

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">May 1</p> <p>Strawberry Yogurt Crunch Apple Orange Juice 1% Milk Skim Milk</p>	<p align="right">May 2</p> <p>Egg & Cheese Bagel Clementine Craisins 1% Milk Skim Milk</p>	<p align="right">May 3</p> <p>Cinnamon Chex String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="right">May 4</p> <p>Breakfast Scramble Tortilla Taco Sauce Pear Raisins 1% Milk Skim Milk</p>	<p align="right">May 5</p> <p>WG Banana Bread Sunflower Seeds Clementine Applesauce Cup 1% Milk Skim Milk</p>
<p align="right">May 8</p> <p>Strawberry Yogurt Crunch Apple Orange Juice 1% Milk Skim Milk</p>	<p align="right">May 9</p> <p>Biscuits & Gravy Clementine Craisins 1% Milk Skim Milk</p>	<p align="right">May 10</p> <p>Apple Cinnamon Cheerios String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="right">May 11</p> <p>Peach Pancake Bowl Pear Raisins 1% Milk Skim Milk</p>	<p align="right">May 12</p> <p>Apple Oatmeal Bar Sunflower Seeds Clementine Applesauce Cup 1% Milk Skim Milk</p>
<p align="right">May 15</p> <p>Strawberry Yogurt Crunch Apple Orange Juice 1% Milk Skim Milk</p>	<p align="right">May 16</p> <p>Egg & Cheese Croissant Clementine Craisins 1% Milk Skim Milk</p>	<p align="right">May 17</p> <p>Honey Bunches of Oats String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="right">May 18</p> <p>French Toast Bites Syrup Pear Raisins 1% Milk Skim Milk</p>	<p align="right">May 19</p> <p>Cinnamon Bread Clementine Applesauce Cup 1% Milk Skim Milk</p>
<p align="right">May 22</p> <p>Strawberry Yogurt Crunch Apple Orange Juice 1% Milk Skim Milk</p>	<p align="right">May 23</p> <p>Fiesta Breakfast Taco Clementine Craisins 1% Milk Skim Milk</p>	<p align="right">May 24</p> <p>Cheerios String Cheese Banana Pineapple 1% Milk Skim Milk</p>	<p align="right">May 25</p> <p>Pancakes & Turkey Bacon Syrup Pear Raisins 1% Milk Skim Milk</p>	<p align="right">May 26</p> <p>Strawberry Oatmeal Bar Sunflower Seeds Clementine Applesauce Cup 1% Milk Skim Milk</p>
<p align="right">May 29</p>	<p align="right">May 30</p> <p>Cinnamon Chex String Cheese Clementine Craisins 1% Milk Skim Milk</p>	<p align="right">May 31</p> <p>Blueberry Muffin Banana Pineapple 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

May 1

Jerk Chicken & Rice
 Snap Peas
 Pineapple
 1% Milk
 Chocolate Milk
 Skim Milk

Tuesday

May 2

Chicken Sandwich
 French Fries
 Pear
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Wednesday

May 3

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

Thursday

May 4

Lemon Chicken Pasta
 Broccoli
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Friday

May 5

May 8

Hamburger
 Celery Sticks
 Diced Pear Cup
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

May 9

Chicken & Cheese Nachos
 Tortilla Chips
 Jicama
 Apple
 Tajin
 1% Milk
 Chocolate Milk
 Skim Milk

May 10

Turkey-Sausage Pizza
 Baby Carrots
 Clementine
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 11

Chicken Dumplings
 Mixed Greens Salad
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 12

Chicken Alfredo Pasta
 Lemon Chickpea Salad
 Grapes
 1% Milk
 Chocolate Milk
 Skim Milk

May 15

Meatball Sub
 Peas
 Pineapple
 1% Milk
 Chocolate Milk
 Skim Milk

May 16

Chicken Quesadilla
 Seasoned Black Beans
 Pear
 Taco Sauce
 1% Milk
 Chocolate Milk
 Skim Milk

May 17

Whole Grain Bagel
 Cream Cheese Cup
 Strawberry Yogurt Cup
 Sunflower Seeds
 Jicama
 Clementine
 Chocolate Milk
 1% Milk
 Skim Milk

May 18

Butter Curry Chicken
 Brown Rice
 Broccoli
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

May 19

Baked Penne
 Diced Carrots
 Grapes
 1% Milk
 Chocolate Milk
 Skim Milk

May 22

Chicken Nuggets
 Dinner Roll
 BBQ Bean Salad
 Pineapple
 Ketchup
 1% Milk
 Chocolate Milk
 Skim Milk

May 23

Beef Tacos
 Cherry Tomatoes
 Pear
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 24

Breakfast for Lunch
 Waffle Sandwich
 Tater Tots
 Clementine
 Syrup
 1% Milk
 Chocolate Milk
 Skim Milk

May 25

Thai Chili Chicken & Rice
 Broccoli
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 26

Hamburger
 Pickles
 Grapes
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

May 29

May 30

Turkey-Sausage Pizza
 Baby Carrots
 Pineapple
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 31

Chicken Sandwich
 Tater Tots
 Clementine
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

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

Menu
2 Entree Hot Lunch - Cicero 6-8

Monday

May 1

Jerk Chicken & Rice
 Teriyaki Chicken & Rice
 Snap Peas
 Pineapple
 1% Milk
 Chocolate Milk
 Skim Milk

Tuesday

May 2

Chicken Sandwich
 Grilled Cheese
 French Fries
 Pear
 Ranch Dressing
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Wednesday

May 3

Korean Meatballs & Rice
 Pizza Boli
 Red Pepper Strips
 Clementine
 1% Milk
 Chocolate Milk
 Skim Milk

Thursday

May 4

Lemon Chicken Pasta
 Turkey Ham Sandwich
 Broccoli
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

Friday

May 5

May 8

Hamburger
 Turkey Hot Dog
 Celery Sticks
 Diced Pear Cup
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

May 9

Chicken & Cheese Nachos
 Tortilla Chips
 Turkey Cheese Sandwich
 Jicama
 Apple
 Tajin
 1% Milk
 Chocolate Milk
 Skim Milk

May 10

Turkey-Sausage Pizza
 Cheese Pizza
 Baby Carrots
 Clementine
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 11

