

Menu
Cicero Hot Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center">Mar 1</p> <p align="center">Cheerios String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="center">Mar 2</p> <p align="center">Maple Waffle Pear Raisins 1% Milk Skim Milk</p>	<p align="center">Mar 3</p> <p align="center">Cinnamon Bread Sunflower Seeds Orange Applesauce Cup 1% Milk Skim Milk</p>
<p align="center">Mar 6</p>	<p align="center">Mar 7</p> <p align="center">Egg & Cheese Bagel Orange Craisins 1% Milk Skim Milk</p>	<p align="center">Mar 8</p> <p align="center">Cinnamon Chex String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="center">Mar 9</p> <p align="center">Breakfast Scramble Tortilla Taco Sauce Pear Raisins</p>	<p align="center">Mar 10</p> <p align="center">Apple Oatmeal Bar Sunflower Seeds Orange Applesauce Cup 1% Milk Skim Milk</p>
<p align="center">Mar 13</p> <p align="center">Strawberry Yogurt Crunch Apple Juice, Orange - OKI 1% Milk Skim Milk</p>	<p align="center">Mar 14</p> <p align="center">Turkey-Sausage Biscuit with Gravy Orange Craisins 1% Milk Skim Milk</p>	<p align="center">Mar 15</p> <p align="center">Banana Muffin Banana Pineapple 1% Milk Skim Milk</p>	<p align="center">Mar 16</p> <p align="center">Whole Grain Bagel Cream Cheese Cup Pear Raisins 1% Milk Skim Milk</p>	<p align="center">Mar 17</p> <p align="center">Strawberry Oatmeal Bar Sunflower Seeds Orange Applesauce Cup 1% Milk Skim Milk</p>
<p align="center">Mar 20</p>	<p align="center">Mar 21</p>	<p align="center">Mar 22</p> <p align="center">Honey Bunches of Oats String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="center">Mar 23</p> <p align="center">French Toast Bites Pear Raisins 1% Milk Skim Milk</p>	<p align="center">Mar 24</p> <p align="center">WG Banana Bread Sunflower Seeds Orange Applesauce Cup 1% Milk Skim Milk</p>
<p align="center">Mar 27</p> <p align="center">Strawberry Yogurt Crunch Apple Juice, Orange - OKI 1% Milk Skim Milk</p>	<p align="center">Mar 28</p> <p align="center">Fiesta Breakfast Taco Orange Craisins 1% Milk Skim Milk</p>	<p align="center">Mar 29</p> <p align="center">Apple Cinnamon Cheerios String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="center">Mar 30</p> <p align="center">Pancakes & Turkey Bacon Syrup Pear Raisins 1% Milk Skim Milk</p>	<p align="center">Mar 31</p> <p align="center">Cinnamon Bread Sunflower Seeds Orange Applesauce Cup 1% Milk Skim Milk</p>

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*** All Grain/Bread items served are Whole Grain Rich.**

Menu
1 Entree Hot - Cicero k-8

Monday

Tuesday

Wednesday

Thursday

Friday

Mar 1

Breakfast for Lunch
 Waffle Sandwich
 Syrup
 Tater Tot
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 2

Thai Chili Chicken & Rice
 Red Pepper Strips
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 3

Chicken Nuggets
 Dinner Roll
 Ketchup
 Cucumber Slices
 Apple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 6

Mar 7

Bean & Cheese Tamale
 Black Bean & Corn Salad
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 8

Hamburger
 French Fries
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 9

Lemon Chicken Pasta
 Broccoli
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 10

Korean Meatballs & Rice
 Red Pepper Strips
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 13

Cheesy Pull-Aparts
 Lemon Chickpea Salad
 Pineapple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 14

Chicken & Cheese Nachos
 Tortilla Chips
 Cherry Tomatoes
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 15

Turkey & Cheese Wrap
 Pickles
 Applesauce Cup
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 16

Shepherd's Pie
 Dinner Roll
 Mashed Potatoes
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 17

Lemon Pepper Drumstick
 Brown Rice
 Syrup
 Mixed Greens Salad
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 20

Mar 21

Mar 22

Philly Cheesesteak
 Peppers & Onions
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 23

Wild Mike's Cheese Pizza
 Mixed Greens Salad
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 24

Baked Penne
 Peas
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 27

Chicken Nuggets
 Dinner Roll
 Celery Sticks
 Pineapple
 Ranch Dressing
 Ketchup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 28

