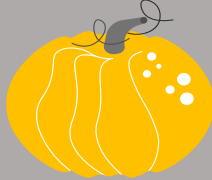
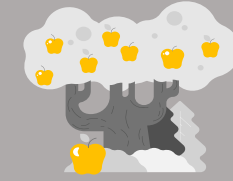


Cicero Breakfast November 2023

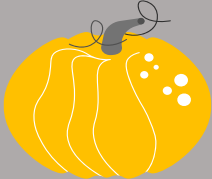
OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Chocolate Chip Darlington Bar 1oz Banana 1/2c Craisins 1/3c	11/2/2023 Strawberry Boli 2oz Applesauce 1/2c Orange 1/2c	11/3/2023 WG Blueberry Breakfast Bread 1oz String cheese 1oz Pear 1/2c Apple 1/2c
11/6/2023  No School	11/7/2023 Oatmeal Round 2oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	11/8/2023 Flavored Yogurt 1oz WG Granola 1oz Banana 1/2c Craisins 1/3c	11/9/2023 Cinnamon Toast Crunch Bar 2oz Apple Cinnamon Applesauce 1/2c Orange 1/2c	11/10/2023 WG Banana Muffin 2oz Pear 1/2c Apple 1/2c
11/13/2023 WG Cinnamon Rasin Bagel 2oz Cream Cheese Orange 1/2c Apple Cherry Juice 1/2c	11/14/2023 Egg Bites 1.5oz WG Cornbread Muffin 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	11/15/2023 Flavored Yogurt 1oz WG Granola 1oz Banana 1/2c Craisins 1/3c	11/16/2023 Biscuits & Gravy 2oz Applesauce 1/2c Orange 1/2c	11/17/2023 WG Blueberry Breakfast Bread 1oz Pear 1/2c Apple 1/2c
11/20/2023 WG Plain Bagel 2oz Cream Cheese Orange 1/2c Apple Cherry Juice 1/2c	11/21/2023 Chocolate Chip Oatmeal Round 2oz String Cheese 1oz Apple 1/2c Fruit cup 1/2c	11/22/2023  11/23/2023 Holiday Break 11/24/2023 		
11/27/2023 Cereal 1oz Smoothie 1oz (fruit in smoothie 1/2c) Applesauce 1/2c	11/28/2023 WG Bagel 1oz Egg and Cheese 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	11/29/2023 Chocolate Chip Darlington Bar 1oz Banana 1/2c Craisins 1/3c	11/30/2023 Strawberry Boli 2oz Applesauce 1/2c Orange 1/2c	

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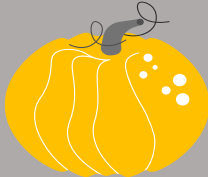
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Chocolate Chip Darlington Bar 1oz Hard Boiled Egg 1oz Banana 1/2c Craisins 1/4c	11/2/2023 Strawberry Boli 2oz Applesauce 1/2c Orange 1/2c	11/3/2023 WG Blueberry Bread 1oz String Cheese 1oz Pear 1/2c Apple 1/2c
11/6/2023  No School	11/7/2023 WG Nature Valley Oatmeal Round 2oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	11/8/2023 Vanilla Yogurt 1oz WG Granola 1oz Banana 1/2c Craisins 1/4c	11/9/2023 Cinnamon Toast Crunch Bar 2oz Applesauce 1/2c Orange 1/2c	11/10/2023 WG Banana Muffin 2oz Pear 1/2c Apple 1/2c
11/13/2023 WG Cinnamon Rasin Bagel 2oz Cream Cheese Orange 1/2c Apple Cherry Juice 1/2c	11/14/2023 Egg Bites 1.5oz WG Cornbread Muffin 1oz Apple 1/2c Fruit Cup 1/2c	11/15/2023 Peach Yogurt WG Granola 1oz Banana 1/2c Craisins 1/4c	11/16/2023 Biscuits & Gravy 2oz Applesauce 1/2c Orange 1/2c	11/17/2023 WG Blueberry Bread 1oz String Cheese 1oz Pear 1/2c Apple 1/2c
11/20/2023 WG Plain Bagel 2oz Cream Cheese Orange 1/2c Apple Cherry Juice 1/2c	11/21/2023 WG Nature Valley Oatmeal Round 2oz Apple 1/2c Fruit Cup 1/2c	11/22/2023 11/23/2023 11/24/2023  Holiday Break		
11/27/2023 Bar Fresh Smoothie 2oz	11/28/2023 Egg & Cheese Bagel 2oz Apple 1/2c Fruit Cup 1/2c	11/29/2023 Chocolate Chip Darlington Bar 1oz Hard Boiled Egg 1oz Banana 1/2c Craisins 1/4c	 Strawberry Boli 2oz Applesauce 1/2c Orange 1/2c	

