

Hello, September!

Menu: Cicero Hot Breakfast

Monday

Sep 4

Holiday

Tuesday

Sep 5

Egg Bites 1oz
Cornbread muffin 1oz
Apple 1/2c
Assorted Fruit Cup 1/2c
1% Milk
Skim Milk

Wednesday

Sep 6

Yogurt Parfait 2oz
Banana 1/2c
Craisins 1/2c
1% Milk
Skim Milk

Thursday

Sep 7

Strawberry Boli 2oz
Applesauce Cup 1/2c
Orange 1/2c
1% Milk
Skim Milk

Friday

Sep 8

Flavored Bread 1oz
String Cheese 1oz
Pear 1/c
Apple 1/2c
1% Milk
Skim Milk

Sep 11

Whole Grain Bagel 2oz
Orange 1/2c
Flavored Juice 1/2c
Cream Cheese Cup
1% Milk
Skim Milk

Sep 12

Oatmeal Bar 2oz
Apple 1/2c
Assorted Fruit Cups 1/2c
1% Milk
Skim Milk

Sep 13

Vanilla Yogurt Parfait 1oz
Banana 1/2c
Craisins 1/2c
1% Milk
Skim Milk

Sep 14

Pancake Bowl 2oz
Flavored Applesauce 1/2c
Orange 1/2c
1% Milk
Skim Milk

Sep 15

Flavored Muffin 2oz
Pear 1/2c
Apple 1/2c
1% Milk
Skim Milk

Sep 18

Flavored Bagel 2oz
Orange 1/2c
Juice 1/2c
Cream Cheese Cup
1% Milk
Skim Milk

Sep 19

Egg Bites 1.5oz
Cornbread muffin 1oz
Apple 1/2c
Assorted Fruit Cups 1/2c
1% Milk
Skim Milk

Sep 20

Flavored Yogurt Parfait 2oz
Banana 1/2c
Craisins 1/2c
1% Milk
Skim Milk

Sep 21

Biscuits & Gravy 2oz
Applesauce Cup 1/2c
Orange 1/2c
1% Milk
Skim Milk

Sep 22

Flavored Bread 1oz
String Cheese 1oz
Pear 1/2c
Apple 1/2c
1% Milk
Skim Milk

Sep 25

Whole Grain Bagel 2oz
Cream Cheese Cup
Orange 1/2c
Flavored Juice 1/2c
1% Milk
Skim Milk

Sep 26

Oatmeal Bar 1oz
Apple 1/2c
Assorted Fruit Cups 1/2c
1% Milk
Skim Milk

Sep 27

Flavored Yogurt Parfait 2oz
Craisins 1/2c
Banana 1/2c
1% Milk
Skim Milk

Sep 28

Pancake Bowl 2oz
Applesauce 1/2c
Orange 1/2c
1% Milk
Skim Milk

Sep 29

Flavored Muffin 2oz
Pear 1/2c
Apple 1/2c
1% Milk
Skim Milk

NOTICE: The data contained within this report and the Mosaic Back of the Housefi 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.

All Grain/Bread items served are Whole Grain Rich.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Hello, September!

Monday	Tuesday	Wednesday	Thursday	Friday
day	Sep 5 Chicken & Cheese Nachos 2oz Tortilla Chips 2oz Seasoned Black Beans 3/4c Pear 1/2c 1% Milk Skim Milk Chocolate Milk	Sep 6 Turkey Sloppy Joe 4oz Hamburger Bun 2oz Baby Carrots 1/2c Orange 1/2c Ranch Dressing 1% Milk Chocolate Milk Skim Milk	Sep 7 Chicken Nuggets 2oz Pizza Crackers 1oz Tater Tots 3/4c Juice 1/2 c Ketchup 1% Milk Chocolate Milk Skim Milk	Sep 8 Penne Meatball Marinara 2oz Hot Broccoli 3/4c Banana 1/2c Ranch Dressing 1% Milk Chocolate Milk Skim Milk
Sep 11 Breaded Mozzarella Sticks 2oz Sauce, Marinara, PC – OK! 1/4c Lemon Chickpea Salad 1c Applesauce Cup 1/2c 1% Milk Chocolate Milk Skim Milk	Sep 12 Chicken & Waffles 2oz Seasoned Diced Potatoes 3/4c Pear 1/2c Syrup Ketchup 1% Milk Chocolate Milk Skim Milk	Sep 13 Vienna Beef Hot Dog 2oz Pickles 3/4c Orange Ranch Dressing 1% Milk Chocolate Milk Skim Milk	Sep 14 Buffalo Drumstick & Rice 2oz Mixed Greens Salad 3/4c Fruit Juice 1/2c Ranch Dressing 1% Milk Chocolate Milk Skim Milk	Sep 15 Beef Meatloaf 2.25oz Texas Toast 2oz Diced Carrots 1/2c Banana 1/2c 1% Milk Chocolate Milk Skim Milk
Sep 18 Hamburger 2oz Red Pepper Strips 3/4c Applesauce Cup 1/2c Ranch Dressing Ketchup 1% Milk Chocolate Milk Skim Milk	Sep 19 Turkey-Sausage Pizza 2oz Broccoli 3/4c Pear 1/2c Ranch Dressing 1% Milk Chocolate Milk Skim Milk	Sep 20 Turkey Ham Hoagie Sandwich 2oz Edamame 3/4c Orange 1/2c 1% Milk Chocolate Milk Skim Milk	Sep 21 Turkey Barbacoa 2oz Tortilla Chips 2oz Corn Jalapeno Blend 3/4c Fruit Juice 1/2c Taco Sauce Ranch Dressing 1% Milk Chocolate Milk Skim Milk	Sep 22 Popcorn Chicken/Rice 2oz Peas 3/4c Banana 1/2c 1% Milk Chocolate Milk Skim Milk
Sep 25 Chicken Sandwich 3oz Baby Carrots 3/4c Applesauce Cup 1/2c Ranch Dressing Ketchup 1% Milk Chocolate Milk Skim Milk	Sep 26 Whole Grain Bagel 2oz Turkey Sausage & Eggs 2oz Seasoned Diced Potatoes 3/4c Pear 1/2c Ketchup Jelly Cream Cheese Cup 1% Milk Chocolate Milk Skim Milk	Sep 27 Meatball Sub 2oz Green Beans 3/4c Orange 1/2c 1% Milk Chocolate Milk Skim Milk	Sep 28 Beef Tamale 2oz Black Bean & Corn Salad 3/4c Fruit Juice 1/2c 1% Milk Chocolate Milk Skim Milk	Sep 29 Chicken Drumstick 2oz Dinner Roll 2oz Mixed Greens Salad 3/4c Banana 1/2c 1% Milk Chocolate Milk Skim Milk