Chicken Dumplings
 Mac & Cheese
 Mixed Greens Salad
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 12

Chicken Alfredo Pasta
 Chicken Nuggets
 Dinner Roll
 Lemon Chickpea Salad
 Grapes
 Ketchup
 1% Milk
 Chocolate Milk
 Skim Milk

May 15

Meatball Sub
 Banana Muffin
 Strawberry Yogurt Cup
 String Cheese
 Peas
 Pineapple
 1% Milk
 Chocolate Milk
 Skim Milk

May 16

Chicken Quesadilla
 Cheese Quesadilla
 Seasoned Black Beans
 Pear
 Taco Sauce
 1% Milk
 Chocolate Milk
 Skim Milk

May 17

Whole Grain Bagel
 Cream Cheese Cup
 Strawberry Yogurt Cup
 Sunflower Seeds
 Jicama
 Clementine
 Chocolate Milk
 1% Milk
 Skim Milk

May 18

Butter Curry Chicken
 Brown Rice
 Grilled Cheese
 Broccoli
 Applesauce Cup
 1% Milk
 Chocolate Milk
 Skim Milk

May 19

Baked Penne
 Whole Grain Bagel
 Strawberry Yogurt Cup
 Wowbutter
 Cream Cheese Cup
 Diced Carrots
 Grapes
 1% Milk
 Chocolate Milk
 Skim Milk

May 22

Chicken Nuggets
 Dinner Roll
 Blueberry Muffin
 Strawberry Yogurt Cup
 String Cheese
 BBQ Bean Salad
 Pineapple
 Ketchup
 1% Milk
 Chocolate Milk
 Skim Milk

May 23

Beef Tacos
 Turkey Hot Dog
 Cherry Tomatoes
 Pear
 Ranch Dressing
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

May 24

Breakfast for Lunch
 Waffle Sandwich
 Mac & Cheese
 Tater Tots
 Clementine
 Syrup
 1% Milk
 Chocolate Milk
 Skim Milk

May 25

Thai Chili Chicken & Rice
 Orange Chicken & Rice
 Broccoli
 Applesauce Cup
 Ranch Dressing
 1% Milk
 Chocolate Milk
 Skim Milk

May 26

Hamburger
 Creamy Pasta Salad
 Pickles
 Grapes
 Ketchup
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

May 29

May 30

May 31

Turkey-Sausage Pizza
Cheese Pizza
Baby Carrots
Pineapple
Ranch Dressing
1% Milk
Chocolate Milk
Skim Milk

Chicken Sandwich
Grilled Cheese
Tater Tots
Clementine
Ketchup
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

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

Base Menu Spreadsheet

Portion Values

May 1, 2023 thru May 31, 2023

Menu Name:	2 Day Hot/3 Day Cold Breakfast - K-12	Include Cost:	Yes
Site:		Report Style:	Detailed

Monday - 05/01/2023 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
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	\$0.718
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	\$0.203
991316 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	\$0.162
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	\$0.202
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	\$0.178
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	\$1.273
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 05/02/2023 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
991124 Sandwich, BKF, Bagel, Egg, Cheese - OKI	2BG, 2MMA	200	226	2.26	531	5	7.06	0.00	83	28.01	2.00	11.54	*N/A*	328.4	*N/A*	1.60	\$0.553
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.268

Base Menu Spreadsheet

Portion Values

May 1, 2023 thru May 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	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.202
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	\$0.178
Weighted Daily Average			496	3.08	641	55	8.60	0.00	93	84.55	6.66	20.58	*481	*616.7	*0.60	*1.63	\$1.561
% of Calories				5.59%		44.4%	15.6%	0.0%		68.2%		16.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 05/03/2023

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
991232 Cereal, Chex, Cinnamon - OKI	1BG	200	111	0.00	162	6	2.53	0.00	0	23.29	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*	\$0.312
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
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	\$0.153
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*	\$0.472
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	\$0.202
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	\$0.178
Weighted Daily Average			409	4.90	470	42	10.13	0.00	30	70.09	4.02	15.68	*530	*490.2	*7.33	*0.24	\$1.336
% of Calories				10.78%		41.1%	22.3%	0.0%		68.5%		15.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 05/04/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	200	219	7.01	324	0	13.62	0.00	157	12.58	1.06	11.10	*N/A*	224.0	*N/A*	0.82	\$0.449
991001 Tortilla, WG, 6-inch, 1BG - OKI	1BG	200	90	1.50	190	1	2.49	0.00	0	14.97	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.090
990705 Sauce, Taco, PKT - OKI	1	200	5	0.00	95	0	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*	\$0.038
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	\$0.304
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	\$0.254
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	\$0.202
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	\$0.178
Weighted Daily Average			608	9.40	728	54	17.77	0.00	166	94.55	7.40	22.89	*481	*551.3	*7.44	*1.87	\$1.325
% of Calories				13.91%		35.5%	26.3%	0.0%		62.2%		15.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 05/05/2023

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
990710 Bread, WG, Banana - OKI	1BG	200	160	0.50	100	15	4.00	0.00	20	28.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00	\$0.305
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	\$0.180
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.359

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.202
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	\$0.178
Weighted Daily Average			490	2.31	350	54	6.55	0.00	30	*71.54	6.66	17.05	*481	*327.3	*0.60	*2.03	\$1.584
% of Calories				4.24%		44.1%	12.0%	0.0%		*58.4%		13.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 05/08/2023

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
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	\$0.718
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	\$0.203
991316 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	\$0.162
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	\$0.202
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	\$0.178
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	\$1.273
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 05/09/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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 Biscuits & Gravy - OKI	2oz	200	193	4.56	458	3	9.78	0.00	27	17.61	1.00	9.15	*N/A*	262.1	*N/A*	1.09	\$0.460
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.268
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	\$0.202
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	\$0.178
Weighted Daily Average			464	5.38	568	53	11.32	0.00	37	74.14	5.66	18.20	*481	*550.5	*0.60	*1.12	\$1.468
% of Calories				10.44%		45.7%	22.0%	0.0%		63.9%		15.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 05/10/2023

