebur	1 sandwich	145.5	28
*2 APL CK12 Sandwich, Chicker	1 sandwich	150	40.3
*1 MM CK12 Breadstick, Cheese	2 each	122	34
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	9.7
2 APL CK12 Bun, Pretzel, WG (1 serving(s)	62.4	29
Grill Totals			141

New Menu - Deli

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	1
*2 APL CK12 Ham, Deli (Smithfie	2-1/2 ounce	70.9	2.4
*2 APL CK12 Salami, Genoa, Sli	13 slice	66.3	2.4
*2 APL CK12 Chicken, Patty (Ty	1 each	85	16
*2 APL CK12 Taco Filling, Beef (3/8 cup	90.7	4.5
*2 APL CK12 Sandwich, Meatba	1 sandwich	186.3	30
2 APL CK12 Bread, Sub Roll, Fre	1 each	71.8	30.7

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New Menu - Deli

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Tortilla, Flour, WG,	1 each	70.9	34
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	28
2 APL CK12 Breadstick, Cinnam	1 each	30.6	15.3
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	0.2
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	0.3
1 MM CK12 Cheese, Colby Jack	1/2 ounce	14.2	0.4
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	0.5
2 APL CK12 Cheese, Pepper Ja	1 oz portion	28.3	1
2 APL CK12 Lettuce, Romaine B	1 cup	47	1.5
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	0.2
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	2.2
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	1.2
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	1.1
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	0.6
2 APL CK12 Spinach, Fresh, Ra	1/4 cup	7.5	0.3
2 APL CK12 Peppers, Banana, F	1 tbsp	6.5	0.1
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	0.5
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	0.7
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	1.6
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Mus	1 tbsp	17	4.8
3 CK12 Sour Cream, 1 fl oz (349	2 tbsp	28.3	1.3
Deli Totals			200.2

New Menu - On the Go

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Salad Base, Chicke	1 each	138	11.4
*2 APL CK12 Hummus (Grecian	1 serving(s)	341.7	70.7
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	121.3

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New Menu - On the Go

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Combo, Cheddar, V	1 each	179.6	44.3
*2 APL CK12 Sandwich, Ham (S)	1 each	208.2	34.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	144.7	28.9
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	370.1	100.5
*1 MM CK12 Salad, Caesar, Chi	1 serving(s)	181.1	19.4
*2 APL CK12 Salad, Caesar, Ch	1 each	171.1	6
1 MM CK12 Dinner Roll, WG (W	2 each	56	28.6
On the Go Totals			465.3

New Menu - Extra Extra

Tuesday - 01/05/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Romair	3/4 cup	66	2.4
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
Extra Extra Totals			62

New Menu - Milk & Condiments

Tuesday - 01/05/2021

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 Fat	1 each	226.8	23
1 MM CK12 Salad Dressing, Ran	2 floz	64	13.2
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
1 MM CK12 Salad Dressing, Mus	2 floz	68	19.2
1 MM CK12 Salad Dressing, Cae	2 floz	58	4
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1

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Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Sauce, Hot (37888)	1/4 tsp	1.2	0
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
Milk & Condiments Totals			121.3
Daily Totals for 01/05/2021			1112.9
Daily Value			<275
% Daily Value			404.7%

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New Menu - Create

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Bowl, Mashed Potatoes	1 serving(s)	271.4	34.1
1 MM CK12 Corn, Frozen, Seasoned	1/2 cup	85	16
1 MM CK12 Dinner Roll, WG (French)	1 each	31.2	13.4
Create Totals			63.5

New Menu - Pizza

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Quesadilla, Cheddar	1 each	172.9	38.4
*2 APL CK12 Pizza, Pepperoni (Large)	1 slice	179.7	46.2
Pizza Totals			84.6

New Menu - Grill

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Corn Dog, Turkey	1 each	113.4	30
*2 APL CK12 Sandwich, Chickery	1 sandwich	150	40.3
1 MM CK12 Potato, Tater Tots (Large)	1/2 cup	74.4	16.7
Grill Totals			87