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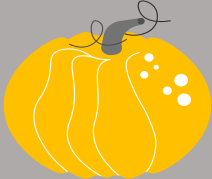
Cicero Lunch November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Boxed Lunch: Turkey Ham & Cheese Sandwich 3oz Carrots 3/4c Fruit Juice 1/2c	11/2/2023 Turkey Hotdog w/ WG Hotdog bun 4oz Tater Tots 3/4c Apple Cherry Juice 1/2c	11/3/2023 WG Pasta & Meatballs oz Broccoli 3/4c Banana 1/2c
11/6/2023  No School	11/7/2023 Chicken & Waffles 4oz Baby Carrots 3/4c Pear 1/2c	11/8/2023 Beef & Bean Tamal 4oz Corn & Jalapeno Blend 3/4c Orange 1/2c	11/9/2023 Chicken Drumstick 2oz WG Roll 2oz Three Sister Succotash 1/2c Apple Cherry Juice 1/2c	11/10/2023 Vegetarian Chili Cheese Fries 4oz BBQ Beans 3/4c Banana 1/2c
11/13/2023 WG Turkey Sausage Pizza 4oz Broccoli 3/4c Apple Cinnamon Applesauce 1/2c	11/14/2023 Beef Hamburger w/ WG Hamburger Bun 4oz Pickle Spears 3/4c Pear 1/2c	11/15/2023 Chicken Sandwich w/ WG Hamburger Bun 4oz BBQ Beans 3/4c Orange 1/2c	11/16/2023 WIP Turkey Roast 2oz WG Roll 2oz Mashed Sweet Potatoes 3/4c Apple Cherry Juice 1/2c	11/17/2023 WG Bagel W/ Egg & Turkey Patty 4oz Tater Tots 3/4c Banana 1/2c
11/20/2023 Chicken & Vegetable Potstickers 2oz Edamame 3/4c Apple Cinnamon Applesauce 1/2c	11/21/2023 Beef & Bean Tamal 4oz Corn 3/4c Pear	11/22/2023  11/23/2023 Holiday Break 11/24/2023 		
11/27/2023 Big Daddy's Fiestada Handheld 4oz Wango Mango Juice 3/4c Apple Cinnamon Applesauce 1/2c	11/28/2023 Hot Honey Popcorn Chicken 3oz WG Wheat Crackers 1oz Tater Tots 3/4c Pear 1/2c	11/29/2023 Turkey Sloppy Joe w/ WG Hamburger Bun 4oz Carrots 3/4c Orange 1/2c	11/30/2023 Buffalo Chicken Drumstick 2oz Seasoned Black Beans 3/4c Apple Cherry Juice 1/2c	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Boxed Lunch: Turkey Ham & Cheese Sandwich 3oz Carrots 3/4c Fruit Juice 1/2c	11/2/2023 WG Mac & Cheese 3oz Tater Tots 3/4c Apple Slices 1/2c	11/3/2023 WG Pasta and Meatballs 4oz Broccoli 3/4c Banana 1/2c
11/6/2023  No School	11/7/2023 Chicken & Waffles 4oz Shredded Carrots 3/4c Fruit cup 1/2c	11/8/2023 Beef & Bean Tamal 4oz Red Bell Pepper Strips 3/4c Orange Wedge 1/2c	11/9/2023 Grilled Cheese 4oz Green Beans 1/2c Apple Slices 1/2c	11/10/2023 Chili Cheese Fries 2oz Cornbread Muffin 2oz BBQ Beans 3/4c Banana 1/2c
11/13/2023 WG Cheese Pizza 4oz Broccoli 3/4c Applesauce 1/2c	11/14/2023 Hamburger 4oz Pickle Spears 3/4c Fruit Cup 1/2c	11/15/2023 Chicken Sandwich 4oz Cucumber Slices 3/4c Orange Wedge 1/2c	11/16/2023 Turkey Roast & Gravy 2oz WG Sister Schuberts Rolls 2oz Mashed Potatoes 3/4c Apple Slices 1/2c	11/17/2023 Bagel, Egg & Turkey Breakfast Sandwich 4oz Tater Tots 3/4c Banana 1/2c
11/20/2023 Chicken & Vegetable Potstickers 4oz Edamame 3/4c Applesauce 1/2c	11/21/2023 Bean & Cheese Tamal 4oz Red Bell Pepper Strips 1/2c Fruit Cup 1/2c	11/22/2023  11/23/2023 Holiday Break 11/24/2023 		
11/27/2023 Big Daddy's Fiestada Handheld 4oz Salsa Cup 1/4c Applesauce 1/2c	11/28/2023 BBQ Popcorn Chicken 3oz WG Wheat Crackers 1oz Tater Tots 3/4c Fruit Cup 1/2c	11/29/2023 Turkey Sloppy Joe 4oz Diced Carrots 3/4c Orange Wedges 1/2c	11/30/2023 Grilled Cheese 4oz Shredded Carrots 3/4c Apple Slices 1/2c	