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991239 Cereal, Cheerios, Apple Cinn - OKI	1BG	200	110	0.00	110	9	1.50	0.00	0	23.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.323
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
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	\$0.153
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*	\$0.472
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			407	4.90	418	45	9.10	0.00	30	69.80	5.01	16.66	*530	*490.2	*7.33	*0.24	\$1.347
% of Calories				10.84%		44.2%	20.1%	0.0%		68.6%		16.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 05/11/2023

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
991313 Bowl, Pancake, Peach, WG - OKI	2BG	200	229	2.49	329	15	4.49	0.00	35	40.90	2.00	4.99	*N/A*	26.9	*N/A*	2.00	\$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	\$0.304
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	\$0.254
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	\$0.202
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	\$0.178
Weighted Daily Average			524	3.38	449	68	6.13	0.00	45	106.85	8.15	14.72	*481	354.2	*7.44	3.04	\$0.748
% of Calories				5.81%		51.9%	10.5%	0.0%		81.6%		11.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 05/12/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
991230 Bar, Oatmeal, Apple - OKI	1BG	200	140	0.50	90	9	4.50	0.00	5	23.01	1.00	2.00	*N/A*	10.0	*N/A*	1.00	\$0.285
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	\$0.180
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.359
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	\$0.202
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	\$0.178
Weighted Daily Average			470	2.31	340	48	7.05	0.00	15	*66.55	6.66	16.05	*481	*323.4	*0.60	*2.04	\$1.564
% of Calories				4.42%		40.9%	13.5%	0.0%		*56.6%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 05/15/2023

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 ^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	\$0.718
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	\$0.203
991316 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	\$0.162
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
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	\$1.273
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 05/16/2023

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 ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991246 Croissant, Egg & Cheese - OKI	1.5BG, 1.5 MMA	200	266	4.26	581	5	11.56	0.00	83	31.01	2.00	11.54	*N/A*	369.4	*N/A*	1.00	\$0.599
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.268
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	\$0.202
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	\$0.178
Weighted Daily Average			536	5.08	691	55	13.10	0.00	93	87.55	6.66	20.58	*481	*657.7	*0.60	*1.03	\$1.607
% of Calories				8.53%		41.0%	22.0%	0.0%		65.3%		15.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 05/17/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	200	220	0.00	150	12	3.00	0.00	0	46.00	4.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.760
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
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	\$0.153
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*	\$0.472
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	\$0.202
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	\$0.178
Weighted Daily Average			517	4.90	458	48	10.60	0.00	30	92.80	7.01	19.66	*530	*490.2	*7.33	*0.24	\$1.784
% of Calories				8.53%		37.1%	18.5%	0.0%		71.8%		15.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 05/18/2023

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
991312 Bites, French Toast, Cinnamon - OKI	2BG	200	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
990704 Syrup, PKT - OKI	1	200	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.089
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	\$0.304
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	\$0.254
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			666	1.88	412	87	9.64	0.00	20	134.17	8.15	15.73	*481	349.2	*7.44	1.68	\$0.837
% of Calories				2.54%		52.3%	13.0%	0.0%		80.6%		9.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 05/19/2023

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
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.359
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	\$0.202
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	\$0.178
Weighted Daily Average			500	1.81	300	67	7.55	0.00	65	98.54	5.66	15.05	*481	*314.3	*0.60	*2.03	\$1.099
% of Calories				3.26%		53.6%	13.6%	0.0%		78.8%		12.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 05/22/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.718
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	\$0.203
991316 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	\$0.162
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	\$0.202
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	\$0.178
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	\$1.273
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 05/23/2023

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
990588 Taco, Breakfast, Fiesta - OKI	1 each	200	270	6.60	657	3	13.49	0.00	131	24.97	1.00	12.00	*N/A*	*207.0	*N/A*	*1.00	\$0.600
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.268
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			540	7.41	766	53	15.04	0.00	141	81.50	5.66	21.04	*481	*495.3	*0.60	*1.03	\$1.608
% of Calories				12.35%		39.3%	25.1%	0.0%		60.4%		15.6%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 05/24/2023

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 ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991266 Cheerios, Bowlpack - OKI	1BG	200	100	0.00	140	1	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00	\$0.580
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
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	\$0.153
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*	\$0.472
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	\$0.202
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	\$0.178
Weighted Daily Average			397	4.90	448	37	9.60	0.00	30	67.80	6.01	18.66	*530	*570.2	*7.33	*9.24	\$1.604
% of Calories				11.11%		37.3%	21.8%	0.0%		68.3%		18.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 05/25/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	200	260	2.00	890	7	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40	\$1.127
990704 Syrup, PKT - OKI	1	200	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.089
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	\$0.304
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	\$0.254
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	\$0.202
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	\$0.178
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	\$1.964
% of Calories				3.84%		48.6%	18.2%	0.0%		73.0%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 05/26/2023

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
990671 Bar, Oatmeal, Strawberry - OKI	1BG	200	140	0.50	75	9	4.50	0.00	5	23.00	1.00	2.00	*N/A*	10.0	*N/A*	1.00	\$0.252
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	\$0.180
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.359
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			470	2.31	325	48	7.05	0.00	15	*66.54	6.66	16.05	*481	*323.3	*0.60	*2.03	\$1.531
% of Calories				4.42%		40.9%	13.5%	0.0%		*56.6%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 05/30/2023

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
991232 Cereal, Chex, Cinnamon - OKI	1BG	200	111	0.00	162	6	2.53	0.00	0	23.29	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*	\$0.312
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.268
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	\$0.202
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	\$0.178
Weighted Daily Average			462	4.81	472	57	10.08	0.00	30	81.82	5.67	16.06	*481	*486.3	*0.60	*0.03	\$1.529
% of Calories				9.37%		49.4%	19.6%	0.0%		70.8%		13.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 05/31/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
990695 Muffin, Blueberry - OKI	2BG	200	310	1.00	190	27	9.00	0.00	35	52.00	2.00	5.00	*N/A*	27.0	*N/A*	2.00	\$0.627
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	\$0.153
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*	\$0.472
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	\$0.202
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	\$0.178
Weighted Daily Average			527	1.90	298	62	10.60	0.00	45	96.80	5.01	13.66	*530	*319.2	*7.33	*2.24	\$1.442
% of Calories				3.24%		47.1%	18.1%	0.0%		73.5%		10.4%					
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	493	4	448	56	9.27	*0.00	47	*86.02	*6.11	17.21	*504	*471.8	*10.92	*1.56	\$1.410
% of Calories		6.39%		45.4%	16.9%	*0.0%		*69.8%		14.0%					