New Menu - Deli

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Turkey, Deli (Jennif	3 oz portion	85	1
*2 APL CK12 Ham, Deli (Smithfield)	2-1/2 ounce	70.9	2.4
*2 APL CK12 Salami, Genoa, Sliced	1/3 slice	66.3	2.4
*2 APL CK12 Chicken, Patty (Turkey)	1 each	85	16
*2 APL CK12 Taco Filling, Beef (Ground)	3/8 cup	90.7	4.5
*2 APL CK12 Sandwich, Meatball	1 sandwich	186.3	30
2 APL CK12 Bread, Sub Roll, French	1 each	71.8	30.7
1 MM CK12 Tortilla, Flour, WG, (Large)	1 each	70.9	34
Chips, Tortilla, Nacho Cheese, Dressed	1 each	49.6	28
2 APL CK12 Breadstick, Cinnamon	1 each	30.6	15.3

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New Menu - Deli

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	0.2
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	0.3
1 MM CK12 Cheese, Colby Jack	1/2 ounce	14.2	0.4
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	0.5
2 APL CK12 Cheese, Pepper Ja	1 oz portion	28.3	1
2 APL CK12 Lettuce, Romaine B	1 cup	47	1.5
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	0.2
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	2.2
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	1.2
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	1.1
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	0.6
2 APL CK12 Spinach, Fresh, Ra	1/4 cup	7.5	0.3
2 APL CK12 Peppers, Banana, F	1 tbsp	6.5	0.1
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	0.5
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	0.7
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	1.6
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Mus	1 tbsp	17	4.8
3 CK12 Sour Cream, 1 fl oz (349	2 tbsp	28.3	1.3
Deli Totals			200.2

New Menu - On the Go

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Salad Base, Chicke	1 each	138	11.4
*2 APL CK12 Hummus (Grecian	1 serving(s)	341.7	70.7
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	121.3
*2 APL CK12 Combo, Cheddar,	1 each	179.6	44.3
*2 APL CK12 Sandwich, Ham (S	1 each	208.2	34.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	144.7	28.9

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New Menu - On the Go

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	370.1	100.5
*1 MM CK12 Salad, Caesar, Chi	1 serving(s)	181.1	19.4
*2 APL CK12 Salad, Caesar, Ch	1 each	171.1	6
1 MM CK12 Dinner Roll, WG (W	2 each	56	28.6
On the Go Totals			465.3

New Menu - Extra Extra

Wednesday - 01/06/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Romair	3/4 cup	66	2.4
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
Extra Extra Totals			62

New Menu - Milk & Condiments

Wednesday - 01/06/2021

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 Fat	1 each	226.8	23
1 MM CK12 Salad Dressing, Ran	2 floz	64	13.2
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
1 MM CK12 Salad Dressing, Mus	2 floz	68	19.2
1 MM CK12 Salad Dressing, Cae	2 floz	58	4
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
2 APL CK12 Sauce, Hot (37888)	1/4 tsp	1.2	0
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
Milk & Condiments Totals			121.3

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Daily Totals for 01/06/2021	1083.9
Daily Value	<275
% Daily Value	394.1%

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New Menu - Create

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*3 CK12 Meatballs, Swedish, Be	5 each	134.1	8.2
1 MM CK12 Potato, Mashed, Ins	1/2 cup	112.2	15.6
1 MM CK12 Carrots, Fresh, Cinn	1/2 cup	119.3	14.4
1 MM CK12 Biscuit, WG (GM 10	1 each	56.7	26.9
Sour Cream, 1 oz, PC (24960)	1 each	28.3	1.3
Create Totals			66.4

New Menu - Pizza

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Bacon Chee	1 slice	181.8	44.8
*2 APL CK12 Pizza, Pepperoni (1 slice	179.7	46.2
Pizza Totals			91

New Menu - Grill

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Sandwich, Spicy, C	1 sandwich	156.8	42.3
*2 APL CK12 Sandwich, Chicker	1 sandwich	150	40.3
*1 MM CK12 Breadstick, Cheese	2 each	122	34
1 MM CK12 Sauce, Marinara, Ca	1/2 cup	130.2	9.7
Grill Totals			126.2

New Menu - Deli

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	1
*2 APL CK12 Ham, Deli (Smithfie	2-1/2 ounce	70.9	2.4
*2 APL CK12 Salami, Genoa, Sli	13 slice	66.3	2.4
*2 APL CK12 Chicken, Patty (Ty	1 each	85	16
*2 APL CK12 Taco Filling, Beef (3/8 cup	90.7	4.5
*2 APL CK12 Sandwich, Meatba	1 sandwich	186.3	30
2 APL CK12 Bread, Sub Roll, Fre	1 each	71.8	30.7

