

# Menu Nutrient Analysis Report

Report Run: Jan 24, 2012

Cycle day(s) Included:

Date(s) Included: **February 1, 2012 - February 29, 2012**

Menu(s) Included: **Elementary February Lunch  
Elementary January Lunch**

Nutrient Analysis by: **Main Items**

List: **All Items**

## Elementary February Lunch

### Lunch

**Monday - February 13, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Sandwich, BBQ Pork Riblet (2.5 oz... (35417.3)	1 ea	140	37.0	
*CK12 Sandwich, Wrap, Chicken Snack, 6"... (40332)	2 ea	218	54.1	
*CK12 Fun Lunch: Yogurt, American Chees... (37744)	1 serving	209	40.0	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Squash, Butternut, Roasted Sweet ... (39404)	1/2 cup	155	18.2	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	
<b>Lunch Totals</b>			273.3	
<b>Daily Totals for 2/13/2012</b>			273.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			91%	

## Elementary February Lunch

### Lunch

**Tuesday - February 14, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Chicken, Nuggets, WG, Tyson, 5 ea... (35365)	5 ea	84	13.8	
*CK12 Roll, Dinner, Whole Wheat, 1.34 o... (35366.1)	1 ea	38	19.4	
*CK12 Sandwich, Turkey and Cheese, Lett... (37782.16)	1 sandwich	197	31.0	
*CK12 Fun Lunch: Pizza Bagel (2.3 oz) (37742)	1 serving	185	45.1	
*CK12 Salad, Turkey and Cheese, Element... (39888.2)	1 ea	186	4.4	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Beans, Baked, BBQ, Homemade BBQ S... (34763)	1/2 cup	142	35.2	
*CK12 Fruit, with Pudding and Marshmall... (40244)	1/2 cup	129	26.6	

\* Indicates main item

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

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**Elementary February Lunch**

**Lunch**

**Tuesday - February 14, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			270.1	
<b>Daily Totals for 2/14/2012</b>			270.1	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			90%	

**Elementary February Lunch**

**Lunch**

**Wednesday - February 15, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Pasta, Spaghetti, Whole Grain, Co... (35978.5)	1 cup	43	32.3	
*CK12 Sauce, Italian Meat (80/20 Beef),... (35978.2)	1/2 cup	118	8.5	
*CK12 Burger, Beef (JTM 2.5 oz patty), ... (34925.8)	1 ea	134	29.5	
*CK12 Sandwich, Ham and Cheese, Lettuce... (37782.17)	1 ea	153	21.7	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Beans, Green, Seasoned, Canned, C... (39060.2)	1/2 cup	76	3.4	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Banana (1318.2)	1 ea	102	23.3	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			220.5	
<b>Daily Totals for 2/15/2012</b>			220.5	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			74%	

\* Indicates main item

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**Elementary February Lunch**

**Lunch**

**Thursday - February 16, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 French Toast, Sticks (3), Michael... (34512.2)	3 ea	74	25.8	
*CK12 Eggs, Scrambled (34176)	1/4 cup	71	1.4	
*CK12 Sandwich, Wrap, Turkey and Cheese... (37782.9)	1 ea	156	34.6	
*CK12 Sandwich, Peanut Butter and Jelly... (37587.2)	1 sandwich	110	44.4	
*CK12 Salad, Turkey and Cheese, Element... (39888.2)	1 ea	186	4.4	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Potato, Tater Tots (34680)	1/2 cup	67	18.7	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Broccoli, Florets, Fresh, Raw (1/... (37456)	1/2 cup	36	2.4	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Syrup, 1 oz, Bulk (34503.1)	1 floz	39	24.1	
<b>Lunch Totals</b>			257.2	
<b>Daily Totals for 2/16/2012</b>			257.2	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			86%	

**Elementary February Lunch**

**Lunch**

**Friday - February 17, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	
*CK12 Sandwich, WG Breaded Chicken, WG ... (34921)	1 ea	148	46.1	
*CK12 Sandwich, Wrap, Turkey and Cheese... (37782.9)	1 ea	156	34.6	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Corn, Frozen, Seasoned (1/2 cup) (34655)	1/2 cup	84	15.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	