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

Portion Values

May 1, 2023 thru May 31, 2023

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

Include Cost: Yes
Report Style: Detailed

Monday - 05/01/2023 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
991345 Chicken, Drumstick, Jerk & Rice - OKI	2BG, 2MMA	100	409	2.72	2262	0	12.20	0.00	102	48.72	2.02	24.04	*0	*8.8	*0.00	*0.78	\$0.397
990823 Chicken, Teriyaki, Rice- OKI	2MMA, 2BG	100	377	1.16	433	6	6.91	0.00	43	57.38	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78	\$1.007
990743 Peas, Snap, Fresh, 3/4c - OKI	3/4c	200	50	0.00	5	5	0.24	0.00	0	8.52	3.36	3.96	4	*N/A*	*N/A*	*N/A*	\$0.556
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*	\$0.472
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			600	2.72	1481	35	11.09	0.00	82	90.88	6.38	32.90	*494	*298.6	*0.90	*0.80	\$1.924
% of Calories				4.08%		23.3%	16.6%	0.0%		60.6%		21.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 05/02/2023 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
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	\$0.697

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
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	\$0.416
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	\$0.261
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	\$0.304
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	\$0.038
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	\$0.018
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	\$0.010
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			652	5.07	1415	36	19.71	0.00	38	94.91	10.12	29.77	*490	588.8	*6.75	3.20	\$1.376
% of Calories				7.00%		22.1%	27.2%	0.0%		58.2%		18.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 05/03/2023

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
991290 Meatballs, Turkey, Korean, & Rice - OKI	2BG, 2MMA	100	377	1.50	632	3	7.28	0.00	45	60.59	2.02	17.05	*N/A*	*0.0	*N/A*	*0.40	\$0.224
991300 Pizza, Boli - OKI	2BG, 2MMA	100	309	5.99	35	5	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00	\$0.911
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	\$0.589

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			531	4.57	467	34	11.85	14.97	377	67.49	6.23	26.38	*2812	*476.5	*95.61	*1.53	\$1.900
% of Calories				7.75%		25.6%	20.1%	25.4%		50.8%		19.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 05/04/2023

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
991120 Chicken, Pasta, Lemon, Primavera - OKI	2BG, 2MMA	100	263	1.17	127	0	5.93	*0.00	43	32.63	4.27	20.18	*550	*2.7	*4.38	*0.81	\$0.721
990905 Sandwich, Turkey Ham, American, - OKI	2BG, 2MMA	100	238	2.70	799	6	6.38	0.00	29	30.02	4.00	19.42	*N/A*	258.4	*N/A*	2.00	\$0.492
990694 Broccoli, 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	\$0.241
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	\$0.359
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			408	2.75	602	29	7.57	*0.00	45	60.71	5.95	28.59	*959	*444.4	*30.91	*1.65	\$1.400
% of Calories				6.07%		28.4%	16.7%	*0.0%		59.5%		28.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 05/08/2023

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	\$0.363
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	\$0.615
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	\$0.523
987643 Pears, Diced, Cup - OKI	1/2c	200	55	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	*N/A*	6.0	*N/A*	0.16	\$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	\$0.018
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	\$0.010
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			454	3.69	878	31	12.56	0.00	49	61.44	4.77	24.35	*925	453.8	*3.91	3.24	\$1.234
% of Calories				7.31%		27.3%	24.9%	0.0%		54.1%		21.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 05/09/2023

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	\$0.572
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	\$0.527
991301 Sandwich, Turkey, Pepperjack, Bun - OKI	2BG, 2MMA	100	144	6.24	356	0	9.53	0.00	39	2.09	0.08	12.66	*0	190.4	*0.00	0.06	\$0.292
990657 Jicama, Cut, 3/4 cup - OKI	3/4c	200	43	0.02	5	2	0.10	0.00	0	10.00	5.56	0.82	24	13.6	22.91	0.68	\$0.675
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	\$0.203
991224 Tajin, Packet, low sodium - OKI	1	200	0	0.00	119	0	0.00	0.00	0	0.00	0.00	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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			445	6.40	649	27	13.59	*0.00	53	56.93	9.97	23.93	*578	*485.9	*29.31	*1.47	\$1.767
% of Calories				12.94%		24.3%	27.5%	*0.0%		51.2%		21.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 05/10/2023

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	100	280	4.00	450	8	10.00	0.00	30	33.00	5.00	2.00	50	220.0	0.00	2.60	\$0.586
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	100	280	3.50	470	8	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50	\$0.613
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	200	37	0.02	82	5	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94	\$0.264
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.038
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			495	4.56	799	42	12.14	0.00	33	75.65	10.45	19.00	*15058	*599.5	*3.64	*3.53	\$1.645
% of Calories				8.29%		33.9%	22.1%	0.0%		61.1%		15.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 31, 2023

Thursday - 05/11/2023

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
991178 Potsticker, Chicken, Vegetable - OKI	2MMA/2BG	100	281	0.51	840	8	7.94	0.00	35	38.22	2.02	17.19	*N/A*	*35.4	*N/A*	*3.03	\$1.271
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	100	448	12.00	808	0	20.02	0.00	60	46.45	6.08	20.08	*N/A*	*446.0	*N/A*	*0.00	\$0.706
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	\$0.463
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	\$0.359
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	\$0.038
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			532	7.05	1099	31	15.39	0.00	58	73.97	6.23	27.72	*5894	*572.7	*7.61	*2.18	\$2.042
% of Calories				11.93%		23.3%	26.0%	0.0%		55.6%		20.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 05/12/2023

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
991182 Pasta, Chicken, Alfredo - OKI	2MMA, 2BG	100	336	6.58	454	0	13.94	0.00	51	33.76	4.05	20.94	*N/A*	*255.1	*N/A*	*0.38	\$0.746
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	\$0.463