NOTICE: The data contained within this report and the Mosaic Back of the Housefi 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.

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

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.



Monday	Tuesday	Wednesday	Thursday	Friday
Sep 4 Holiday	Sep 5 Chicken & Cheese Nachos Creamy Pasta Salad Seasoned Black Beans Pear 1% Milk Skim Milk Chocolate Milk 2oz	Sep 6 Mac & Cheese Chicken Caesar Wrap Baby Carrots Orange Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz	Sep 7 Turkey Swiss Sandwich Pizza Crackers Veggie Tenders Veggie Crackers Tater Tots Apple Cherry Juice Ketchup 1% Milk Chocolate Milk Skim Milk 2oz	Sep 8 Penne Meatball Marinara Baked Penne Hot Broccoli Banana Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz
Sep 11 Breaded Mozzarella Sticks Sauce, Marinara, PC - OKI Chicken Salad Sandwich Applesauce Cup 1% Milk Chocolate Milk Skim Milk 2oz	Sep 12 Chicken & Waffles Turkey & Cheese Lunchable Veggie Crackers Seasoned Diced Potatoes Pear Syrup Ketchup 1% Milk Chocolate Milk Skim Milk 2oz 1/4c	Sep 13 1/2c Vienna Beef Hot Dog Chicken Chef Salad Veggie Crackers Pickles Orange Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz	Sep 14 3/4c 1/2c Buffalo Drumstick & Rice Grilled Cheese Mixed Greens Salad Apple Cherry Juice Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz	Sep 15 1oz 2oz 3/4c 2oz 1/2c Beef Meatloaf Texas Toast Mac & Cheese Diced Carrots Banana 1% Milk Chocolate Milk Skim Milk 2oz
Sep 18 Hamburger Yogurt & Cheese Protein Kit Red Pepper Strips Applesauce Cup Ranch Dressing Ketchup 1% Milk Chocolate Milk Skim Milk 2oz	Sep 19 1/2c 2oz Cheese Pizza Greek Pasta Salad Broccoli Pear Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz 1/4c	Sep 20 2oz 1/2c 3/4c Turkey-Ham & Cheese Hoagie Sandwich Edamame Orange Mayo Mustard Packet Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz	Sep 21 3/4c 1/2c Turkey Barbacoa Tortilla Chips Cheese Quesadilla Corn Jalapeno Blend Apple Cherry Juice Taco Sauce Ranch Dressing 1% Milk Chocolate Milk Skim Milk 2oz	Sep 22 3/4c 1/2c General Tso's Chicken Brown Rice Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Snap Peas Banana 1% Milk Chocolate Milk Skim Milk 2oz
Sep 25 Chicken Sandwich Turkey & Cheese Lunchable Veggie Crackers Baby Carrots Applesauce Cup Ranch Dressing Ketchup 1% Milk Chocolate Milk Skim Milk 2oz	Sep 26 2oz 3/4c 1/2c Whole Grain Bagel Breakfast for Lunch Turkey Sausage & Eggs BBQ Chicken Sandwich Seasoned Diced Potatoes Pear Ketchup Jelly Cream Cheese Cup 1% Milk Chocolate Milk Skim Milk 3oz 2oz 2oz 3/4c 1/2c	Sep 27 3/4c 1/2c Meatball Sub Jerk Chicken Wrap Green Beans Orange 1% Milk Chocolate Milk Skim Milk 2oz	Sep 28 3/4c 1/2c Beef Tamale Bean & Cheese Tamale Black Bean & Corn Salad Apple Cherry Juice Cream Cheese Cup 1% Milk Chocolate Milk Skim Milk 2oz 2oz 3/4c 1/2c	Sep 29 2oz 3/4c 1/2c 2oz Cheese Pizza Chicken Salad Sandwich Mixed Greens Salad Banana 1% Milk Chocolate Milk Skim Milk 2oz 2oz 3/4c 1/2c 1oz

NOTICE: The data contained within this report and the Mosaic Back of the House 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.

All Grain/Bread items served are Whole Grain Rich.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Menu Name:

Cicero Hot Breakfast K-12

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 09/01/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990631 Muffin, Banana, WG - OKI	2BG	200	310	1.00	200	29	*N/A*	8.00	0.00	35	56.00	2.00	5.00	*N/A*	28.0	*N/A*	2.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			538	1.88	310	66	0	9.74	*0.00	45	104.37	9.09	13.62	*545	335.8	*11.95	2.42
% of Calories				3.14%		49.1%	0%	16.3%	*0.0%		77.6%		10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/05/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991060 Egg, Bites, Sunny Fresh- OKI	1.5MMA	200	119	2.49	189	1	*N/A*	8.95	0.00	129	2.98	1.00	5.97	*N/A*	*N/A*	*N/A*	*N/A*
991546 Muffin, Cornbread, IW, WG - OKI	1BG	200	150	0.50	90	9	9	5.00	0.00	15	23.01	0.00	3.00	*N/A*	21.0	*N/A*	1.00
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990705 Sauce, Taco, PKT - OKI	1	200	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			489	3.84	483	47	9	15.52	*0.00	154	70.49	4.95	*17.36	*545	*323.9	*6.10	*1.43
% of Calories				7.07%		38.4%	7.4%	28.6%	*0.0%		57.7%		*14.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991451 Parfait, Yogurt, Peach - OKI	1BG, 1MMA	200	200	0.00	115	18	13	4.00	0.00	5	34.00	2.00	5.00	*N/A*	290.0	*N/A*	0.70
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			467	0.90	223	63	13	5.60	0.00	15	89.80	6.01	13.66	*530	582.2	*7.33	0.94
% of Calories				1.73%		54.0%	11.1%	10.8%	0.0%		76.9%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Thursday - 09/07/2023		Reimbursable Meal Total 200															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991551 Boli, Strawberry - OKI	2BG	200	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	27.0	*N/A*	1.00
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			434	3.33	428	47	14	7.46	0.00	15	78.40	5.30	14.72	*697	358.7	*51.67	1.13
% of Calories				6.91%		43.3%	12.9%	15.5%	0.0%		72.3%		13.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/08/2023		Reimbursable Meal Total 200															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990777 Bread, Blueberry, WG - OKI	1BG	200	160	0.50	95	14	*N/A*	5.00	0.00	20	26.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			468	5.38	405	52	0	12.74	*0.00	50	76.37	8.09	17.62	*545	519.8	*11.95	1.42
% of Calories				10.35 %		44.4%	0%	24.5%	*0.0%		65.3%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 09/11/2023 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990768 Bagel, WG, IW - OKI	2BG	200	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
991020 Juice, Apple, Cherry - OKI	1/2c	200	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990784 Cream Cheese, Cup - OKI	1	200	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			419	4.85	502	39	0	9.48	0.00	30	68.51	5.33	14.91	*697	*364.4	*51.67	*2.13
% of Calories				10.42 %		37.2%	0%	20.4%	0.0%		65.4%		14.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/12/2023 Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991545 Bar, Oatmeal, Soft, Banana Chocolate - OKI	2BG	200	277	3.95	237	15	14	11.86	0.00	10	38.54	3.95	4.94	*N/A*	29.6	*N/A*	1.58
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			492	4.80	346	52	14	13.40	*0.00	20	81.99	7.72	*13.27	*545	*332.6	*6.10	*2.01
% of Calories				8.78%		42.3%	11.4%	24.5%	*0.0%		66.7%		*10.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	200	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			468	0.90	219	63	14	5.60	0.00	10	89.87	6.01	13.68	*530	583.2	*7.33	0.94
% of Calories				1.73%		53.8%	12.0%	10.8%	0.0%		76.8%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991219 Bowl, Pancake, Blueberry, WG - OKI	2BG	200	239	2.49	329	18	*N/A*	4.99	0.00	35	41.89	2.00	4.99	*N/A*	25.9	*N/A*	2.00
991437 Applesauce, Cup, Cinn - OKI	1/2c	200	50	0.00	0	12	0	0.00	0.00	0	13.95	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			423	3.32	437	50	0	6.44	0.00	45	78.25	5.30	13.71	*697	357.7	*51.67	2.12
% of Calories				7.06%		47.3%	0%	13.7%	0.0%		74.0%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/15/2023

Reimbursable Meal Total 200

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990631 Muffin, Banana, WG - OKI	2BG	200	310	1.00	200	29	*N/A*	8.00	0.00	35	56.00	2.00	5.00	*N/A*	28.0	*N/A*	2.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			538	1.88	310	66	0	9.74	*0.00	45	104.37	9.09	13.62	*545	335.8	*11.95	2.42
% of Calories				3.14%		49.1%	0%	16.3%	*0.0%		77.6%		10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 09/18/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991059 Bagel, Cinnamon Raisin - OKI	2BG	200	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
991020 Juice, Apple, Cherry - OKI	1/2c	200	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990784 Cream Cheese, Cup - OKI	1	200	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			440	4.85	514	43	0	9.49	0.00	30	76.73	5.35	14.94	*697	*384.7	*51.67	*2.34
% of Calories				9.92%		39.1%	0%	19.4%	0.0%		69.8%		13.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/19/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991060 Egg, Bites, Sunny Fresh- OKI	1.5MMA	200	119	2.49	189	1	*N/A*	8.95	0.00	129	2.98	1.00	5.97	*N/A*	*N/A*	*N/A*	*N/A*
991546 Muffin, Cornbread, IW, WG - OKI	1BG	200	150	0.50	90	9	9	5.00	0.00	15	23.01	0.00	3.00	*N/A*	21.0	*N/A*	1.00
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			485	3.83	388	47	9	15.50	*0.00	154	69.44	4.77	*17.30	*545	*323.9	*6.10	*1.43
% of Calories				7.11%		38.8%	7.4%	28.8%	*0.0%		57.3%		*14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 200