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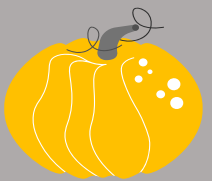
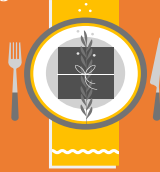
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Unity JR East & West

November 2023

OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Boxed Lunch: Turkey Ham & Cheese Sandwich 3oz Carrots 3/4c Fruit Juice 1/2c	11/2/2023 Turkey Dog W/ WG Bun 4oz WG Mac & Cheese 3oz Tater Tots 3/4c Apple Cherry Juice 1/2c	11/3/2023 Pasta & Meatballs Pasta Cold Broccoli 3/4c Banana 1/2c
11/6/2023  No School	11/7/2023 Chicken & Waffles 4oz Turkey Coins & Cheese Slices 2oz Darlington Crackers Carrots 3/4c Pear 1/2c	11/8/2023 Beef & Bean Tamal 4oz Chicken Chef Salad 3oz WG Darlington Crackers 2oz Corn & Jalapeno Blend 3/4c Orange 1/2c	11/9/2023 Chicken Drumstick 2oz WG Roll 2oz Grilled cheese 4oz 3 Sisters Succotash 1/5c Apple Cherry Juice 1/2c	11/10/2023 Chili Cheese Fries 4oz WG Cornbread Muffin 2oz Hawaiian Chicken Salad 2oz BBQ Beans 3/4c Banana 1/2c
11/13/2023 Turkey Sausage Pizza 4oz Cheese Pizza 4oz Broccoli 3/4c Apple Cinnamon Applesauce 1/2c	11/14/2023 Hamburger with WG Bun 4oz Yogurt Kit: WG Granola, Wheat Crackers 2oz Yogurt Cup, Colby Jack String Cheese 2oz Pickle Spears 3/4c Pear 1/2c	11/15/2023 Chicken Sandwich w/ WG Burger Bun 4oz Turkey Sausage Pizza Bagel 3oz BBQ Beans 3/4c Orange 1/2c	11/16/2023 Turkey Roast 2oz WG Roll 2oz Cranberry Salad 2oz Croissant 2oz Mashed Sweet Potatoes 3/4c Apple Cherry Juice 1/2c	11/17/2023 Bagel, Egg & Turkey Breakfast Sandwich 3oz Turkey ham & Cheese Wrap 4oz Tater Tots 3/4c Banana 1/2c
11/20/2023 Chicken & Veggie Potsticker 4oz Turkey Coins, Cheese Slices 2oz WG Crackers 2oz Edamamae 3/4c Apple Cinnamon Applesauce 1/2c	11/21/2023 Beef & Bean Tamal 4oz BBQ Chicken Sandwich 4oz Corn 3/4c Pear 1/2c	11/22/2023 11/23/2023 11/24/2023  Holiday Break 		
11/27/2023 Big Daddy's Fiestada Handheld 4oz Cheese & Chile Quesadilla 4oz Wango Mango Juice 3/4c Apple Cinnamon Applesauce 1/2c	11/28/2023 Hot Honey Popcorn Chicken 4oz Jerk Pasta Salad 4oz Tater Tots 3/4c Pear 1/2c	11/29/2023 Turkey Sloppy Joe w/ WG Burger Bun 4oz WG Mac & Cheese 3oz Carrots 3/4c Orange 1/2c	11/30/2023 Chicken Drumstick 2oz Grilled Cheese 4oz Seasoned Black Beans 3/4c Apple Cherry Juice 1/2c	