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
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	\$0.215
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	200	373	2.81	566	8	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73	\$0.877
990663 Grapes, 1/2 cup - OKI	1/2c	200	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.282
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	\$0.018
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			861	8.21	1315	36	38.86	*0.00	48	95.55	15.45	39.78	*779	*551.5	*16.37	*3.54	\$2.083
% of Calories				8.58%		16.7%	40.6%	*0.0%		44.4%		18.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 05/15/2023

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 ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991297 Sandwich, Meatball, Beef, Sub - OKI	2BG, 2MMA	100	410	5.27	436	10	15.04	0.00	44	45.51	6.00	22.54	*500	208.8	*3.60	3.16	\$0.752
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	\$0.627
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	\$0.338
990696 Cheese, String - OKI	1MMA	100	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.209
991303 Peas, Green 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	\$0.289

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
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*	\$0.472
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			695	5.98	658	59	16.14	0.00	62	107.60	10.38	32.34	*3249	*685.2	*14.53	*4.41	\$1.918
% of Calories				7.74%		34.0%	20.9%	0.0%		61.9%		18.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 05/16/2023

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 ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
991251 Quesadilla, Chicken, Cheese, Chile - OKI	2BG, 2MMA	100	309	5.87	387	1	12.59	0.00	39	31.61	4.39	17.30	87	257.5	1.81	2.51	\$1.100
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	100	322	6.91	403	1	14.00	0.00	32	32.19	4.43	16.83	*N/A*	*N/A*	*N/A*	*N/A*	\$1.104
990747 Beans, Black, Seasoned, 3/4c - OKI	3/4c	200	125	0.00	230	0	0.00	0.00	0	22.70	8.87	7.77	25	44.4	0.00	3.00	\$0.312
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	\$0.304
990705 Sauce, Taco, PKT - OKI	1	200	5	0.00	95	0	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*	\$0.038
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			619	7.20	851	28	14.80	0.00	45	89.68	17.69	33.30	*558	*479.6	*7.66	*4.52	\$1.950
% of Calories				10.47%		18.1%	21.5%	0.0%		58.0%		21.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 05/17/2023

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
990768 Bagel, WG, IW - OKI	2BG	1	150	0.00	270	3	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80	\$0.299
990784 Cream Cheese, Cup - OKI	1	1	70	4.01	115	1	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.423
990676 Yogurt, Strawberry, Cup - OKI	1MMA	1	90	0.00	50	14	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00	\$0.338
990677 Sunflower Seeds, IW- OKI	1MMA	1	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.180
990657 Jicama, Cut, 3/4 cup - OKI	3/4c	1	43	0.02	5	2	0.10	0.00	0	10.00	5.56	0.82	24	13.6	22.91	0.68	\$0.675
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.202

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			171	0.81	134	27	1.55	0.00	10	*32.02	2.71	9.21	*490	*295.9	*1.01	*0.03	\$0.753
% of Calories				4.26%		63.2%	8.2%	0.0%		*74.9%		21.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 05/18/2023

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
991285 Chicken, Butter, Curry, & Rice - OKI	2BG, 2MMA	100	370	2.80	288	1	9.17	0.00	54	52.64	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78	\$0.824
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	\$0.416
990694 Broccoli, 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	\$0.241
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	\$0.359
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			482	4.72	813	30	11.00	0.00	52	71.70	4.82	27.80	*684	*537.8	*28.72	*1.63	\$1.414
% of Calories				8.81%		24.9%	20.5%	0.0%		59.5%		23.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 05/19/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
991241 Penne, Marinara, Baked - OKI	2BG, 2MMA	100	368	7.09	381	5	14.67	0.00	30	37.40	5.55	21.25	*250	*425.1	*1.80	*0.36	\$0.575
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	\$0.299
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	\$0.338
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	\$0.281
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*	\$0.423
991143 Carrots, Diced, 3/4c - OKI	3/4c	200	39	0.00	77	5	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51	\$0.216
990663 Grapes, 1/2 cup - OKI	1/2c	200	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.282
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			626	7.91	665	44	20.35	0.00	38	82.80	10.32	28.28	*693	*736.0	*4.91	*2.33	\$1.650
% of Calories				11.37%		28.1%	29.3%	0.0%		52.9%		18.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 05/22/2023

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
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	\$0.463

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
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	\$0.215
990695 Muffin, Blueberry - OKI	2BG	1	310	1.00	190	27	9.00	0.00	35	52.00	2.00	5.00	*N/A*	27.0	*N/A*	2.00	\$0.627
990676 Yogurt, Strawberry, Cup - OKI	1MMA	1	90	0.00	50	14	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00	\$0.338
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	\$0.209
990662 Bean, BBQ, Salad, 3/4 c - OKI	3/4c	200	239	0.00	581	2	1.85	0.00	0	44.86	11.50	11.52	*0	*66.6	*0.00	*2.51	\$0.481
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*	\$0.472
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	\$0.018
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			569	2.06	1104	33	11.06	0.00	23	92.14	14.63	28.10	*490	*389.3	*0.90	*3.92	\$1.510
% of Calories				3.26%		23.2%	17.5%	0.0%		64.8%		19.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 05/23/2023

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
991325 Taco, Beef, Cheese, Shredded - OKI	2BG, 2MMA	100	355	9.37	603	2	18.49	0.52	46	31.19	0.75	16.74	*N/A*	*119.0	*N/A*	*1.50	\$0.635
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	\$0.615

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	200	20	0.03	6	3	0.22	*N/A*	0	4.32	1.33	0.98	926	11.1	15.23	0.30	\$0.749
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	\$0.304
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	\$0.038
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	\$0.018
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	\$0.010
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			529	7.04	909	34	17.38	*0.26	58	72.09	7.77	24.58	*1416	*451.1	*21.98	*2.45	\$1.924
% of Calories				11.98%		25.7%	29.6%	*0.4%		54.5%		18.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 05/24/2023

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 ^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	\$0.813
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	100	448	12.00	808	0	20.02	0.00	60	46.45	6.08	20.08	*N/A*	*446.0	*N/A*	*0.00	\$0.706
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*	\$0.260
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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
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	\$0.089
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			739	8.40	1019	42	23.47	0.00	75	105.09	9.17	28.41	*490	*529.6	*0.90	*1.03	\$1.808
% of Calories				10.23%		22.7%	28.6%	0.0%		56.9%		15.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 05/25/2023