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991451 Parfait, Yogurt, Peach - OKI	1BG, 1MMA	200	200	0.00	115	18	13	4.00	0.00	5	34.00	2.00	5.00	*N/A*	290.0	*N/A*	0.70
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			467	0.90	223	63	13	5.60	0.00	15	89.80	6.01	13.66	*530	582.2	*7.33	0.94
% of Calories				1.73%		54.0%	11.1%	10.8%	0.0%		76.9%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990637 Biscuits & Gravy - OKI	2oz	200	193	4.56	458	3	*N/A*	9.78	0.00	27	17.61	1.00	9.15	*N/A*	262.1	*N/A*	1.09
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			377	5.39	566	35	0	11.23	0.00	37	54.01	4.31	17.88	*697	593.8	*51.67	1.22
% of Calories				12.87 %		37.1%	0%	26.8%	0.0%		57.3%		19.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/22/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990777 Bread, Blueberry, WG - OKI	1BG	200	160	0.50	95	14	*N/A*	5.00	0.00	20	26.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			468	5.38	405	52	0	12.74	*0.00	50	76.37	8.09	17.62	*545	519.8	*11.95	1.42
% of Calories				10.35 %		44.4%	0%	24.5%	*0.0%		65.3%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 09/25/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990768 Bagel, WG, IW - OKI	2BG	200	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
990784 Cream Cheese, Cup - OKI	1	200	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
991020 Juice, Apple, Cherry - OKI	1/2c	200	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			419	4.85	502	39	0	9.48	0.00	30	68.51	5.33	14.91	*697	*364.4	*51.67	*2.13
% of Calories				10.42 %		37.2%	0%	20.4%	0.0%		65.4%		14.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991545 Bar, Oatmeal, Soft, Banana Chocolate - OKI	2BG	200	277	3.95	237	15	14	11.86	0.00	10	38.54	3.95	4.94	*N/A*	29.6	*N/A*	1.58
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			492	4.80	346	52	14	13.40	*0.00	20	81.99	7.72	*13.27	*545	*332.6	*6.10	*2.01
% of Calories				8.78%		42.3%	11.4%	24.5%	*0.0%		66.7%		*10.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	200	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			468	0.90	219	63	14	5.60	0.00	10	89.87	6.01	13.68	*530	583.2	*7.33	0.94
% of Calories				1.73%		53.8%	12.0%	10.8%	0.0%		76.8%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 200

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991219 Bowl, Pancake, Blueberry, WG - OKI	2BG	200	239	2.49	329	18	*N/A*	4.99	0.00	35	41.89	2.00	4.99	*N/A*	25.9	*N/A*	2.00
991437 Applesauce, Cup, Cinn - OKI	1/2c	200	50	0.00	0	12	0	0.00	0.00	0	13.95	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			423	3.32	437	50	0	6.44	0.00	45	78.25	5.30	13.71	*697	357.7	*51.67	2.12
% of Calories				7.06%		47.3%	0%	13.7%	0.0%		74.0%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 09/29/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990631 Muffin, Banana, WG - OKI	2BG	200	310	1.00	200	29	*N/A*	8.00	0.00	35	56.00	2.00	5.00	*N/A*	28.0	*N/A*	2.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			538	1.88	310	66	0	9.74	*0.00	45	104.37	9.09	13.62	*545	335.8	*11.95	2.42
% of Calories				3.14%		49.1%	0%	16.3%	*0.0%		77.6%		10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		466	3	379	53	6	9.75	*0.00	43	81.59	6.44	*14.84	*595	*423.6	*23.76	*1.70
% of Calories			6.49%		45.5%	5.2%	18.8%	*0.0%		70.0%		*12.7%				