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New Menu - Deli

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Tortilla, Flour, WG,	1 each	70.9	34
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	28
2 APL CK12 Breadstick, Cinnam	1 each	30.6	15.3
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	0.2
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	0.3
1 MM CK12 Cheese, Colby Jack	1/2 ounce	14.2	0.4
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	0.5
2 APL CK12 Cheese, Pepper Ja	1 oz portion	28.3	1
2 APL CK12 Lettuce, Romaine B	1 cup	47	1.5
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	0.2
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	2.2
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	1.2
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	1.1
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	0.6
2 APL CK12 Spinach, Fresh, Ra	1/4 cup	7.5	0.3
2 APL CK12 Peppers, Banana, F	1 tbsp	6.5	0.1
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	0.5
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	0.7
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	1.6
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Mus	1 tbsp	17	4.8
3 CK12 Sour Cream, 1 fl oz (349	2 tbsp	28.3	1.3
Deli Totals			200.2

New Menu - On the Go

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Salad Base, Chicke	1 each	138	11.4
*2 APL CK12 Hummus (Grecian	1 serving(s)	341.7	70.7
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	121.3

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New Menu - On the Go

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Combo, Cheddar, V	1 each	179.6	44.3
*2 APL CK12 Sandwich, Ham (S)	1 each	208.2	34.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	144.7	28.9
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	370.1	100.5
*1 MM CK12 Salad, Caesar, Chi	1 serving(s)	181.1	19.4
*2 APL CK12 Salad, Caesar, Ch	1 each	171.1	6
1 MM CK12 Dinner Roll, WG (W	2 each	56	28.6
On the Go Totals			465.3

New Menu - Extra Extra

Thursday - 01/07/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Romair	3/4 cup	66	2.4
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
Extra Extra Totals			62

New Menu - Milk & Condiments

Thursday - 01/07/2021

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 Fat	1 each	226.8	23
1 MM CK12 Salad Dressing, Ran	2 floz	64	13.2
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
1 MM CK12 Salad Dressing, Mus	2 floz	68	19.2
1 MM CK12 Salad Dressing, Cae	2 floz	58	4
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mayo, Bulk (Kraft H	1 tbsp	15	0.1

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Menu Item Name	Portion Size	Weight (g)	CHO (g)
2 APL CK12 Sauce, Hot (37888)	1/4 tsp	1.2	0
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
Milk & Condiments Totals			121.3
Daily Totals for 01/07/2021			1132.3
Daily Value			<275
% Daily Value			411.8%

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New Menu - Create

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*Emergency Meals 2 APL CK12	1 each	252.1	38.7
1 MM CK12 Beans, Green, Froz	1/2 cup	80.5	5.1
2 APL CK12 Breadstick, Herb (R	1 each	35.1	15.1
Create Totals			58.9

New Menu - Pizza

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Pizza, Meat Lovers	1 slice	179	47
*2 APL CK12 Pizza, Pepperoni (1 slice	179.7	46.2
Pizza Totals			93.1

New Menu - Grill

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Sandwich, Wrap, B	1 sandwich	172.8	39.9
*2 APL CK12 Sandwich, Chicker	1 sandwich	150	40.3
2 APL CK12 Potato, Oven Fries,	1/2 cup	61.9	14
Grill Totals			94.2

New Menu - Deli

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Turkey, Deli (Jenni	3 oz portion	85	1
*2 APL CK12 Ham, Deli (Smithfi	2-1/2 ounce	70.9	2.4
*2 APL CK12 Salami, Genoa, Sli	1/3 slice	66.3	2.4
*2 APL CK12 Chicken, Patty (Ty	1 each	85	16
*2 APL CK12 Taco Filling, Beef (3/8 cup	90.7	4.5
*2 APL CK12 Sandwich, Meatba	1 sandwich	186.3	30
2 APL CK12 Bread, Sub Roll, Fre	1 each	71.8	30.7
1 MM CK12 Tortilla, Flour, WG,	1 each	70.9	34
Chips, Tortilla, Nacho Cheese, D	1 each	49.6	28
2 APL CK12 Breadstick, Cinnam	1 each	30.6	15.3