Pizza Fiestada
 Cherry Tomatoes
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 29

Breakfast for Lunch
 Waffle Sandwich
 Syrup
 Tater Tot
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 30

Thai Chili Chicken & Rice
 Turkey Hot Dog
 Broccoli
 Banana
 Ranch Dressing
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 31

Wild Mike's Cheese Pizza
 Lemon Chickpea Salad
 Apple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

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Menu
2 Entree Hot Lunch - Cicero 6-8

Monday

Tuesday

Wednesday

Thursday

Friday

Mar 1
 Breakfast for Lunch
 Waffle Sandwich
 Syrup
 Southwest Pasta Salad
 Tater Tots
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 2
 Thai Chili Chicken & Rice
 Orange Chicken & Rice
 Red Pepper Strips
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 3
 Chicken Nuggets
 Dinner Roll
 Ketchup
 Grilled Cheese
 Cucumber Slices
 Apple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 6

Mar 7
 Been & Cheese Tamale
 Black Bean & Corn Salad
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 8
 Hamburger
 Chicken Sandwich
 French Fries
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 9
 Lemon Chicken Pasta
 Turkey-Ham & Cheddar Sand
 Broccoli
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 10
 Korean Meatballs & Rice
 Greek Chef Salad
 Veggie Crackers
 Red Pepper Strips
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 13
 Cheesy Pull-Aparts
 Alfredo Pasta
 Lemon Chickpea Salad
 Pineapple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 14
 Chicken & Cheese Nachos
 Tortilla Chips
 Beef Tacos
 Cherry Tomatoes
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 15
 Turkey & Cheese Wrap
 Pickles
 Applesauce Cup
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 16
 Shepherd's Pie
 Dinner Roll
 Mac & Cheese
 Mashed Potatoes
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 17
 Lemon Pepper Drumstick
 Brown Rice
 Breakfast for Lunch
 Waffle Sandwich
 Syrup
 Mixed Greens Salad
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 20

Mar 21

Mar 22
 Philly Cheesesteak
 Creamy Pasta Salad
 Peppers & Onions
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 23
 Pepperoni Pizza
 Wild Mike's
 Wild Mike's Cheese Pizza
 Mixed Greens Salad
 Banana
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 24
 Baked Penne
 Whole Grain Bagel
 Strawberry Yogurt Cup
 Wowbutter
 Cream Cheese Cup
 Peas
 Apple
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 27

Chicken Nuggets
Dinner Roll
Hamburger
Celery Sticks
Pineapple
Ranch Dressing
Ketchup
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Mar 28

Pizza Fiestada
Veggie Chili Mac
Cherry Tomatoes
Apple
1% Milk
Chocolate Milk
Skim Milk

Mar 29

Breakfast for Lunch
Waffle Sandwich
Syrup
Buffalo Chicken Salad
Breadstick
Sweet Potato Crackers
Tater Tots
Applesauce Cup
Ranch Dressing
1% Milk
Chocolate Milk
Skim Milk

Mar 30

Thai Chili Chicken & Rice
Turkey Hot Dog
Broccoli
Banana
Ranch Dressing
Ketchup
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Mar 31

Pepperoni Pizza
Wild Mike's
Wild Mike's Cheese Pizza
Lemon Chickpea Salad
Apple
Ranch Dressing
1% Milk
Chocolate Milk
Skim Milk

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*** All Grain/Bread items served are Whole Grain Rich.**

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: 2 Day Hot/3 Day Cold Breakfast - K-12

Include Cost: Yes

Site:

Report Style: Detailed

Wednesday - 03/01/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991266 Cheerios, Bowlpack - OKI	1BG	1	100	0.00	140	1	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00	\$0.000
990696 Cheese, String - OKI	1MMA	1	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			218	0.92	110	35	1.64	0.00	10	44.92	3.03	8.72	*530	*293.6	*7.33	*0.28	\$0.000
% of Calories				3.80%		64.2%	6.8%	0.0%		82.4%		16.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 03/02/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990629 Waffle, Maple, WG - OKI	2BG	200	250	5.00	290	15	9.00	0.00	50	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990654 Raisins, Box - OKI	1/2c	200	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			545	5.88	410	68	10.64	0.00	60	102.96	8.15	15.73	*481	*327.3	*7.44	*1.05	\$0.000
% of Calories				9.71%		49.9%	17.6%	0.0%		75.6%		11.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 03/03/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991173 Bread, Cinnamon Crumb - OKI	2BG	200	290	1.00	190	29	6.00	0.00	55	55.00	2.00	6.00	*N/A*	21.0	*N/A*	2.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	200	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			594	2.83	438	62	8.46	0.00	65	*91.40	7.30	19.72	*697	372.7	*51.67	3.13	\$0.000
% of Calories				4.29%		41.8%	12.8%	0.0%		*61.5%		13.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Monday - 03/06/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	200	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991323 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.000
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 03/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991124 Sandwich, BKF, Bagel, Egg, Cheese - OKI	2BG, 2MMA	100	226	2.26	531	5	7.06	0.00	83	28.01	2.00	11.54	*N/A*	328.4	*N/A*	1.60	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990646 Craisins - OKI	1/2c	100	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			469	3.09	639	49	8.51	0.00	93	77.42	6.30	20.26	*697	655.1	*51.67	1.73	\$0.000
% of Calories				5.93%		41.8%	16.3%	0.0%		66.0%		17.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 03/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991232 Cereal, Chex, Cinnamon - OKI	1BG	1	111	0.00	162	6	2.53	0.00	0	23.29	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990696 Cheese, String - OKI	1MMA	1	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	1	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			497	5.71	578	53	11.47	0.00	40	81.21	4.02	23.50	*1011	*778.6	*7.93	*0.27	\$0.000
% of Calories				10.34%		42.7%	20.8%	0.0%		65.4%		18.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 03/09/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991137 Scramble, Potatoes, Eggs - OKI	2MMA	100	219	7.01	324	0	13.62	0.00	157	12.58	1.06	11.10	*N/A*	224.0	*N/A*	0.82	\$0.000
991001 Tortilla, WG, 6-inch, 1BG - OKI	1BG	100	90	1.50	190	1	2.49	0.00	0	14.97	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990705 Sauce, Taco, PKT - OKI	1	100	5	0.00	95	0	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	50	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	50	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
Weighted Daily Average			416	8.55	614	22	16.28	0.00	157	56.01	4.32	14.12	*0	*243.5	*3.42	*1.33	\$0.000
% of Calories				18.50%		21.2%	35.2%	0.0%		53.9%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 03/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991230 Bar, Oatmeal, Apple - OKI	1BG	100	140	0.50	90	9	4.50	0.00	5	23.01	1.00	2.00	*N/A*	10.0	*N/A*	1.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	100	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990653 Applesauce, Cup - OKI	1/2c	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			444	2.33	338	42	6.96	0.00	15	*59.42	6.30	15.72	*697	361.7	*51.67	2.13	\$0.000
% of Calories				4.72%		37.8%	14.1%	0.0%		*53.5%		14.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 03/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	100	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	100	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991323 Juice, Orange - OKI	1/2c	100	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.000
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 03/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990637 Biscuit, WG, Turkey Sausage, & Gravy - OKI	1BG, 1MMA	100	187	2.00	412	3	7.54	0.00	30	21.43	1.00	8.00	*0	*126.2	*0.00	*1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990646 Craisins - OKI	1/2c	100	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			431	2.83	520	47	9.00	0.00	40	70.83	5.30	16.72	*697	*453.0	*51.67	*1.13	\$0.000
% of Calories				5.91%		43.6%	18.8%	0.0%		65.7%		15.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 03/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990631 Muffin, Banana, WG - OKI	2BG	100	310	1.00	200	29	8.00	0.00	35	56.00	2.00	5.00	*N/A*	28.0	*N/A*	2.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	100	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	100	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			527	1.90	308	64	9.60	0.00	45	100.80	5.01	13.66	*530	*320.2	*7.33	*2.24	\$0.000
% of Calories				3.24%		48.6%	16.4%	0.0%		76.5%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 03/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990768 Bagel, WG, IW - OKI	2BG	100	150	0.00	270	3	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80	\$0.000
990784 Cream Cheese, Cup - OKI	1	100	70	4.01	115	1	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	100	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	100	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			515	4.89	505	57	9.65	0.00	30	95.96	9.15	15.73	*481	*357.3	*7.44	*2.85	\$0.000