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

Sep 1, 2023 thru Sep 29, 2023

Menu Name:	Cicero Elementary k-8 Lunch	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Friday - 09/01/2023Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991179 Lasagna, Rollup, WG - OKI	2MMA/1BG	300	240	2.00	250	8	*N/A*	4.00	0.00	5	34.00	3.50	16.00	*250	190.0	*1.80	1.66
991423 Broccoli, Hot, 3/4c - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.49	2.54	2.76	609	46.0	87.24	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			438	2.74	415	33	0	5.51	0.00	13	72.25	8.06	27.48	*1396	532.1	*96.58	2.60
% of Calories				5.63%		30.1%	0%	11.3%	0.0%		66.0%		25.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/05/2023Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991198 Nachos, Chicken, Cheese - OKI	2MMA	300	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59
990690 Chips, tortilla, WG, IW- OKI	2BG	300	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990747 Beans, Black, Seasoned, 3/4c - OKI	3/4c	300	137	0.00	444	1	0	0.51	0.00	0	24.07	6.15	8.20	25	50.2	0.00	2.05
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			652	5.46	1011	28	0	16.05	0.00	56	90.97	13.37	33.70	*512	*506.2	*6.65	3.51
% of Calories				7.54%		17.2%	0%	22.2%	0.0%		55.8%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990842 Sloppy Joe, Turkey - OKI	4 oz	300	194	2.75	953	9	*N/A*	7.26	*0.00	45	18.88	2.60	14.57	*13	*1.2	*3.11	*0.38
990688 Bun, Hamburger, WG - OKI	2BG	300	149	0.00	259	3	*N/A*	1.99	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	300	37	0.02	82	5	*N/A*	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			530	3.33	1552	41	0	10.40	*0.00	53	81.03	10.19	30.18	*15260	*421.8	*57.72	*2.85
% of Calories				5.65%		30.9%	0%	17.7%	*0.0%		61.2%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	300	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991398 Crackers, Pizza - OKI	1BG	300	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
990746 Tater, Tots, 3/4c - OKI	3/4c	300	136	0.62	248	1	*N/A*	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			629	3.68	1105	34	0	21.95	0.00	33	84.84	7.63	25.41	*859	*349.8	*3.80	*5.15
% of Calories				5.27%		21.6%	0%	31.4%	0.0%		54.0%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Friday - 09/08/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	300	340	3.50	236	5	*N/A*	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
991423 Broccoli, Hot, 3/4c - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.49	2.54	2.76	609	46.0	87.24	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			547	4.24	527	31	0	13.04	0.00	44	81.86	11.34	30.75	*1396	*417.6	*96.58	*2.32
% of Calories				6.98%		22.7%	0%	21.5%	0.0%		59.9%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/11/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991537 Mozzarella, Sticks, Breaded - OKI	2BG, 2MMA	300	400	7.00	610	1	0	23.00	0.00	35	31.00	3.00	18.00	*N/A*	452.0	*N/A*	2.00
990807 Sauce, Marinara, PC - OKI	1/4c	300	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	300	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			949	*10.35	1571	*34	*0	46.89	*0.00	*43	99.59	*14.60	39.21	*698	*842.1	*13.16	*3.75
% of Calories				*9.82%		*14.3%	*0%	44.5%	*0.0%		42.0%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990827 Chicken & Waffles - OKI	2BG, 2MMA	300	330	2.50	575	3	*N/A*	17.01	0.00	30	30.01	4.00	16.01	*N/A*	42.0	*N/A*	2.90
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	300	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990704 Syrup, PKT - OKI	1	300	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			817	3.07	963	54	0	22.72	0.00	38	129.45	11.38	27.51	*487	363.5	*6.65	4.14
% of Calories				3.38%		26.4%	0%	25.0%	0.0%		63.4%		13.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991211 Hot Dog, Beef, Vienna - OKI	2BG, 2MMA	300	280	4.00	870	4	*N/A*	12.50	0.00	30	29.00	3.00	14.00	*N/A*	*80.0	*N/A*	*1.40
991212 Pickle, Spears - OKI	3/4c	300	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			449	4.56	2140	28	0	13.51	0.00	38	124.10	5.54	22.97	*703	*458.4	*51.87	*1.54
% of Calories				9.14%		24.9%	0%	27.1%	0.0%		110.6%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990803 Chicken, Drumstick, Buffalo & Rice - OKI	2BG, 2MMA	300	409	2.72	575	0	*N/A*	12.20	0.00	102	48.72	2.02	24.04	*0	*8.8	*0.00	*0.78
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			590	3.29	863	30	0	13.22	0.00	110	83.23	3.24	33.29	*5890	*341.5	*7.51	*1.65
% of Calories				5.02%		20.3%	0%	20.2%	0.0%		56.4%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/15/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991175 Meatloaf, Beef - OKI	2.25MMA	300	183	4.57	152	2	*N/A*	11.16	0.00	41	4.06	1.02	15.22	*N/A*	*N/A*	*N/A*	*N/A*
991187 Toast, Texas, 2BG - OKI	2BG	300	180	0.00	220	0	*N/A*	6.00	0.00	0	28.00	2.00	6.00	*N/A*	20.0	*N/A*	2.20
991356 Carrots, Diced, 3/4c - OKI	3/4c	300	39	0.00	77	5	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			566	5.19	582	30	0	18.31	0.00	49	72.82	8.88	31.23	*536	*354.7	*7.53	*2.94
% of Calories				8.25%		21.2%	0%	29.1%	0.0%		51.5%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/18/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990587 Sandwich, Hamburger - OKI	2BG, 2MMA	300	266	2.70	490	3	*N/A*	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	300	19	0.04	3	3	*N/A*	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			452	3.29	847	35	0	10.19	0.00	37	65.25	5.91	26.87	*2809	401.6	*95.51	3.78
% of Calories				6.55%		31.0%	0%	20.3%	0.0%		57.7%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 09/19/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	300	280	4.00	450	8	*N/A*	10.00	0.00	30	33.00	5.00	2.00	50	220.0	0.00	2.60
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	300	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			495	4.68	741	38	0	11.44	0.00	38	76.37	11.93	13.25	*1130	575.8	*91.62	3.58
% of Calories				8.51%		30.7%	0%	20.8%	0.0%		61.7%		10.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991177 Sandwich, Turkey Ham, Hoagie - OKI	2BG, 2MMA	300	260	2.75	755	3	*N/A*	6.50	0.00	35	31.00	2.00	21.50	*N/A*	218.0	*N/A*	1.44
991174 Edamame, 3/4c - OKI	3/4c	300	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990703 Mayo, PKT - OKI	1	300	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	300	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			612	4.25	1140	30	0	19.56	0.12	47	70.98	11.01	43.47	*703	634.3	*51.87	4.23
% of Calories				6.25%		19.6%	0%	28.8%	0.2%		46.4%		28.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991543 Barbacoa, Turkey - OKI	2MMA	300	91	1.01	485	0	0	4.04	0.00	51	2.02	0.00	13.14	*N/A*	0.0	*N/A*	1.11
990690 Chips, tortilla, WG, IW- OKI	2BG	300	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991447 Corn, Jalapeno, Blend, 3/4c - OKI	3/4c	300	203	0.92	250	15	0	6.47	0.00	0	35.12	5.55	5.55	*N/A*	0.0	*N/A*	0.92
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990705 Sauce, Taco, PKT - OKI	1	300	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			669	3.50	1257	45	0	18.45	0.00	59	99.61	9.00	30.01	*487	*346.4	*0.80	*2.88
% of Calories				4.71%		26.9%	0%	24.8%	0.0%		59.6%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/22/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991541 Chicken, Popcorn, General Tso's, Rice - OKI	2BG, 2MMA	300	434	3.54	388	6	*N/A*	19.20	0.00	40	47.63	3.05	17.31	*N/A*	*16.3	*0.00	*2.02
990743 Peas, Snap, Fresh, 3/4c - OKI	3/4c	300	50	0.00	5	5	*N/A*	0.24	0.00	0	8.52	3.36	3.96	4	*N/A*	*N/A*	*N/A*
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			649	4.16	525	34	0	20.59	0.00	49	87.91	8.42	30.00	*540	*312.4	*7.53	*2.24
% of Calories				5.77%		21.0%	0%	28.6%	0.0%		54.2%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 09/25/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991030 Sandwich, Chicken, Breaded - OKI	3BG, 2MMA	300	389	2.50	699	4	*N/A*	16.00	0.00	25	41.87	4.99	19.98	*N/A*	79.8	*N/A*	3.29
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	300	37	0.02	82	5	*N/A*	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			593	3.07	1135	38	0	17.12	0.00	33	83.47	9.41	28.82	*15030	418.2	*3.54	4.30
% of Calories				4.66%		25.6%	0%	26.0%	0.0%		56.3%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Tuesday - 09/26/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990768 Bagel, WG, IW - OKI	2BG	300	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
991544 Egg, Patty, Sausage, Turkey - OKI	2MMA	300	121	2.01	161	1	*N/A*	8.56	0.00	106	1.01	0.00	9.04	*N/A*	*192.4	*N/A*	*0.00
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	300	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990706 Jelly, PKT - OKI	1	300	36	0.00	6	7	*N/A*	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			744	6.59	918	41	0	22.29	0.00	134	109.29	10.40	26.57	*487	*543.3	*6.65	*3.03
% of Calories				7.97%		22.0%	0%	27.0%	0.0%		58.8%		14.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 300