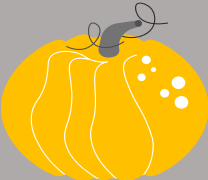
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Snack November 2023

OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023 Hard Boiled Egg 2oz WG Wheat Crackers 1oz	11/2/2023 Celery Sticks 3/4c Wow Butter 6oz	11/3/2023 WG Tortilla Chips 1oz Cucumber Slices 1 /2c
11/6/2023 WG Mixed Berry Animal Crackers 1oz 1% Milk 1oz	11/7/2023 Yogurt Cup 1oz WG Granola 1oz	11/8/2023 WG Pizza Crackers 1oz Cracker Cheese Slices 1oz	11/9/2023 Cheerios 1oz 1% Milk 8oz	11/10/2023 WG Flavored Breakfast Bread 1oz 1% Milk 8oz
11/13/2023 WG Educational Crackers 1oz Chocolate Chickpea Dip 1oz	11/14/2023 WG Flavored Breakfast Bread 1oz 1% Milk 8oz	11/15/2023 Hard Boiled Egg 2oz WG Wheat Crackers 1oz	11/16/2023 Celery Sticks 3/4c Wow Butter 6oz	11/17/2023 WG Tortilla Chips 1oz Taco Hummus 1oz
11/20/2023 WG Educational Crackers 1oz Chocolate Chickpea Dip 1oz	11/21/2023 WG Flavored Breakfast Bread 1oz 1% Milk 8oz	11/22/2023 11/23/2023 11/24/2023  Holiday Break 		
11/27/2023 WG Educational Chocolate Chickpea Dip 1oz	11/28/2023 WG Flavored Breakfast Bread 1oz 1% Milk 8oz	11/29/2023 Hard Boiled Egg 2oz WG Wheat Crackers 1oz	11/30/2023 Celery Sticks 3/4c Wow Butter 6oz	

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Menu Name:

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

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Wednesday - 11/01/2023

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991552 Bar, Oatmeal, Chocolate Chip - OKI	1BG	200	140	1.00	75	9	8	4.50	0.00	5	23.00	1.00	3.00	*N/A*	11.0	*N/A*	1.00
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	200	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00
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			477	3.40	238	55	8	11.10	0.00	185	79.80	5.01	17.66	*530	326.2	*7.33	2.24
% of Calories				6.42%		46.1%	6.7%	20.9%	0.0%		66.9%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/02/2023

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)
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
990654 Raisins, Box - OKI	1/2c	200	129	0.04	11	28	*N/A*	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*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			517	3.35	439	66	14	7.45	0.00	15	101.23	4.94	15.24	*481	347.0	*1.59	1.80
% of Calories				5.83%		51.1%	10.8%	13.0%	0.0%		78.3%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 11/03/2023

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)
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									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Monday - 11/06/2023 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)	Vit-A (IU)	Calc ^m (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 - 11/07/2023 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)	Calc ^m (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

Nov 1, 2023 thru Nov 30, 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 - 11/08/2023

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)	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
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
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			463	0.81	218	66	14	5.34	0.00	10	87.99	4.90	*13.03	*481	*586.8	*0.60	*0.99
% of Calories				1.57%		57.0%	12.1%	10.4%	0.0%		76.0%		*11.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 200

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	200	264	2.53	294	15	13	8.11	0.00	5	41.56	3.04	6.08	*N/A*	30.4	*N/A*	1.62
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			447	3.36	402	47	13	9.57	0.00	15	77.92	6.34	14.80	*697	362.1	*51.67	1.75
% of Calories				6.77%		42.1%	11.6%	19.3%	0.0%		69.7%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 11/10/2023

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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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 - 11/13/2023

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)	Calc ^m (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
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 - 11/14/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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 - 11/15/2023

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)
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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			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 - 11/16/2023

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
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 - 11/17/2023

Reimbursable Meal Total 200

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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 - 11/20/2023