% of Calories				8.55%		44.3%	16.9%	0.0%		74.5%		12.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 03/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990671 Bar, Oatmeal, Strawberry - OKI	1BG	100	140	0.50	75	9	4.50	0.00	5	23.00	1.00	2.00	*N/A*	10.0	*N/A*	1.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	100	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990653 Applesauce, Cup - OKI	1/2c	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			444	2.33	323	42	6.96	0.00	15	*59.40	6.30	15.72	*697	361.7	*51.67	2.13	\$0.000
% of Calories				4.72%		37.8%	14.1%	0.0%		*53.5%		14.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 03/20/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	200	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991323 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.000
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 03/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991246 Croissant, Egg & Cheese - OKI	1.5BG, 1.5 MMA	100	266	4.26	581	5	11.56	0.00	83	31.01	2.00	11.54	*N/A*	369.4	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990646 Craisins - OKI	1/2c	100	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			509	5.09	688	49	13.01	0.00	93	80.42	6.30	20.26	*697	696.1	*51.67	1.13	\$0.000
% of Calories				9.00%		38.5%	23.0%	0.0%		63.2%		15.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 03/22/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990775 Cereal, Honey Bunches, Vanilla - OKI	2BG	1	220	0.00	150	12	3.00	0.00	0	46.00	4.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990696 Cheese, String - OKI	1MMA	1	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	1	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			606	5.71	566	59	11.94	0.00	40	103.93	7.01	27.49	*1011	*778.6	*7.93	*0.27	\$0.000
% of Calories				8.48%		38.9%	17.7%	0.0%		68.6%		18.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 03/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991312 Bites, French Toast, Cinnamon - OKI	2BG	100	250	1.00	270	12	8.00	0.00	10	38.02	2.00	6.00	*N/A*	21.0	*N/A*	0.60	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	100	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	100	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			545	1.88	390	65	9.64	0.00	20	103.98	8.15	15.73	*481	348.3	*7.44	1.65	\$0.000
% of Calories				3.10%		47.7%	15.9%	0.0%		76.3%		11.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 03/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990710 Bread, WG, Banana - OKI	1BG	100	160	0.50	100	15	4.00	0.00	20	28.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	100	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990653 Applesauce, Cup - OKI	1/2c	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			464	2.33	348	48	6.46	0.00	30	*64.40	6.30	16.72	*697	365.7	*51.67	2.13	\$0.000
% of Calories				4.52%		41.4%	12.5%	0.0%		*55.5%		14.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 03/27/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	200	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991323 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.000
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 03/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990588 Taco, Breakfast, Fiesta - OKI	1 each	100	97	1.71	209	1	2.95	0.00	5	15.39	0.04	2.41	*N/A*	*8.6	*N/A*	*0.04	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990646 Craisins - OKI	1/2c	100	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			341	2.54	317	45	4.41	0.00	15	64.79	4.35	11.14	*697	*335.4	*51.67	*0.17	\$0.000
% of Calories				6.70%		52.8%	11.6%	0.0%		76.0%		13.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 03/29/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991239 Cereal, Cheerios, Apple Cinn - OKI	1BG	1	110	0.00	110	9	1.50	0.00	0	23.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990696 Cheese, String - OKI	1MMA	1	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	1	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			496	5.71	526	56	10.44	0.00	40	80.93	5.01	24.49	*1011	*778.6	*7.93	*0.27	\$0.000
% of Calories				10.36%		45.2%	18.9%	0.0%		65.3%		19.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 03/30/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991309 Pancakes, Bacon, Turkey - OKI	2BG	100	260	2.00	890	7	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40	\$0.000
990704 Syrup, PKT - OKI	1	100	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	100	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	100	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			675	2.88	1032	82	13.64	0.00	51	123.15	8.15	23.73	*481	*328.2	*7.44	*1.48	\$0.000
% of Calories				3.84%		48.6%	18.2%	0.0%		73.0%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 03/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991173 Bread, Cinnamon Crumb - OKI	2BG	100	290	1.00	190	29	6.00	0.00	55	55.00	2.00	6.00	*N/A*	21.0	*N/A*	2.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	100	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
990645 ORANGE, Fresh 138CT, - OKI	1/2c	100	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10	\$0.000
990653 Applesauce, Cup - OKI	1/2c	100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			594	2.83	438	62	8.46	0.00	65	*91.40	7.30	19.72	*697	372.7	*51.67	3.13	\$0.000
% of Calories				4.29%		41.8%	12.8%	0.0%		*61.5%		13.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	479	3	425	53	8.59	*0.00	43	*81.61	*5.97	17.20	*629	*472.6	*30.65	*1.29	\$0.000
% of Calories		6.01%		44.3%	16.1%	*0.0%		*68.2%		14.4%					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: 2 Entree Hot Lunch - Cicero 6-8