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991297 Sandwich, Meatball, Beef, Sub - OKI	2BG, 2MMA	300	410	5.27	436	10	*N/A*	15.04	0.00	44	45.51	6.00	22.54	*500	208.8	*3.60	3.16
990658 Beans, Green, Hot, 3/4 c - OKI	3/4c	300	33	0.00	2	2	*N/A*	0.00	0.00	0	6.90	3.45	1.73	*N/A*	*N/A*	*N/A*	*N/A*
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			583	5.83	570	34	0	16.05	0.00	52	77.77	11.76	33.05	*1203	*539.4	*55.47	*3.28
% of Calories				9.00%		23.3%	0%	24.8%	0.0%		53.4%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991525 Tamale, Beef - OKI	2BG, 2MMA	300	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00
991214 Salad, Black Bean & Corn - OKI	3/4c	300	164	0.02	370	3	0	0.94	0.00	0	30.75	7.43	9.16	*888	*52.2	*36.20	*2.17
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			704	8.57	682	31	0	20.85	0.00	28	99.93	10.46	31.23	*1374	*386.1	*37.00	*5.39
% of Calories				10.96 %		17.6%	0%	26.7%	0.0%		56.8%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 09/29/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991164 Chicken, Drumstick - OKI	2MMA	300	178	2.72	117	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	0	8.8	0.00	0.78
991123 Roll, Dinner, WG, 2BG - OKI	2BG	300	160	0.00	300	2	*N/A*	3.00	0.00	0	28.00	2.00	6.00	*N/A*	40.0	*N/A*	1.60
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			514	3.36	570	26	0	14.43	0.00	110	61.98	4.96	35.71	*5940	371.2	*14.25	3.24
% of Calories				5.88%		20.2%	0%	25.3%	0.0%		48.2%		27.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		609	*4.66	956	*35	*0	17.63	*0.01	*53	87.64	*9.37	30.04	*2872	*455.8	*35.61	*3.32
% of Calories			*6.89%		*23.0%	*0%	26.1%	*0.0%		57.6%		19.7%				

**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.

Menu Name:

Cicero Jr High 6-8 Lunch 2 Entree

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 09/01/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991179 Lasagna, Rollup, WG - OKI	2MMA/1BG	250	240	2.00	250	8	*N/A*	4.00	0.00	5	34.00	3.50	16.00	*250	190.0	*1.80	1.66
991041 Sandwich, Chicken Salad - OKI	2BG, 2MMA	50	273	1.60	430	4	*N/A*	8.89	*0.00	43	29.93	4.07	20.14	*10	*65.4	*0.19	2.79
991423 Broccoli, Hot, 3/4c - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.49	2.54	2.76	609	46.0	87.24	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			443	2.67	445	32	0	6.33	*0.00	20	71.57	8.15	28.17	*1356	*511.3	*96.31	2.79
% of Calories				5.42%		28.9%	0%	12.9%	*0.0%		64.6%		25.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/05/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991198 Nachos, Chicken, Cheese - OKI	2MMA	200	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991035 Salad, Pasta, Creamy 2MMA, 2BG - OKI	2MMA, 2BG	50	463	12.64	563	4	*N/A*	24.43	*0.00	*60	43.98	5.43	18.94	*3713	*414.8	*40.45	*0.30
990747 Beans, Black, Seasoned, 3/4c - OKI	3/4c	500	137	0.00	444	1	0	0.51	0.00	0	24.07	6.15	8.20	25	50.2	0.00	2.05
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			625	5.29	1150	38	0	11.11	*0.00	*50	98.14	18.18	34.94	*1147	*539.8	*17.29	*4.29
% of Calories				7.62%		24.3%	0%	16.0%	*0.0%		62.8%		22.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/06/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	50	438	12.00	703	0	*N/A*	20.02	0.00	60	44.45	6.08	19.58	*N/A*	*434.0	*N/A*	*0.00
991033 Wrap, Chicken, Caesar - OKI	2BG, 2MMA	50	381	*3.66	557	*2	*N/A*	19.38	*0.00	*43	31.78	*3.00	18.97	*N/A*	*40.0	*N/A*	*2.18
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	300	37	0.02	82	5	*N/A*	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			324	*3.19	550	*29	*0	7.72	*0.00	*25	48.99	*7.11	16.07	*15246	*449.9	*54.61	*1.44
% of Calories				*8.86%		*35.8%	*0%	21.4%	*0.0%		60.5%		19.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/07/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991324 Sandwich, Turkey, Swiss, Bun- OKI	2BG, 2MMA	200	235	2.02	547	3	*N/A*	5.53	0.00	30	26.37	1.99	19.52	*0	177.3	*0.00	1.39
991398 Crackers, Pizza - OKI	1BG	200	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991304 Veggie, Chicken, Tenders - OKI	2MMA	50	240	0.50	520	1	*N/A*	14.00	0.00	0	16.00	7.00	13.00	*N/A*	50.0	*N/A*	2.40
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	*N/A*	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
990746 Tater, Tots, 3/4c - OKI	3/4c	300	136	0.62	248	1	*N/A*	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990686 Ketchup, Pkt - OKI	1	250	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			591	2.77	1082	35	0	14.45	0.00	28	89.31	7.10	*25.89	*736	*442.8	*2.80	*3.91
% of Calories				4.22%		23.7%	0%	22.0%	0.0%		60.4%		*17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/08/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	200	340	3.50	236	5	*N/A*	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
991241 Penne, Marinara, Baked - OKI	2BG, 2MMA	50	368	7.09	381	5	*N/A*	14.67	0.00	30	37.40	5.55	21.25	*250	*425.1	*1.80	*0.36
991423 Broccoli, Hot, 3/4c - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.49	2.54	2.76	609	46.0	87.24	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			495	4.26	512	30	0	11.65	0.00	37	74.30	10.08	27.93	*1354	*465.5	*96.28	*1.92
% of Calories				7.75%		24.2%	0%	21.2%	0.0%		60.0%		22.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Monday - 09/11/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991537 Mozzarella, Sticks, Breaded - OKI	2BG, 2MMA	200	400	7.00	610	1	0	23.00	0.00	35	31.00	3.00	18.00	*N/A*	452.0	*N/A*	2.00
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991041 Sandwich, Chicken Salad - OKI	2BG, 2MMA	50	273	1.60	430	4	*N/A*	8.89	*0.00	43	29.93	4.07	20.14	*10	*65.4	*0.19	2.79
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			463	*5.48	654	*27	*0	17.79	*0.00	*39	54.75	*3.68	23.41	*489	*609.5	*0.83	*1.82
% of Calories				*10.65 %		*23.3%	*0%	34.6%	*0.0%		47.3%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/12/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990827 Chicken & Waffles - OKI	2BG, 2MMA	200	330	2.50	575	3	*N/A*	17.01	0.00	30	30.01	4.00	16.01	*N/A*	42.0	*N/A*	2.90
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	*N/A*	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	300	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990704 Syrup, PKT - OKI	1	250	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			749	3.50	883	50	0	19.91	0.00	37	120.25	10.71	*25.02	*488	386.3	*6.65	3.50
% of Calories				4.21%		26.7%	0%	23.9%	0.0%		64.2%		*13.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/13/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991211 Hot Dog, Beef, Vienna - OKI	2BG, 2MMA	200	280	4.00	870	4	*N/A*	12.50	0.00	30	29.00	3.00	14.00	*N/A*	*80.0	*N/A*	*1.40
990606 Salad, Chef, Chicken - OKI	2MMA, 3/4cVeg	50	112	1.18	117	1	*N/A*	3.99	0.00	43	2.87	0.95	14.96	*5404	*26.3	*6.71	1.40
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	*N/A*	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
991212 Pickle, Spears - OKI	3/4c	300	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			409	3.59	1912	27	0	11.18	0.00	35	120.57	5.36	*20.80	*1604	*439.1	*52.99	*1.64
% of Calories				7.90%		26.4%	0%	24.6%	0.0%		117.9%		*20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/14/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990803 Chicken, Drumstick, Buffalo & Rice - OKI	2BG, 2MMA	200	409	2.72	575	0	*N/A*	12.20	0.00	102	48.72	2.02	24.04	*0	*8.8	*0.00	*0.78
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	50	280	5.00	1060	8	*N/A*	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			500	3.22	848	31	0	10.82	0.00	81	72.33	3.23	28.61	*5890	*413.2	*7.51	*1.73
% of Calories				5.80%		24.8%	0%	19.5%	0.0%		57.9%		22.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/15/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991175 Meatloaf, Beef - OKI	2.25MMA	200	183	4.57	152	2	*N/A*	11.16	0.00	41	4.06	1.02	15.22	*N/A*	*N/A*	*N/A*	*N/A*
991187 Toast, Texas, 2BG - OKI	2BG	200	180	0.00	220	0	*N/A*	6.00	0.00	0	28.00	2.00	6.00	*N/A*	20.0	*N/A*	2.20
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	50	438	12.00	703	0	*N/A*	20.02	0.00	60	44.45	6.08	19.58	*N/A*	*434.0	*N/A*	*0.00
991356 Carrots, Diced, 3/4c - OKI	3/4c	300	39	0.00	77	5	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			518	5.67	575	29	0	15.93	0.00	45	69.54	8.89	27.42	*536	*420.3	*7.53	*2.20
% of Calories				9.85%		22.4%	0%	27.7%	0.0%		53.7%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Monday - 09/18/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990587 Sandwich, Hamburger - OKI	2BG, 2MMA	200	266	2.70	490	3	*N/A*	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39