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**Elementary February Lunch**

**Lunch**

**Friday - February 17, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Fruit Cocktail, Canned, Light Syr... (33761.1)	1/2 cup	123	18.4	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			248.2	
<b>Daily Totals for 2/17/2012</b>			248.2	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			83%	
<b>Daily Average for Week (2/11/2012 - 2/17/2012)</b>				
<b>% Daily Value Average for Week (2/11/2012 - 2/17/2012)</b>				

**Elementary February Lunch**

**Lunch**

**Monday - February 20, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Chicken, Sweet and Sour (36914)	3/4 cup	183	12.0	
*CK12 Rice, Brown (2.7)	1/2 cup	105	21.9	
*CK12 Hot Dog, Turkey 8/lb, on Whole Gr... (37908.2)	1 ea	101	21.5	
*CK12 Fun Lunch: Yogurt, American Chees... (37744)	1 serving	209	40.0	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Potatoes, Sweet, Fries, Baked (1/... (39251)	1/2 cup	89	28.0	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Broccoli, Florets, Fresh, Raw (1/... (37456)	1/2 cup	36	2.4	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			238.8	
<b>Daily Totals for 2/20/2012</b>			238.8	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			80%	

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**Elementary February Lunch**

**Lunch**

**Tuesday - February 21, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Taco Filling, Turkey, Jennie-O (35027.4)	3 oz	85	2.7	
*CK12 Cheese, Cheddar, Shredded, 1/2 oz... (37852)	1/2 oz	14	0.2	
*CK12 Tortilla Shell Rounds (37913)	1 oz	28	18.1	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Burger, Beef (JTM 2.5 oz patty), ... (34925.8)	1 ea	134	29.5	
*CK12 Fun Lunch: Pizza Bagel (2.3 oz) (37742)	1 serving	185	45.1	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Rice, White and Kidney Beans (34903)	1/2 cup	187	29.7	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Broccoli, Florets, Fresh, Raw (1/... (37456)	1/2 cup	36	2.4	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	
*CK12 Salsa, Medium, 2 fl. oz. (34934)	1/4 cup	65	4.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			246.9	
<b>Daily Totals for 2/21/2012</b>			246.9	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			82%	

**Elementary February Lunch**

**Lunch**

**Wednesday - February 22, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Sandwich, Fish, Breaded (3.6 oz),... (40118)	1 ea	159	46.4	
*CK12 Pasta, Macaroni and Cheese (36236)	2/3 cup	191	26.0	
*CK12 Burrito, Beef and Bean with Chees... (34729.1)	1 ea	167	28.5	
*CK12 Sandwich, Ham and Cheese, Lettuce... (37782.6)	1 ea	149	28.9	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Cucumber, Fresh, Unpeeled, Sliced... (39949)	1/2 cup	59	2.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	

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**Elementary February Lunch**

**Lunch**

**Wednesday - February 22, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*CK12 Oranges, Mandarin, Canned, Light ... (33761.6)	1/2 cup	215	20.5	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Sauce, Tartar, Homemade (38932)	2 tbsp	40	6.0	
*CK12 Salsa, Low Sodium, USDA Commodity... (34934.2)	1/4 cup	63	4.4	
<b>Lunch Totals</b>			257.3	
<b>Daily Totals for 2/22/2012</b>			257.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			86%	

**Elementary February Lunch**

**Lunch**

**Thursday - February 23, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Corn Dogs, Chicken, Mini, Whole G... (40107)	6 ea	114	33.1	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Chicken or Turkey and Noodles (44172)	1 cup	278	22.9	
*CK12 Sandwich, Peanut Butter and Jelly... (37587.2)	1 sandwich	110	44.4	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Broccoli, Frozen, Seasoned, with ... (34655.8)	1/2 cup	93	5.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Broccoli, Florets, Fresh, Raw (1/... (37456)	1/2 cup	36	2.4	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	
<b>Lunch Totals</b>			219.3	
<b>Daily Totals for 2/23/2012</b>			219.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			73%	