Include Cost: Yes

Site:

Report Style: Detailed

Wednesday - 03/01/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991184 Sandwich, Waffle, Turkey Sausage - OKI	2MMA, 2BG	100	300	2.00	450	4	14.00	0.00	70	28.00	2.00	16.00	*N/A*	*24.0	*N/A*	*2.00	\$0.000
990704 Syrup, PKT - OKI	1	100	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
991280 Salad, Pasta, Southwest - OKI	1.5c	100	435	6.98	526	2	18.21	*0.00	30	54.51	9.04	16.54	*98	*225.5	*0.73	*1.62	\$0.000
990746 Tater, Tots, 3/4c - OKI	3/4c	200	136	0.62	248	1	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			713	5.51	890	42	21.73	*0.00	57	106.96	9.00	25.42	*539	*424.4	*1.27	*1.84	\$0.000
% of Calories				6.96%		23.6%	27.4%	*0.0%		60.0%		14.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 03/02/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991282 Drumstick, Thai, Chili, Rice - OKI	2BG, 2MMA	100	458	2.35	527	29	9.17	0.00	52	77.71	3.96	14.32	*0	*4.5	*0.00	*0.40	\$0.000
990845 Chicken, Orange, & Rice - OKI	2MMA, 2BG	100	446	*3.54	445	17	18.92	*0.00	*40	52.63	*2.75	16.61	*N/A*	*15.2	*0.00	*2.02	\$0.000
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	200	19	0.04	3	3	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			649	*3.48	760	51	15.20	*0.00	*54	105.11	*7.16	25.14	*2861	*319.6	*102.34	*1.77	\$0.000
% of Calories				*4.83%		31.4%	21.1%	*0.0%		64.8%		15.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 03/03/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	100	240	2.50	440	1	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90	\$0.000
990681 Roll, Dinner, WG - OKI	1BG	100	80	0.00	150	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	0.80	\$0.000
990686 Ketchup, Pkt - OKI	1	100	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	100	280	5.00	1060	8	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
990847	Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	200	12	0.03	2	1	0.09	0.00	0	2.83	0.39	0.51	82	12.5	2.18	0.22	\$0.000
990648	Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990678	Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668	Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670	Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669	Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average				488	4.22	1146	36	13.76	*0.00	35	69.45	7.56	27.47	*636	569.8	*8.59	2.76	\$0.000
% of Calories					7.78%		29.5%	25.4%	*0.0%		56.9%		22.5%					
Weekly Nutrient Guideline				600 - 700	<10	1360		<=0										