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	543	3.68	584	29	14.12	0.00	102	77.52	3.94	24.04	*0	*8.8	*0.00	*0.78	\$0.569
990845 Chicken, Orange, & Rice - OKI	2MMA, 2BG	100	594	*3.54	449	17	20.22	*0.00	*40	83.78	*4.05	19.21	*N/A*	*15.2	*0.00	*2.02	\$0.813
990694 Broccoli, 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	\$0.241
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	\$0.359
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	\$0.038
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			735	*4.43	782	50	18.58	*0.00	*81	112.27	*6.04	30.60	*684	*332.4	*28.72	*1.67	\$1.523
% of Calories				*5.42%		27.2%	22.8%	*0.0%		61.1%		16.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 05/26/2023

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	\$0.363
991035 Salad, Pasta, Creamy 2MMA, 2BG - OKI	2MMA, 2BG	100	480	12.87	796	4	25.97	*0.00	60	44.72	5.57	19.11	*4095	*417.0	*40.56	*0.33	\$0.958
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	\$0.264
990663 Grapes, 1/2 cup - OKI	1/2c	200	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.282
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	\$0.018
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	\$0.010
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193

Base Menu Spreadsheet

Portion Values

May 1, 2023 thru May 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	\$0.178
Weighted Daily Average			548	8.66	1866	30	19.22	*0.00	54	131.83	5.09	27.08	*2615	*602.2	*24.29	*2.16	\$1.414
% of Calories				14.22%		21.9%	31.6%	*0.0%		96.2%		19.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 05/30/2023

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
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	100	280	4.00	450	8	10.00	0.00	30	33.00	5.00	2.00	50	220.0	0.00	2.60	\$0.586
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	100	280	3.50	470	8	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50	\$0.613
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	200	37	0.02	82	5	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94	\$0.264
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*	\$0.472
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	\$0.038
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			483	4.56	797	41	11.94	0.00	33	73.24	8.79	17.77	*15058	*599.5	*3.64	*3.53	\$1.567
% of Calories				8.50%		34.0%	22.2%	0.0%		60.7%		14.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2023 thru May 31, 2023

Wednesday - 05/31/2023

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
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	\$0.697
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	\$0.416
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*	\$0.260
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.550
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	\$0.018
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	\$0.010
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	\$0.202
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	50	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.193
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	\$0.178
Weighted Daily Average			647	5.16	1339	36	19.63	0.00	37	91.12	9.74	30.51	*490	*559.6	*0.90	*2.72	\$1.574
% of Calories				7.18%		22.3%	27.3%	0.0%		56.3%		18.9%					
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	563	*5.33	935	36	15.61	*0.73	*64	*82.81	*8.70	27.16	*2615	*508.1	*15.87	*2.45	\$1.637
% of Calories		*8.52%		25.6%	25.0%	*1.2%		*58.8%		19.3%					

**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.

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Monday, May 1, 2023

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991316	Juice, Orange - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990633	Parfait, Yogurt, Strawberry, Granola - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Tuesday, May 2, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
990646	Craisins - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991124	Sandwich, BKF, Bagel, Egg, Cheese - OKI	Milk, Soy, Egg, Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Wednesday, May 3, 2023

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991232	Cereal, Chex, Cinnamon - OKI	
990696	Cheese, String - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Thursday, May 4, 2023

Recipe #	Recipe Name	Allergen(s)
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
990654	Raisins, Box - OKI	
990705	Sauce, Taco, PKT - OKI	
991137	Scramble, Potatoes, Eggs - OKI	Egg, Milk
991001	Tortilla, WG, 6-inch, 1BG - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Monday, May 8, 2023

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991316	Juice, Orange - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990633	Parfait, Yogurt, Strawberry, Granola - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Tuesday, May 9, 2023

Recipe #	Recipe Name	Allergen(s)
990637	Biscuits & Gravy - OKI	Milk, Soy, Wheat
991204	Clementine, Fresh - OKI	
990646	Craisins - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Wednesday, May 10, 2023

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991239	Cereal, Cheerios, Apple Cinn - OKI	
990696	Cheese, String - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Thursday, May 11, 2023

Recipe #	Recipe Name	Allergen(s)
991313	Bowl, Pancake, Peach, WG - OKI	Egg, Milk, Soy, Wheat
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
990654	Raisins, Box - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Friday, May 12, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
991230	Bar, Oatmeal, Apple - OKI	Egg, Milk, Soy, Wheat
991204	Clementine, Fresh - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Monday, May 15, 2023

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991316	Juice, Orange - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990633	Parfait, Yogurt, Strawberry, Granola - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Tuesday, May 16, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
990646	Craisins - OKI	
991246	Croissant, Egg & Cheese - OKI	Milk, Soy, Wheat, Egg, Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Wednesday, May 17, 2023

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
990775	Cereal, Honey Bunches, Vanilla - OKI	Wheat
990696	Cheese, String - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Thursday, May 18, 2023

Recipe #	Recipe Name	Allergen(s)
991312	Bites, French Toast, Cinnamon - OKI	Egg, Milk, Soy, Wheat
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
990654	Raisins, Box - OKI	
990704	Syrup, PKT - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Friday, May 19, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
991173	Bread, Cinnamon Crumb - OKI	Egg, Milk, Soy, Wheat
991204	Clementine, Fresh - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Monday, May 22, 2023

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991316	Juice, Orange - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990633	Parfait, Yogurt, Strawberry, Granola - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Tuesday, May 23, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
990646	Craisins - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990588	Taco, Breakfast, Fiesta - OKI	Egg, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Wednesday, May 24, 2023

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991266	Cheerios, Bowlpack - OKI	
990696	Cheese, String - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Thursday, May 25, 2023

Recipe #	Recipe Name	Allergen(s)
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991309	Pancakes, Bacon, Turkey - OKI	Egg, Milk, Soy, Wheat
990652	Pear, Fresh, 150ct, - OKI	
990654	Raisins, Box - OKI	
990704	Syrup, PKT - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Friday, May 26, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990671	Bar, Oatmeal, Strawberry - OKI	Egg, Milk, Soy, Wheat
991204	Clementine, Fresh - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Tuesday, May 30, 2023