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**Elementary February Lunch**

**Lunch**

**Friday - February 24, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238)	1 slice	178	40.2	
*CK12 Sandwich, Ham and Cheese, Whole G... (37782.8)	1 ea	151	20.1	
*CK12 Sandwich, Wrap, Turkey and Cheese... (37782.11)	1 ea	212	36.7	
*CK12 Salad, Turkey and Cheese, Element... (39888.2)	1 ea	186	4.4	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	
*CK12 Banana (1318.2)	1 ea	102	23.3	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
<b>Lunch Totals</b>			194.8	
<b>Daily Totals for 2/24/2012</b>			194.8	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			65%	
<b>Daily Average for Week (2/18/2012 - 2/24/2012)</b>				
<b>% Daily Value Average for Week (2/18/2012 - 2/24/2012)</b>				

**Elementary February Lunch**

**Lunch**

**Monday - February 27, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Chicken, Nuggets, WG, Tyson, 5 ea... (35365)	5 ea	84	13.8	
*CK12 Cornbread, Prepared from Dry Mix (35367)	1 piece	74	28.0	
*CK12 Tostados, Veggie with Cheese, 6" (42676)	1 ea	269	34.4	
*CK12 Fun Lunch: Yogurt, American Chees... (37744)	1 serving	209	40.0	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Broccoli, Frozen, Seasoned (1/2 c... (34655.2)	1/2 cup	86	5.6	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	

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**Elementary February Lunch**

**Lunch**

**Monday - February 27, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	
<b>Lunch Totals</b>			239.9	
<b>Daily Totals for 2/27/2012</b>			239.9	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			80%	

**Elementary February Lunch**

**Lunch**

**Tuesday - February 28, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Sandwich, Cheese, Toasted, Whole ... (34873.1)	1 ea	110	23.4	
*CK12 Soup, Tomato, Campbell's, 8 oz. (37531)	8 floz	232	15.2	
*Crackers, Saltine, 4 Ct, PC (39876)	1 ea	12	8.9	
*CK12 Burger, Beef (JTM 2.5 oz patty), ... (34925.8)	1 ea	134	29.5	
*CK12 Fun Lunch: Pizza Bagel (2.3 oz) (37742)	1 serving	185	45.1	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	
<b>Lunch Totals</b>			249.3	
<b>Daily Totals for 2/28/2012</b>			249.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			83%	

\* Indicates main item

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**Elementary February Lunch**

**Lunch**

**Wednesday - February 29, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Pasta, Cheesy Red Rotini, with Ba... (37936)	1 serving	270	53.4	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	
*CK12 Sandwich, Ham and Cheese, Lettuce... (37782.6)	1 ea	149	28.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Celery Sticks, Fresh (37458.1)	1/2 cup	74	2.2	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Salsa, Low Sodium, USDA Commodity... (34934.2)	1/4 cup	63	4.4	
<b>Lunch Totals</b>			276.3	
<b>Daily Totals for 2/29/2012</b>			276.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			92%	
<b>Daily Average for Week (2/23/2012 - 2/29/2012)</b>			456.0	
<b>% Daily Value Average for Week (2/23/2012 - 2/29/2012)</b>			152%	
<b>Daily Average for Date Range (2/1/2012 - 2/29/2012)</b>			245.5	
<b>% Daily Value Average for Date Range (2/1/2012 - 2/29/2012)</b>			82%	

**Elementary January Lunch**

**Lunch**

**Wednesday - February 01, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Sloppy Joe Meat, Homemade (80/20 ... (33764.3)	1/3 cup	107	9.5	
*CK12 Chips, Tortilla, Yellow, Round, T... (39573)	1 oz	28	19.6	
*CK12 Sandwich, Wrap, Chicken Snack, 6"... (40332)	2 ea	218	54.1	
*CK12 Sandwich, Ham and Cheese, Lettuce... (37782.6)	1 ea	149	28.9	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Salad, Side, Coleslaw, Confetti (35364)	1/2 cup	106	7.9	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	

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**Elementary January Lunch**