Tuesday - 03/07/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
990825	Tamale, Bean and Cheese - OKI	2BG, 2MMA	200	291	7.02	321	0	16.04	0.00	15	30.07	2.00	8.02	*N/A*	104.2	*N/A*	1.00	\$0.000
991214	Salad, Black Bean & Corn - OKI	3/4c	200	151	0.02	157	2	0.43	0.00	0	29.37	10.15	8.73	*888	*46.4	*36.20	*3.12	\$0.000
990648	Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990668	Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670	Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			603	7.47	623	29	17.34	*0.00	22	91.52	15.03	24.97	*1442	*452.0	*42.61	*4.28	\$0.000
% of Calories				11.15%		19.2%	25.9%	*0.0%		60.7%		16.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 03/08/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990587 Sandwich, Hamburger - OKI	2BG, 2MMA	100	266	2.70	490	3	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39	\$0.000
991030 Sandwich, Chicken, Breaded - OKI	3BG, 2MMA	100	389	2.50	699	4	16.00	0.00	25	41.87	4.99	19.98	*N/A*	79.8	*N/A*	3.29	\$0.000
990815 Potato, French Fries, 3/4c - OKI	3/4c	200	120	0.50	150	0	5.00	0.00	0	19.00	1.00	1.00	*N/A*	10.0	*N/A*	0.20	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			597	3.51	888	30	18.16	0.00	34	83.43	5.99	27.88	*490	394.9	*0.90	3.56	\$0.000
% of Calories				5.29%		20.1%	27.4%	0.0%		55.9%		18.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 03/09/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991120 Chicken, Pasta, Lemon, Primavera - OKI	2BG, 2MMA	100	542	1.77	147	7	7.45	*0.00	43	94.00	12.35	30.80	*4882	*58.9	*40.14	5.32	\$0.000
990618 Sandwich, Turkey Ham, Cheddar, - OKI	2BG, 2MMA	100	258	4.72	566	4	9.42	0.00	34	28.00	4.00	19.42	*N/A*	270.5	*N/A*	2.00	\$0.000
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	200	11	0.04	10	1	0.12	0.00	0	2.07	0.81	0.88	194	14.7	27.82	0.23	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			588	3.78	637	32	9.48	*0.00	46	98.54	11.23	34.93	*3174	*484.0	*55.52	4.13	\$0.000
% of Calories				5.79%		21.8%	14.5%	*0.0%		67.0%		23.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 03/10/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991290 Meatballs, Turkey, Korean, & Rice - OKI	2BG, 2MMA	100	342	1.50	386	1	7.04	0.00	45	52.85	2.04	17.07	*N/A*	*N/A*	*N/A*	*0.40	\$0.000
991302 Salad, Chef, Greek - OKI	2MMA, 3/4c Veg	100	145	1.79	221	4	4.70	*0.00	8	16.48	5.08	9.43	*6298	*137.5	*8.56	*0.76	\$0.000
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	100	210	1.00	250	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	200	19	0.04	3	3	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			529	2.63	577	33	10.47	*0.00	34	88.22	9.99	*22.20	*6028	*384.3	*105.39	*2.06	\$0.000
% of Calories				4.47%		25.0%	17.8%	*0.0%		66.7%		*16.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 03/13/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991292 Pull-Apart, Cheesy - OKI	2BG, 2MMA	100	303	6.05	525	5	13.12	0.00	30	32.29	2.02	14.13	0	343.1	0.00	1.82	\$0.000
991183 Pasta, Alfredo - OKI	2MMA, 2BG	100	609	12.50	806	3	22.92	0.00	60	78.80	9.13	29.77	*N/A*	539.1	*N/A*	3.59	\$0.000
990689 Salad, Lemon Chickpea, 3/4c - OKI	1c	200	373	2.81	566	8	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			998	12.49	1502	41	41.19	*0.00	53	123.78	17.41	42.36	*701	*834.7	*13.26	*4.47	\$0.000
% of Calories				11.26%		16.4%	37.1%	*0.0%		49.6%		17.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 03/14/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991198 Nachos, Chicken, Cheese - OKI	2MMA	100	142	3.89	274	0	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59	\$0.000
990690 Chips, tortilla, WG, IW- OKI	2BG	100	200	1.00	160	0	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60	\$0.000
991196 Taco, Beef - OKI	2BG, 2MMA	100	347	7.49	695	2	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00	\$0.000
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	200	27	0.04	7	4	0.30	*N/A*	0	5.79	1.78	1.31	1239	14.9	20.38	0.40	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			533	6.67	717	32	16.89	*0.35	52	69.86	6.66	26.59	*1818	*405.0	*26.78	*2.16	\$0.000
% of Calories				11.26%		24.0%	28.5%	*0.6%		52.4%		20.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Wednesday - 03/15/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
990809 Wrap, Turkey & YA Cheese - OKI	2BG, 2MMA	200	267	5.17	723	4	8.83	0.00	28	31.00	3.00	17.33	*0	232.0	*0.00	1.40	\$0.000
991212 Pickle, Spears - OKI	3/4c	200	19	0.00	1012	0	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990686 Ketchup, Pkt - OKI	1	100	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990679 Mustard, PKT - OKI	1	100	4	0.02	65	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			443	5.58	1960	32	9.68	0.00	36	129.47	4.11	25.39	*490	573.9	*0.90	1.47	\$0.000
% of Calories				11.34%		28.9%	19.7%	0.0%		116.9%		22.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 03/16/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