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)
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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			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 - 11/21/2023 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)
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 - 11/22/2023 Reimbursable Meal Total 1200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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			78	0.15	36	10	2	0.93	0.00	2	14.98	1.00	2.28	*88	97.2	*1.22	0.16
% of Calories				1.73%		51.3%	10.3%	10.7%	0.0%		76.8%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 11/27/2023

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)
991463 Cereal, Trix, Bowlpack - OKI	1BG	200	110	0.00	160	6	6	1.50	0.00	0	23.00	1.00	2.00	*N/A*	90.0	*N/A*	2.20
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
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			439	4.81	468	54	6	8.84	0.00	30	77.12	4.00	15.82	*481	581.3	*0.60	2.23
% of Calories				9.86%		49.2%	5.5%	18.1%	0.0%		70.3%		14.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 11/28/2023

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)
991654 Bagel, Breakfast, Egg, Cheese - OKI	1MMA, 1.25BG	200	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30
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			395	3.85	489	43	1	7.54	*0.00	65	66.45	5.77	*17.33	*585	*502.9	*6.10	*1.73
% of Calories				8.77%		43.5%	1.0%	17.2%	*0.0%		67.3%		*17.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991552 Bar, Oatmeal, Chocolate Chip - OKI	1BG	200	140	1.00	75	9	8	4.50	0.00	5	23.00	1.00	3.00	*N/A*	11.0	*N/A*	1.00
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	200	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00
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			477	3.40	238	55	8	11.10	0.00	185	79.80	5.01	17.66	*530	326.2	*7.33	2.24
% of Calories				6.42%		46.1%	6.7%	20.9%	0.0%		66.9%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/30/2023

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)
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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			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									

		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		440	4	373	49	6	9.61	*0.00	50	75.59	5.70	*14.88	*558	*407.1	*19.81	*1.69
% of Calories			7.51%		44.5%	5.5%	19.7%	*0.0%		68.7%		*13.5%				

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:	Prek Breakfast - 2 day hot/3 day cold	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023

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)
990629 Waffle, Maple, WG - OKI	2BG	200	250	5.00	290	15	*N/A*	9.00	0.00	50	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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			407	5.90	398	36	0	10.60	0.00	60	65.80	4.01	14.66	*530	*292.2	*7.33	*0.24
% of Calories				13.05 %		35.4%	0%	23.4%	0.0%		64.7%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/02/2023

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)
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
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			394	4.82	504	32	0	9.36	0.00	30	65.15	3.92	*14.05	*481	*346.0	*0.60	*2.30
% of Calories				11.01 %		32.5%	0%	21.4%	0.0%		66.1%		*14.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/03/2023

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
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
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			299	1.31	203	37	0	6.34	0.00	30	51.12	2.00	10.82	*481	307.3	*0.60	1.03
% of Calories				3.94%		49.5%	0%	19.1%	0.0%		68.4%		14.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/06/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991266 Cheerios, Bowlpack - OKI	1BG	200	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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			304	4.83	363	22	0	10.47	0.00	30	44.41	5.30	13.72	*697	*406.7	*51.67	*9.13
% of Calories				14.30 %		28.9%	0%	31.0%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

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)	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
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
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			338	4.84	493	21	0	9.45	*0.00	30	48.93	4.36	13.97	*511	*321.7	*3.20	*1.90
% of Calories				12.89 %		24.9%	0%	25.2%	*0.0%		57.9%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Wednesday - 11/08/2023		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)
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
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			353	0.81	218	42	14	5.34	0.00	10	60.99	2.90	*13.03	*481	*586.8	*0.60	*0.99
% of Calories				2.07%		47.6%	15.9%	13.6%	0.0%		69.1%		*14.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/09/2023		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)
991007 Biscuit, Maple, IW - OKI	2BG	200	200	2.50	300	8	*N/A*	5.00	0.00	0	33.00	2.00	4.00	*N/A*	170.0	*N/A*	2.00
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

Nov 1, 2023 thru Nov 30, 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			353	3.31	408	32	0	6.34	0.00	10	59.92	2.90	*12.02	*481	*465.7	*0.60	*2.29
% of Calories				8.44%		36.3%	0%	16.2%	0.0%		67.9%		*13.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/10/2023

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)
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
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
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			449	1.81	308	52	0	9.34	0.00	45	81.12	3.00	12.82	*481	321.3	*0.60	2.03
% of Calories				3.63%		46.3%	0%	18.7%	0.0%		72.3%		11.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/13/2023