991141 Yogurt, Granola, CJCheese, Crackers Kit-OKI	2BG, 2MMA	50	400	6.00	460	20	3	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	300	19	0.04	3	3	*N/A*	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990686 Ketchup, Pkt - OKI	1	250	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			428	3.39	744	37	0	9.77	0.00	33	63.53	5.56	23.19	*2809	453.9	*95.51	3.43
% of Calories				7.13%		34.6%	0%	20.5%	0.0%		59.4%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/19/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	50	280	3.50	470	8	*N/A*	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991194 Salad, Pasta, Greek - OKI	2MMA, 2BG	50	399	7.42	375	3	*N/A*	16.49	*0.00	*30	40.49	6.55	20.64	*242	*421.3	*4.48	*0.14
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	300	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			328	2.50	432	32	0	6.02	*0.00	*16	55.62	8.69	17.35	*1121	*477.7	*92.37	*1.42
% of Calories				6.86%		39.0%	0%	16.5%	*0.0%		67.8%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/20/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991177 Sandwich, Turkey Ham, Hoagie - OKI	2BG, 2MMA	300	260	2.75	755	3	*N/A*	6.50	0.00	35	31.00	2.00	21.50	*N/A*	218.0	*N/A*	1.44
991174 Edamame, 3/4c - OKI	3/4c	300	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990703 Mayo, PKT - OKI	1	300	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	300	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			612	4.25	1140	30	0	19.56	0.12	47	70.98	11.01	43.47	*703	634.3	*51.87	4.23
% of Calories				6.25%		19.6%	0%	28.8%	0.2%		46.4%		28.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/21/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991543 Barbacoa, Turkey - OKI	2MMA	200	91	1.01	485	0	0	4.04	0.00	51	2.02	0.00	13.14	*N/A*	0.0	*N/A*	1.11
990690 Chips, tortilla, WG, IW- OKI	2BG	200	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	50	322	6.91	403	1	*N/A*	14.00	0.00	32	32.19	4.43	16.83	*N/A*	*N/A*	*N/A*	*N/A*
991447 Corn, Jalapeno, Blend, 3/4c - OKI	3/4c	300	203	0.92	250	15	0	6.47	0.00	0	35.12	5.55	5.55	*N/A*	0.0	*N/A*	0.92
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990705 Sauce, Taco, PKT - OKI	1	250	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			625	3.98	1094	45	0	17.10	0.00	47	94.46	8.70	27.42	*487	*333.1	*0.80	*2.31
% of Calories				5.73%		28.8%	0%	24.6%	0.0%		60.5%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/22/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991541 Chicken, Popcorn, General Tso's, Rice - OKI	2BG, 2MMA	200	434	3.54	388	6	*N/A*	19.20	0.00	40	47.63	3.05	17.31	*N/A*	*16.3	*0.00	*2.02
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	281	4.54	752	5	1	9.57	0.00	40	28.01	2.00	18.09	*N/A*	247.6	*N/A*	2.00
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
990743 Peas, Snap, Fresh, 3/4c - OKI	3/4c	300	50	0.00	5	5	*N/A*	0.24	0.00	0	8.52	3.36	3.96	4	*N/A*	*N/A*	*N/A*
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			556	*3.74	565	*32	*0	15.87	*0.00	*42	77.72	*7.74	27.41	*540	*348.2	*7.53	*1.90
% of Calories				*6.05%		*23.0%	*0%	25.7%	*0.0%		55.9%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 09/25/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991030 Sandwich, Chicken, Breaded - OKI	3BG, 2MMA	200	389	2.50	699	4	*N/A*	16.00	0.00	25	41.87	4.99	19.98	*N/A*	79.8	*N/A*	3.29
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	*N/A*	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	300	37	0.02	82	5	*N/A*	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			525	3.50	1018	37	0	14.63	0.00	34	75.35	8.41	*25.00	*15031	428.5	*3.54	3.54
% of Calories				6.00%		28.2%	0%	25.1%	0.0%		57.4%		*19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 09/26/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990768 Bagel, WG, IW - OKI	2BG	250	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
991544 Egg, Patty, Sausage, Turkey - OKI	2MMA	200	121	2.01	161	1	*N/A*	8.56	0.00	106	1.01	0.00	9.04	*N/A*	*192.4	*N/A*	*0.00
990619 Sandwich, BBQ Chicken - OKI	2BG, 2MMA	50	295	1.16	656	3	*N/A*	5.87	0.00	43	37.64	1.99	19.94	*N/A*	*49.7	*N/A*	2.17
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	300	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990706 Jelly, PKT - OKI	1	250	36	0.00	6	7	*N/A*	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
990784 Cream Cheese, Cup - OKI	1	250	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			710	5.45	908	39	0	19.08	0.00	103	108.72	10.23	25.88	*487	*482.4	*6.65	*3.09
% of Calories				6.91%		22.0%	0%	24.2%	0.0%		61.3%		14.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 09/27/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991297 Sandwich, Meatball, Beef, Sub - OKI	2BG, 2MMA	200	410	5.27	436	10	*N/A*	15.04	0.00	44	45.51	6.00	22.54	*500	208.8	*3.60	3.16
990605 Wrap, Chicken, Jerk - OKI	2BG, 2MMA	50	271	3.66	687	2	*N/A*	8.38	0.00	43	29.78	3.00	17.97	*0	*40.0	*0.00	2.18
990658 Beans, Green, Hot, 3/4 c - OKI	3/4c	300	33	0.00	2	2	*N/A*	0.00	0.00	0	6.90	3.45	1.73	*N/A*	*N/A*	*N/A*	*N/A*
990645 ORANGE, Fresh 138CT, - OKI	1/2c	300	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			492	4.68	539	31	0	12.43	0.00	44	67.57	10.26	28.53	*1036	*476.5	*54.27	*2.59
% of Calories				8.56%		25.2%	0%	22.7%	0.0%		54.9%		23.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 09/28/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991525 Tamale, Beef - OKI	2BG, 2MMA	200	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00
990825 Tamale, Bean and Cheese - OKI	2BG, 2MMA	50	420	10.00	150	0	0	22.00	0.00	10	45.00	4.00	11.00	*N/A*	148.0	*N/A*	2.00
991214 Salad, Black Bean & Corn - OKI	3/4c	300	164	0.02	370	3	0	0.94	0.00	0	30.75	7.43	9.16	*888	*52.2	*36.20	*2.17
991020 Juice, Apple, Cherry - OKI	1/2c	300	65	0.01	10	14	*N/A*	0.01	0.00	0	16.10	0.03	0.18	*N/A*	7.6	*N/A*	0.20
990784 Cream Cheese, Cup - OKI	1	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			659	8.24	669	31	0	19.35	0.00	27	94.60	10.12	28.56	*1374	*399.4	*37.00	*4.73
% of Calories				11.25 %		18.8%	0%	26.4%	0.0%		57.4%		17.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 09/29/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	50	280	3.50	470	8	*N/A*	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50
991041 Sandwich, Chicken Salad - OKI	2BG, 2MMA	50	273	1.60	430	4	*N/A*	8.89	*0.00	43	29.93	4.07	20.14	*10	*65.4	*0.19	2.79
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63

Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	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	*N/A*	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	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			268	1.49	303	26	0	4.57	*0.00	18	44.34	4.31	15.74	*5942	*384.9	*14.28	1.73
% of Calories				5.00%		38.8%	0%	15.3%	*0.0%		66.2%		23.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		516	*4.04	801	*33	*0	13.26	*0.01	*40	78.63	*8.38	*26.04	*2919	*454.8	*35.33	*2.71
% of Calories			*7.05%		*25.6%	*0%	23.1%	*0.0%		61.0%		*20.2%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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