

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jun 1, 2023 thru Jun 2, 2023

Menu Name: Cicero Hot Breakfast K-12

Include Cost: No

Site:

Report Style: Detailed

Thursday - 06/01/2023

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)
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
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
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
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
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
Weighted Daily Average			560	5.15	701	58	13.20	0.00	93	96.97	8.15	21.27	*481	696.6	*7.44	2.05
% of Calories				8.28%		41.4%	21.2%	0.0%		69.3%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 06/02/2023

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)
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
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
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*

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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
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
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
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
% of Calories				4.24%		44.1%	12.0%	0.0%		*58.4%		13.9%				
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)
Weighted Averages			525	4	526	56	9.88	0.00	62	*84.26	7.40	19.16	*481	*512.0	*4.02	*2.04
% of Calories				6.39%		42.7%	16.9%	0.0%		*64.2%		14.6%				

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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Base Menu Spreadsheet

Portion Values

Jun 1, 2023 thru Jun 2, 2023

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

Include Cost: No
Report Style: Detailed

Thursday - 06/01/2023 Reimbursable Meal Total 300

	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)
990845 Chicken, Orange, & Rice - OKI	2MMA, 2BG	200	601	*3.55	450	18	20.30	*0.00	*40	85.49	*4.64	19.49	*888	*17.1	*36.20	*2.14
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
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	300	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
991386 Juice, Fruit Punch - OKI	1/2c	300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	*N/A*	0.20
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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
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
Weighted Daily Average			621	*5.03	563	41	17.73	*0.00	*48	89.75	*3.67	25.81	*1194	*394.7	*28.01	*1.98
% of Calories				*7.29%		26.4%	25.7%	*0.0%		57.8%		16.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 06/02/2023 Reimbursable Meal Total 300

	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)
991251 Quesadilla, Chicken, Cheese, Chile - OKI	2BG, 2MMA	200	309	5.87	387	1	12.59	0.00	39	31.61	4.39	17.30	87	257.5	1.81	2.51

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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*
991214 Salad, Black Bean & Corn - OKI	3/4c	300	151	0.02	157	2	0.43	0.00	0	29.37	10.15	8.73	*888	*46.4	*36.20	*3.12
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
991224 Tajin, Packet, low sodium - OKI	1	300	0	0.00	119	0	0.00	0.00	0	0.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
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
Weighted Daily Average			629	6.86	801	26	14.64	0.00	45	92.94	16.57	34.60	*1482	*514.2	*44.94	*5.02
% of Calories				9.82%		16.5%	20.9%	0.0%		59.1%		22.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	625	*5.94	682	34	16.18	*0.00	*46	91.34	*10.12	30.20	*1338	*454.4	*36.48	*3.50
% of Calories		*8.55%		21.8%	23.3%	*0.0%		58.5%		19.3%				

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

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