991295 Beef, Pie, Shepherds - OKI	4 oz	100	228	4.51	503	2	12.06	0.70	42	14.61	2.81	14.43	*476	*39.4	*2.24	*2.45	\$0.000
991123 Roll, Dinner, WG, 2BG - OKI	2BG	100	160	0.00	300	2	3.00	0.00	0	28.00	2.00	6.00	*N/A*	40.0	*N/A*	1.60	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	100	446	12.00	808	0	20.00	0.00	60	46.00	6.00	20.00	*N/A*	*446.0	*N/A*	*0.00	\$0.000
990660 Potatoes, Mashed, 3/4 cup - OKI	3/4c	200	88	0.00	23	0	0.00	0.00	0	18.49	1.95	1.95	*0	13.2	*0.00	0.39	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			682	8.75	1099	27	18.46	0.35	59	98.27	9.60	31.10	*778	*580.4	*8.76	*2.65	\$0.000
% of Calories				11.55%		15.8%	24.4%	0.5%		57.6%		18.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 03/17/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991315 Chicken, Drumstick, Lemon Pepper & Rice - OKI	2BG, 2MMA	100	323	1.39	344	0	7.25	0.00	52	48.91	2.04	14.32	*0	*4.5	*0.00	*0.40	\$0.000
991184 Sandwich, Waffle, Turkey Sausage - OKI	2MMA, 2BG	100	300	2.00	450	4	14.00	0.00	70	28.00	2.00	16.00	*N/A*	*24.0	*N/A*	*2.00	\$0.000
990704 Syrup, PKT - OKI	1	100	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	200	11	0.01	20	1	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			544	2.15	573	41	11.61	*0.00	68	87.73	5.84	24.37	*5958	*342.3	*13.12	*2.01	\$0.000
% of Calories				3.56%		30.1%	19.2%	*0.0%		64.5%		17.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 03/22/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991299 Sandwich, Philly Cheesesteak - OKI	2BG, 2MMA	100	150	0.00	105	1	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44	\$0.000
991035 Salad, Pasta, Creamy 2MMA, 2BG - OKI	2MMA, 2BG	100	543	12.85	806	20	25.78	*0.00	60	59.80	7.25	18.46	*654	*416.3	*23.73	*0.28	\$0.000
990659 Peppers & Onions, 3/4 cup - OKI	3/4c	200	65	0.00	20	8	0.00	0.00	0	15.11	2.52	2.52	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			571	6.84	746	46	14.57	*0.00	38	91.31	8.38	22.35	*817	*526.9	*12.77	*0.90	\$0.000
% of Calories				10.78%		32.2%	23.0%	*0.0%		64.0%		15.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 03/23/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991244 Pizza, Pepperoni, Beef, Wild Mikes - OKI	2BG, 2MMA	100	410	8.00	630	5	17.00	0.00	40	36.00	1.00	19.00	*N/A*	368.0	*N/A*	2.00	\$0.000
991243 Pizza, Cheese, Wild Mike - OKI	2BG, 2MMA	100	400	8.00	540	5	15.00	0.00	40	36.00	1.00	19.00	*N/A*	416.0	*N/A*	2.00	\$0.000
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	200	11	0.01	20	1	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			593	8.51	876	31	17.04	0.00	48	73.57	4.20	28.94	*5943	722.8	*14.35	2.87	\$0.000
% of Calories				12.92%		20.9%	25.9%	0.0%		49.6%		19.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Friday - 03/24/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
991241 Penne, Marinara, Baked - OKI	2BG, 2MMA	100	611	7.65	381	8	15.97	0.00	30	90.23	11.93	30.90	*250	458.0	*1.80	4.46	\$0.000
990768 Bagel, WG, IW - OKI	2BG	100	150	0.00	270	3	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80	\$0.000
990676 Yogurt, Strawberry, Cup - OKI	1MMA	100	90	0.00	50	14	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00	\$0.000
990769 Wowbutter, PC - OKI	1MMA	100	198	2.98	99	3	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99	\$0.000
990784 Cream Cheese, Cup - OKI	1	100	70	4.01	115	1	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991303 Peas, Green, Cold, 3/4c - OKI	3/4c	200	93	0.06	86	5	0.32	0.00	0	17.04	5.38	6.15	2509	28.7	11.83	1.82	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			815	7.82	689	47	20.63	*0.00	35	122.70	17.20	37.80	*3188	*738.9	*19.13	*5.61	\$0.000
% of Calories				8.64%		23.1%	22.8%	*0.0%		60.2%		18.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 03/27/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
990578	Chicken, Nuggets, WG - OKI	2MMA, 1BG	100	240	2.50	440	1	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90	\$0.000
990681	Roll, Dinner, WG - OKI	1BG	100	80	0.00	150	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	0.80	\$0.000
990587	Sandwich, Hamburger - OKI	2BG, 2MMA	100	266	2.70	490	3	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39	\$0.000
991113	Celery, Fresh, Sticks, 3/4c - OKI	3/4c	200	14	0.04	78	1	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19	\$0.000
990656	Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990678	Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990686	Ketchup, Pkt - OKI	1	200	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990679	Mustard, PKT - OKI	1	200	4	0.02	65	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08	\$0.000
990668	Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670	Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669	Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average				491	3.07	1049	36	13.44	0.00	35	68.42	6.50	26.55	*925	*413.4	*3.91	*3.39	\$0.000
% of Calories					5.63%		29.3%	24.6%	0.0%		55.7%		21.6%					
Weekly Nutrient Guideline				600 - 700	<10	1360		<=0										