Recipe #	Recipe Name	Allergen(s)
991232	Cereal, Chex, Cinnamon - OKI	
990696	Cheese, String - OKI	Milk
991204	Clementine, Fresh - OKI	
990646	Craisins - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 5/1/2023 To: 5/31/2023

Wednesday, May 31, 2023

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990695	Muffin, Blueberry - OKI	Egg, Milk, Soy, Wheat
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Monday, May 1, 2023

Recipe #	Recipe Name	Allergen(s)
991345	Chicken, Drumstick, Jerk & Rice - OKI	
990823	Chicken, Teriyaki, Rice- OKI	Soy, Wheat, Sesame
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990743	Peas, Snap, Fresh, 3/4c - OKI	
990656	Pineapple, Tidbits, Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 2, 2023

Recipe #	Recipe Name	Allergen(s)
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990679	Mustard, PKT - OKI	
990652	Pear, Fresh, 150ct, - OKI	
990815	Potato, French Fries, 3/4c - OKI	
990841	Sandwich, Cheese, Grilled, American - OKI	Soy, Wheat, Milk, Sesame
991030	Sandwich, Chicken, Breaded - OKI	Soy, Wheat
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 3, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
991290	Meatballs, Turkey, Korean, & Rice - OKI	Egg, Milk, Soy, Wheat, Sesame
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991115	Pepper, Fresh, Red, Strip, 3/4c - OKI	
991300	Pizza, Boli - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 4, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990694	Broccoli, 3/4c - OKI	
991120	Chicken, Pasta, Lemon, Primavera - OKI	Wheat
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990905	Sandwich, Turkey Ham, American, - OKI	Soy, Wheat, Milk, Sesame

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Monday, May 8, 2023

Recipe #	Recipe Name	Allergen(s)
991113	Celery, Fresh, Sticks, 3/4c - OKI	
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990679	Mustard, PKT - OKI	
987643	Pears, Diced, Cup - OKI	
990587	Sandwich, Hamburger - OKI	Soy, Wheat
990811	Sandwich, Hot Dog - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 9, 2023

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
990690	Chips, tortilla, WG, IW- OKI	
990657	Jicama, Cut, 3/4 cup - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991198	Nachos, Chicken, Cheese - OKI	Milk
991301	Sandwich, Turkey, Pepperjack, Bun - OKI	Milk, Wheat
991224	Tajin, Packet, low sodium - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 10, 2023

Recipe #	Recipe Name	Allergen(s)
990745	Carrots, Fresh, Baby, 3/4c - OKI	
991204	Clementine, Fresh - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990624	Pizza, Cheese, 4x6, Schwans - OKI	Soy, Wheat, Milk
990594	Pizza, Turkey Sausage, - OKI	Milk, Soy, Wheat
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 11, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990692	Greens, Mixed, Raw, Chopped 3/4c - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990607	Pasta, Macaroni & Cheese - OKI	Milk, Wheat
991178	Potsticker, Chicken, Vegetable - OKI	Soy, Wheat, Sesame
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Friday, May 12, 2023

Recipe #	Recipe Name	Allergen(s)
990578	Chicken, Nuggets, WG - OKI	Soy, Wheat
990663	Grapes, 1/2 cup - OKI	
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991182	Pasta, Chicken, Alfredo - OKI	Milk, Wheat
990681	Roll, Dinner, WG - OKI	Wheat
990689	Salad, Lemon Chickpea, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Monday, May 15, 2023

Recipe #	Recipe Name	Allergen(s)
990696	Cheese, String - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990631	Muffin, Banana, WG - OKI	Egg, Milk, Soy, Wheat
991303	Peas, Green 3/4c - OKI	
990656	Pineapple, Tidbits, Cup - OKI	
991297	Sandwich, Meatball, Beef, Sub - OKI	Milk, Soy, Wheat
990676	Yogurt, Strawberry, Cup - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 16, 2023

Recipe #	Recipe Name	Allergen(s)
990747	Beans, Black, Seasoned, 3/4c - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
991251	Quesadilla, Chicken, Cheese, Chile - OKI	Milk, Soy, Wheat
991127	Quesadilla, chile, cheese - OKI	Milk, Soy, Wheat
990705	Sauce, Taco, PKT - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 17, 2023

Recipe #	Recipe Name	Allergen(s)
990768	Bagel, WG, IW - OKI	Wheat
991204	Clementine, Fresh - OKI	
990784	Cream Cheese, Cup - OKI	Milk
990657	Jicama, Cut, 3/4 cup - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990677	Sunflower Seeds, IW- OKI	
990676	Yogurt, Strawberry, Cup - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 18, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990694	Broccoli, 3/4c - OKI	
991285	Chicken, Butter, Curry, & Rice - OKI	Milk
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990841	Sandwich, Cheese, Grilled, American - OKI	Soy, Wheat, Milk, Sesame

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Friday, May 19, 2023

Recipe #	Recipe Name	Allergen(s)
991143	Carrots, Diced, 3/4c - OKI	
990663	Grapes, 1/2 cup - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
991241	Penne, Marinara, Baked - OKI	Milk, Wheat
990859	Wrap, Chicken, Ranch - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Monday, May 22, 2023

Recipe #	Recipe Name	Allergen(s)
990662	Bean, BBQ, Salad, 3/4 c- OKI	Soy
990696	Cheese, String - OKI	Milk
990578	Chicken, Nuggets, WG - OKI	Soy, Wheat
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990695	Muffin, Blueberry - OKI	Egg, Milk, Soy, Wheat
990656	Pineapple, Tidbits, Cup - OKI	
990681	Roll, Dinner, WG - OKI	Wheat
990676	Yogurt, Strawberry, Cup - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 23, 2023

Recipe #	Recipe Name	Allergen(s)
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990679	Mustard, PKT - OKI	
990652	Pear, Fresh, 150ct, - OKI	
990811	Sandwich, Hot Dog - OKI	Wheat
990678	Sauce, Ranch, PKT - OKI	Milk
991325	Taco, Beef, Cheese, Shredded - OKI	Milk, Soy, Wheat
990655	Tomatoes, Cherry, 3/4 cup - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 24, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990607	Pasta, Macaroni & Cheese - OKI	Milk, Wheat
991184	Sandwich, Waffle, Turkey Sausage - OKI	Milk, Soy, Wheat, Egg
990704	Syrup, PKT - OKI	
990746	Tater, Tots, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 25, 2023