**Lunch**

**Wednesday - February 01, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
<b>Lunch Totals</b>			227.5	
<b>Daily Totals for 2/1/2012</b>			227.5	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			76%	

**Elementary January Lunch**

**Lunch**

**Thursday - February 02, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Hot Dog, Turkey 8/lb, on Whole Gr... (37908.2)	1 ea	101	21.5	
*CK12 Pasta, Baked Ziti or Rigatoni, wi... (40720)	1 cup	309	36.4	
*CK12 Sandwich, Peanut Butter and Jelly... (37587.2)	1 sandwich	110	44.4	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Potato, Tater Tots (34680)	1/2 cup	67	18.7	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	
<b>Lunch Totals</b>			255.6	
<b>Daily Totals for 2/2/2012</b>			255.6	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			85%	

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**Elementary January Lunch**

**Lunch**

**Friday - February 03, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Taco Filling, Turkey, Jennie-O (35027.4)	3 oz	85	2.7	
*CK12 Tortilla Shell Rounds (37913)	1 oz	28	18.1	
*CK12 Cheese, Cheddar, Reduced Fat, Shr... (37852.4)	2 oz	57	1.1	
*CK12 Pizza, Cheese, White Whole Wheat,... (34238.11)	1 slice	218	52.9	
*CK12 Sandwich, Turkey and Cheese, Lett... (37782.2)	1 sandwich	188	27.6	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Rice, White and Kidney Beans (34903)	1/2 cup	187	29.7	
*CK12 Pineapple, Chunks, Canned, Juice ... (33761.3)	1/2 cup	126	19.9	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Salsa, Medium, 2 fl. oz. (34934)	1/4 cup	65	4.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
<b>Lunch Totals</b>			228.8	
<b>Daily Totals for 2/3/2012</b>			228.8	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			76%	
<b>Daily Average for Week (2/1/2012 - 2/3/2012)</b>			456.0	
<b>% Daily Value Average for Week (2/1/2012 - 2/3/2012)</b>			152%	

**Elementary January Lunch**

**Lunch**

**Monday - February 06, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Burger, Beef (Advance 2.5 oz Red.... (34925.14)	1 ea	139	25.5	
*CK12 Fajitas, Chicken (cooked diced), ... (34767)	1 ea	248	59.6	
*CK12 Fun Lunch: Yogurt, American Chees... (37744)	1 serving	209	40.0	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Beans, Green, Frozen, Seasoned (1... (34655.1)	1/2 cup	80	5.1	
*CK12 Fruit Crisp (37814)	1/2 cup	147	31.0	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	

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**Elementary January Lunch**

**Lunch**

**Monday - February 06, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Salsa, Low Sodium, USDA Commodity... (34934.2)	1/4 cup	63	4.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			258.0	
<b>Daily Totals for 2/6/2012</b>			258.0	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			86%	

**Elementary January Lunch**

**Lunch**

**Tuesday - February 07, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 French Toast, Sticks, Whole Grain... (34512.1)	4 ea	96	41.4	
*CK12 Sausage, Turkey, Patty, RTC, 1.5 ... (37857.2)	2 ea	85	1.1	
*CK12 Corn Dog, Turkey, 4 oz (40117)	1 ea	113	27.2	
*CK12 Fun Lunch: Pizza Bagel (2.3 oz) (37742)	1 serving	185	45.1	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Potatoes, Sweet, Mashed, Homemade (40032)	1/2 cup	139	28.4	
*CK12 Banana (1318.2)	1 ea	102	23.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
*CK12 Syrup, 1 oz, Bulk (34503.1)	1 floz	39	24.1	
*CK12 Mustard, Bulk Condiment (34929)	1 tbsp	16	0.8	
<b>Lunch Totals</b>			268.3	
<b>Daily Totals for 2/7/2012</b>			268.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			89%	

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**Elementary January Lunch**