Tuesday - 03/28/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
991305	Pizza, Fiestada - OKI	2BG, 2MMA	100	360	6.00	710	8	14.00	0.00	25	43.00	4.00	17.00	91	241.0	0.00	3.10	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991189 Mac, Chili, Veggie - OKI	2MMA, 2BG	100	370	3.05	723	4	7.99	*0.00	15	59.57	13.92	16.21	*470	*153.4	*12.37	*1.92	\$0.000
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	200	27	0.04	7	4	0.30	*N/A*	0	5.79	1.78	1.31	1239	14.9	20.38	0.40	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			553	5.01	869	37	12.17	*0.00	27	89.15	13.62	26.14	*2074	*513.4	*32.97	*3.08	\$0.000
% of Calories				8.15%		26.8%	19.8%	*0.0%		64.5%		18.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 03/29/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991184 Sandwich, Waffle, Turkey Sausage - OKI	2MMA, 2BG	100	300	2.00	450	4	14.00	0.00	70	28.00	2.00	16.00	*N/A*	*24.0	*N/A*	*2.00	\$0.000
990704 Syrup, PKT - OKI	1	100	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
990856 Salad, Chef, Chicken, Buffalo - OKI	2MMA, 3/4c Veg	100	123	1.19	535	2	4.08	0.00	43	5.31	1.83	15.61	*10555	*44.5	*11.01	*1.77	\$0.000
990820 Breadstick, Honeywheat, WG, 1BG - OKI	1BG	100	71	0.00	142	1	1.01	0.00	0	14.18	2.02	3.04	*N/A*	40.5	*N/A*	0.71	\$0.000
991129 Crackers, Sweet Potato - OKI	1BG	100	110	0.00	80	6	2.00	0.00	0	22.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990746 Tater, Tots, 3/4c - OKI	3/4c	200	136	0.62	248	1	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	100	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			653	2.62	1069	46	16.17	0.00	64	101.57	7.52	27.56	*5768	*357.4	*6.40	*2.28	\$0.000
% of Calories				3.61%		28.2%	22.3%	0.0%		62.2%		16.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 03/30/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991282 Drumstick, Thai, Chili, Rice - OKI	2BG, 2MMA	100	458	2.35	527	29	9.17	0.00	52	77.71	3.96	14.32	*0	*4.5	*0.00	*0.40	\$0.000
990811 Sandwich, Hot Dog - OKI	2BG, 2MMA	100	280	3.00	530	3	12.50	0.00	50	29.00	3.00	13.00	*N/A*	132.0	*N/A*	2.12	\$0.000
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	200	11	0.04	10	1	0.12	0.00	0	2.07	0.81	0.88	194	14.7	27.82	0.23	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990686 Ketchup, Pkt - OKI	1	100	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990679 Mustard, PKT - OKI	1	100	4	0.02	65	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			565	3.22	890	43	12.06	0.00	59	92.31	6.65	23.63	*734	*389.0	*35.45	*1.78	\$0.000
% of Calories				5.13%		30.4%	19.2%	0.0%		65.4%		16.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 03/31/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991244 Pizza, Pepperoni, Beef, Wild Mikes - OKI	2BG, 2MMA	100	410	8.00	630	5	17.00	0.00	40	36.00	1.00	19.00	*N/A*	368.0	*N/A*	2.00	\$0.000
991243 Pizza, Cheese, Wild Mike - OKI	2BG, 2MMA	100	400	8.00	540	5	15.00	0.00	40	36.00	1.00	19.00	*N/A*	416.0	*N/A*	2.00	\$0.000
990689 Salad, Lemon Chickpea, 3/4c - OKI	1c	200	373	2.81	566	8	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	200	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	50	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.000
Weighted Daily Average			949	11.25	1423	41	39.37	*0.00	48	104.75	14.71	39.72	*765	*792.8	*18.76	*3.91	\$0.000
% of Calories				10.67%		17.3%	37.3%	*0.0%		44.2%		16.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	628	*5.73	949	38	17.47	*0.04	*45	94.81	*9.42	*28.53	*2256	*511.0	*26.16	*2.85	\$0.000
% of Calories		*8.21%		24.2%	25.0%	*0.1%		60.4%		*18.2%					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.