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990694	Broccoli, 3/4c - OKI	
990845	Chicken, Orange, & Rice - OKI	Soy, Wheat
991282	Drumstick, Thai, Chili, Rice - OKI	Wheat
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Friday, May 26, 2023

Recipe #	Recipe Name	Allergen(s)
990663	Grapes, 1/2 cup - OKI	
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990679	Mustard, PKT - OKI	
991212	Pickle, Spears - OKI	
991035	Salad, Pasta, Creamy 2MMA, 2BG - OKI	Milk, Wheat, Egg, Mustard
990587	Sandwich, Hamburger - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 30, 2023

Recipe #	Recipe Name	Allergen(s)
990745	Carrots, Fresh, Baby, 3/4c - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990656	Pineapple, Tidbits, Cup - OKI	
990624	Pizza, Cheese, 4x6, Schwans - OKI	Soy, Wheat, Milk
990594	Pizza, Turkey Sausage, - OKI	Milk, Soy, Wheat
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu '2 Entree Hot Lunch - Cicero 6-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 31, 2023

Recipe #	Recipe Name	Allergen(s)
991204	Clementine, Fresh - OKI	
990686	Ketchup, Pkt - OKI	
990668	Milk, 1/2PNT, 1% - OKI	Milk
990670	Milk, 1/2PNT, Choc, Skim - OKI	Milk
990669	Milk, 1/2PNT, Skim - OKI	Milk
990679	Mustard, PKT - OKI	
990841	Sandwich, Cheese, Grilled, American - OKI	Soy, Wheat, Milk, Sesame
991030	Sandwich, Chicken, Breaded - OKI	Soy, Wheat
990746	Tater, Tots, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Monday, May 1, 2023

Recipe #	Recipe Name	Allergen(s)
990793	Crackers, Graham - OKI	Soy, Wheat
990769	Wowbutter, PC - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 2, 2023

Recipe #	Recipe Name	Allergen(s)
991136	Crackers, Educational Snacks - OKI	Soy, Wheat, Egg
990646	Craisins - OKI	
990646	Craisins - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 3, 2023

Recipe #	Recipe Name	Allergen(s)
990665	Crackers, Veggie, Darlington - OKI	Milk, Soy, Wheat
991150	Hummus, red pepper, Veg - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 4, 2023

Recipe #	Recipe Name	Allergen(s)
990671	Bar, Oatmeal, Strawberry - OKI	Egg, Milk, Soy, Wheat
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Monday, May 8, 2023

Recipe #	Recipe Name	Allergen(s)
990793	Crackers, Graham - OKI	Soy, Wheat
990769	Wowbutter, PC - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 9, 2023

Recipe #	Recipe Name	Allergen(s)
991136	Crackers, Educational Snacks - OKI	Soy, Wheat, Egg
990646	Craisins - OKI	
990646	Craisins - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 10, 2023

Recipe #	Recipe Name	Allergen(s)
990665	Crackers, Veggie, Darlington - OKI	Milk, Soy, Wheat
991150	Hummus, red pepper, Veg - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 11, 2023

Recipe #	Recipe Name	Allergen(s)
990671	Bar, Oatmeal, Strawberry - OKI	Egg, Milk, Soy, Wheat
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Friday, May 12, 2023

Recipe #	Recipe Name	Allergen(s)
991021	Bread, Apple Cinnamon - OKI	Milk, Soy, Wheat, Egg
990654	Raisins, Box - OKI	
990654	Raisins, Box - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Monday, May 15, 2023

Recipe #	Recipe Name	Allergen(s)
990793	Crackers, Graham - OKI	Soy, Wheat
990769	Wowbutter, PC - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 16, 2023

Recipe #	Recipe Name	Allergen(s)
991136	Crackers, Educational Snacks - OKI	Soy, Wheat, Egg
990646	Craisins - OKI	
990646	Craisins - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 17, 2023

Recipe #	Recipe Name	Allergen(s)
990665	Crackers, Veggie, Darlington - OKI	Milk, Soy, Wheat
991150	Hummus, red pepper, Veg - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 18, 2023

Recipe #	Recipe Name	Allergen(s)
990671	Bar, Oatmeal, Strawberry - OKI	Egg, Milk, Soy, Wheat
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Friday, May 19, 2023

Recipe #	Recipe Name	Allergen(s)
991021	Bread, Apple Cinnamon - OKI	Milk, Soy, Wheat, Egg
990654	Raisins, Box - OKI	
990654	Raisins, Box - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Monday, May 22, 2023

Recipe #	Recipe Name	Allergen(s)
990793	Crackers, Graham - OKI	Soy, Wheat
990769	Wowbutter, PC - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 23, 2023

Recipe #	Recipe Name	Allergen(s)
991136	Crackers, Educational Snacks - OKI	Soy, Wheat, Egg
990646	Craisins - OKI	
990646	Craisins - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 24, 2023

Recipe #	Recipe Name	Allergen(s)
990665	Crackers, Veggie, Darlington - OKI	Milk, Soy, Wheat
991150	Hummus, red pepper, Veg - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Thursday, May 25, 2023

Recipe #	Recipe Name	Allergen(s)
990671	Bar, Oatmeal, Strawberry - OKI	Egg, Milk, Soy, Wheat
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Friday, May 26, 2023

Recipe #	Recipe Name	Allergen(s)
991021	Bread, Apple Cinnamon - OKI	Milk, Soy, Wheat, Egg
990654	Raisins, Box - OKI	
990654	Raisins, Box - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Tuesday, May 30, 2023

Recipe #	Recipe Name	Allergen(s)
991136	Crackers, Educational Snacks - OKI	Soy, Wheat, Egg
990646	Craisins - OKI	
990646	Craisins - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack - Cicero k-8' From: 5/1/2023 To: 5/31/2023

Wednesday, May 31, 2023

Recipe #	Recipe Name	Allergen(s)
990665	Crackers, Veggie, Darlington - OKI	Milk, Soy, Wheat
991150	Hummus, red pepper, Veg - OKI	

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