**Lunch**

**Wednesday - February 08, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Sandwich, Fish, Breaded (3.6 oz),... (40118)	1 ea	159	46.4	
*CK12 Sandwich, Ham and Cheese, Lettuce... (37782.6)	1 ea	149	28.9	
*CK12 Salad, Egg and Cheese, Elementary (39888.3)	1 ea	200	6.3	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Apple, Red Delicious, Whole (34124)	1 ea	118	16.3	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Peaches, Canned, Light Syrup (33761)	1/2 cup	152	22.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
<b>Lunch Totals</b>			188.0	
<b>Daily Totals for 2/8/2012</b>			188.0	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			63%	

**Elementary January Lunch**

**Lunch**

**Thursday - February 09, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Chicken, Nuggets, WG, Tyson, 5 ea... (35365)	5 ea	84	13.8	
*CK12 Biscuit, Southern Style, Frozen D... (34538.2)	1 ea	64	30.6	
*CK12 Sandwich, Ham and Cheese, Whole G... (37782.8)	1 ea	151	20.1	
*CK12 Sandwich, Peanut Butter and Jelly... (37587.1)	1 sandwich	121	48.9	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Broccoli, Frozen, Seasoned, with ... (34655.8)	1/2 cup	93	5.7	
*CK12 Pears, Canned, Light Syrup (33761.2)	1/2 cup	157	23.8	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Sauce, Barbecue, Purchased, Bulk,... (37909.1)	1 floz	31	11.4	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	

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<b>Lunch Totals</b>	245.3	
<b>Daily Totals for 2/9/2012</b>	245.3	
<b>Daily Value</b>	300.0	
<b>% Daily Value</b>	82%	

**Elementary January Lunch**

**Lunch**

**Friday - February 10, 2012**

Menu Item Name	Portion Size	Weight (g)	CHO (g)	
*CK12 Beef, Taco Meat, Homemade (80/20 ... (34810)	1/2 cup	137	6.2	
*CK12 Tortilla, Whole Wheat, 10" (37943.1)	1 ea	71	34.3	
*CK12 Cheese, Cheddar, Shredded, 1/2 oz... (37852)	1/2 oz	14	0.2	
*CK12 Lettuce, Iceberg, Shredded, 1/4 C... (37862)	1/4 cup	14	0.4	
*CK12 Parfait, Lunch, Yogurt Strawberry... (34510.1)	1 ea	356	86.4	
*CK12 Sandwich, Wrap, Turkey and Cheese... (37782.9)	1 ea	156	34.6	
*CK12 Salad, Ham and Cheese, Elementary (39888.1)	1 ea	179	4.9	
*CK12 Breadstick, Whole Grain, 1.5 oz (34679.3)	1 ea	43	20.0	
*CK12 Beans, Refried, Vegetarian, Garni... (37533)	1/2 cup	118	15.9	
*CK12 Orange, Wedges (34123.1)	4 wedge	96	11.2	
*Milk, Skim/Nonfat, 8 oz, PC (3874)	1 ea	227	11.2	
*Milk, Chocolate, Fat Free, 22 g sugar,... (40935)	1 ea	227	21.7	
*CK12 Lettuce, Romaine Blend, Pre-chopp... (40579)	1 cup	47	1.5	
*CK12 Carrots, Fresh, Baby, Bulk (35660)	1/2 cup	88	7.2	
*CK12 Applesauce, Canned, Unsweetened (33761.4)	1/2 cup	127	14.3	
*CK12 Salsa, Medium, 2 fl. oz. (34934)	1/4 cup	65	4.1	
*CK12 Salad Dressing, Ranch, Light, Bul... (34930.1)	1 tbsp	30	6.2	
*CK12 Ketchup, Bulk Condiment (34928)	1 tbsp	16	3.9	
<b>Lunch Totals</b>			284.3	
<b>Daily Totals for 2/10/2012</b>			284.3	
<b>Daily Value</b>			300.0	
<b>% Daily Value</b>			95%	
<b>Daily Average for Week (2/4/2012 - 2/10/2012)</b>			1955.8	
<b>% Daily Value Average for Week (2/4/2012 - 2/10/2012)</b>			652%	
<b>Daily Average for Date Range (2/1/2012 - 2/29/2012)</b>			244.5	
<b>% Daily Value Average for Date Range (2/1/2012 - 2/29/2012)</b>			81%	

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