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)
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

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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			375	4.83	504	28	0	9.47	0.00	30	60.63	5.32	14.76	*697	*377.0	*51.67	*2.14
% of Calories				11.59 %		29.9%	0%	22.7%	0.0%		64.7%		15.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/14/2023

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)	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
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
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			387	3.82	387	27	9	15.39	*0.00	154	44.92	2.35	16.94	*511	*312.7	*3.20	*1.10
% of Calories				8.88%		27.9%	9.3%	35.8%	*0.0%		46.4%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Wednesday - 11/15/2023

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)
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
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			353	0.81	223	42	13	5.34	0.00	15	60.92	2.90	*13.02	*481	*585.7	*0.60	*0.99
% of Calories				2.07%		47.6%	14.7%	13.6%	0.0%		69.0%		*14.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/16/2023

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)
991125 Biscuit, WG, & Gravy - OKI	1BG	200	127	1.00	322	3	*N/A*	3.54	0.00	0	21.43	1.00	2.00	*0	*126.2	*0.00	*1.00
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

Nov 1, 2023 thru Nov 30, 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			280	1.81	430	27	0	4.88	0.00	10	48.35	1.90	*10.02	*481	*422.0	*0.60	*1.29
% of Calories				5.82%		38.6%	0%	15.7%	0.0%		69.1%		*14.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/17/2023

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)
990629 Waffle, Maple, WG - OKI	2BG	200	250	5.00	290	15	*N/A*	9.00	0.00	50	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
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			403	5.81	398	39	0	10.34	0.00	60	63.92	2.90	*14.02	*481	*295.7	*0.60	*0.29
% of Calories				12.98 %		38.7%	0%	23.1%	0.0%		63.4%		*13.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/20/2023

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)
991266 Cheerios, Bowlpack - OKI	1BG	200	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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			304	4.83	363	22	0	10.47	0.00	30	44.41	5.30	13.72	*697	*406.7	*51.67	*9.13
% of Calories				14.30 %		28.9%	0%	31.0%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/21/2023

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)
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
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
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			338	4.84	493	21	0	9.45	*0.00	30	48.93	4.36	13.97	*511	*321.7	*3.20	*1.90
% of Calories				12.89 %		24.9%	0%	25.2%	*0.0%		57.9%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Wednesday - 11/22/2023

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)	Vit-A (IU)	Calc ^m (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
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			353	0.81	218	42	14	5.34	0.00	10	60.99	2.90	*13.03	*481	*586.8	*0.60	*0.99
% of Calories				2.07%		47.6%	15.9%	13.6%	0.0%		69.1%		*14.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/27/2023

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991266 Cheerios, Bowlpack - OKI	1BG	200	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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			239	0.81	248	24	0	3.34	0.00	10	46.12	4.00	11.82	*481	373.3	*0.60	9.03
% of Calories				3.05%		40.2%	0%	12.6%	0.0%		77.2%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/28/2023 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)
991654 Bagel, Breakfast, Egg, Cheese - OKI	1MMA, 1.25BG	200	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
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			298	3.83	488	23	1	7.44	*0.00	65	41.93	3.36	16.97	551	491.7	*3.20	1.40
% of Calories				11.57 %		30.9%	1.3%	22.5%	*0.0%		56.3%		22.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/29/2023 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990629 Waffle, Maple, WG - OKI	2BG	200	250	5.00	290	15	*N/A*	9.00	0.00	50	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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			403	5.81	398	39	0	10.34	0.00	60	63.92	2.90	*14.02	*481	*295.7	*0.60	*0.29
% of Calories				12.98 %		38.7%	0%	23.1%	0.0%		63.4%		*13.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/30/2023

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)
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
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
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			394	4.82	504	32	0	9.36	0.00	30	65.15	3.92	*14.05	*481	*346.0	*0.60	*2.30
% of Calories				11.01 %		32.5%	0%	21.4%	0.0%		66.1%		*14.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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		351	4	377	32	3	8.42	*0.00	37	56.38	3.52	*13.57	*524	*393.1	*9.12	*2.54
% of Calories			9.03%		36.5%	3.4%	21.6%	*0.0%		64.3%		*15.5%				