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New Menu - Deli

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Cheese, Swiss, Slic	1/2 ounce	14.2	0.2
1 MM CK12 Cheese, Provolone,	1/2 ounce	14.2	0.3
1 MM CK12 Cheese, Colby Jack	1/2 ounce	14.2	0.4
1 MM CK12 Cheese, Cheddar, S	1/2 ounce	14.2	0.5
2 APL CK12 Cheese, Pepper Ja	1 oz portion	28.3	1
2 APL CK12 Lettuce, Romaine B	1 cup	47	1.5
1 MM CK12 Pickles, Dill Hambur	4 slice	9.7	0.2
1 MM CK12 Tomatoes, Fresh, S	3 each	56.7	2.2
1 MM CK12 Onions, Fresh, Raw	1/8 cup	12.9	1.2
1 MM CK12 Cucumber, Fresh, U	1/4 cup	29.7	1.1
1 MM CK12 Peppers, Green & R	1/4 cup	11.5	0.6
2 APL CK12 Spinach, Fresh, Ra	1/4 cup	7.5	0.3
2 APL CK12 Peppers, Banana, F	1 tbsp	6.5	0.1
2 APL CK12 Olives, Black, Pitted	1 tbsp	8.8	0.5
1 MM CK12 Jalapenos, Canned,	1 tbsp	15	0.7
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
1 MM CK12 Salad Dressing, Itali	1 tbsp	15	1.6
1 MM CK12 Salad Dressing, Ran	1 tbsp	16	3.3
1 MM CK12 Salad Dressing, Mus	1 tbsp	17	4.8
3 CK12 Sour Cream, 1 fl oz (349	2 tbsp	28.3	1.3
Deli Totals			200.2

New Menu - On the Go

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*1 MM CK12 Salad Base, Chicke	1 each	138	11.4
*2 APL CK12 Hummus (Grecian	1 serving(s)	341.7	70.7
*1 MM CK12 Parfait, Lunch, Yog	1 serving(s)	462.9	121.3
*2 APL CK12 Combo, Cheddar,	1 each	179.6	44.3
*2 APL CK12 Sandwich, Ham (S	1 each	208.2	34.3
*2 APL CK12 Sandwich, Turkey	1 sandwich	144.7	28.9

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New Menu - On the Go

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
*2 APL CK12 Parfait, Lunch, Yog	1 serving(s)	370.1	100.5
*1 MM CK12 Salad, Caesar, Chi	1 serving(s)	181.1	19.4
*2 APL CK12 Salad, Caesar, Ch	1 each	171.1	6
1 MM CK12 Dinner Roll, WG (W	2 each	56	28.6
On the Go Totals			465.3

New Menu - Extra Extra

Friday - 01/08/2021

Menu Item Name	Portion Size	Weight (g)	CHO (g)
1 MM CK12 Salad, Side, Romair	3/4 cup	66	2.4
1 MM CK12 Carrots, Fresh, Bab	1/2 cup	87.9	7.2
1 MM CK12 Fruit, Assorted, Can	1/2 cup	123.3	14.5
1 MM CK12 Fruit, Assorted, Fres	1 each	147.2	23.8
2 APL CK12 Juice, Apple, 100%	1 each	113.4	14
Extra Extra Totals			62

New Menu - Milk & Condiments

Friday - 01/08/2021

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 Fat	1 each	226.8	23
1 MM CK12 Salad Dressing, Ran	2 floz	64	13.2
1 MM CK12 Salad Dressing, Itali	2 floz	60	6.2
1 MM CK12 Salad Dressing, Mus	2 floz	68	19.2
1 MM CK12 Salad Dressing, Cae	2 floz	58	4
1 MM CK12 Mustard, Bulk Cond	1 tbsp	15.6	0.9
1 MM CK12 Ketchup, Bulk Cond	1 tbsp	15.6	4.3
1 MM CK12 Mayo, Bulk (Kraft He	1 tbsp	15	0.1
2 APL CK12 Sauce, Hot (37888)	1/4 tsp	1.2	0
2 APL CK12 Sauce, BBQ (Fren	1 floz	37	15
Milk & Condiments Totals			121.3

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Daily Totals for 01/08/2021	1095
Daily Value	<275
% Daily Value	398.2%
Daily Average for Week (1/4/2021 - 1/8/2021)	1111.9
% Average for Week (1/4/2021 - 1/8/2021)	404.3%
Daily Average for Dates: 01/04/2021 - 01/08/2021	1111.9
% for Dates: 01/04/2021 - 01/08/2021	404.3%

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