**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

Nov 1, 2023 thru Nov 30, 2023

Menu Name:	1 Entree Hot Lunch	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023 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)	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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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			532	3.33	1556	41	0	10.41	*0.00	53	81.45	10.34	30.22	*15963	*423.4	*57.85	*2.90
% of Calories				5.63%		30.8%	0%	17.6%	*0.0%		61.2%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/02/2023 Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
990811 Sandwich, Hot Dog - OKI	2BG, 2MMA	300	280	3.00	530	3	*N/A*	12.50	0.00	50	29.00	3.00	13.00	*N/A*	132.0	*N/A*	2.12
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			588	4.18	1015	34	0	18.44	0.00	58	82.83	5.63	22.40	*487	*432.8	*0.80	*2.37
% of Calories				6.40%		23.1%	0%	28.2%	0.0%		56.3%		15.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/03/2023

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	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
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			537	4.24	400	30	0	13.03	0.00	44	79.46	11.04	30.49	*1380	*409.9	*94.30	*2.28
% of Calories				7.11%		22.3%	0%	21.8%	0.0%		59.2%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/06/2023

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)
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*
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
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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			609	*7.65	1037	*28	*0	24.76	*0.00	*43	71.61	*6.54	29.65	*1096	*795.2	*88.04	*2.74
% of Calories				*11.31 %		*18.4%	*0%	36.6%	*0.0%		47.0%		19.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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
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			672	3.10	943	59	0	18.24	0.00	38	106.35	11.66	25.28	*15734	389.3	*9.53	4.20
% of Calories				4.15%		35.1%	0%	24.4%	0.0%		63.3%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/08/2023 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)
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
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			734	9.48	678	39	0	26.49	0.00	28	101.72	11.09	28.52	*703	371.2	*51.87	4.06
% of Calories				11.62 %		21.3%	0%	32.5%	0.0%		55.4%		15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/09/2023

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)
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
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991663 Succotash, 3/4c - OKI	3/4c	300	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			518	3.28	595	34	4	13.09	0.00	115	64.54	3.26	33.24	*487	315.2	*0.80	2.73
% of Calories				5.70%		26.3%	3.1%	22.7%	0.0%		49.8%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/10/2023 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)
991630 Fries, Chili, Cheese - OKI	2MMA	300	277	3.38	977	4	0	9.46	*0.00	15	38.60	7.86	11.50	*470	*173.6	*12.37	*1.81
991632 Muffin, Cornbread, IW, WG, 2BG - OKI	2BG	300	220	1.00	115	18	18	7.99	0.00	20	35.94	1.00	3.00	*N/A*	27.0	*N/A*	1.00
990662 Bean, BBQ, Salad, 3/4 c- OKI	3/4c	300	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
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			906	5.01	1907	48	18	20.69	*0.00	43	151.81	21.08	34.94	*1006	*566.0	*19.90	*5.09
% of Calories				4.98%		21.2%	7.9%	20.6%	*0.0%		67.0%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/13/2023 Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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			459	4.65	614	35	0	11.26	0.00	38	67.53	8.54	12.64	*1146	563.2	*88.04	3.34
% of Calories				9.12%		30.5%	0%	22.1%	0.0%		58.8%		11.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/14/2023

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)
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
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
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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			474	3.29	1797	32	0	10.42	0.00	37	132.98	7.43	26.63	*487	440.5	*6.65	3.77
% of Calories				6.25%		27.0%	0%	19.8%	0.0%		112.2%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/15/2023

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)	Vit-A (IU)	Calcm (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
990662 Bean, BBQ, Salad, 3/4 c- OKI	3/4c	300	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
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
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
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
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

Nov 1, 2023 thru Nov 30, 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			843	3.98	1664	32	0	25.22	0.12	37	116.03	17.63	40.63	*703	*481.3	*51.87	*5.52
% of Calories				4.25%		15.2%	0%	26.9%	0.1%		55.1%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/16/2023

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)
991152 Turkey, Roast, Gravy - OKI	2MMA	300	94	0.00	516	1	*N/A*	1.27	0.00	35	3.71	0.00	17.00	*0	*0.1	*0.00	*0.00
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991181 Potatoes, Sweet, Mashed, 3/4c - OKI	3/4c	300	172	0.00	278	17	*N/A*	1.72	0.00	0	37.80	3.44	2.29	*0	*3.4	*0.00	*0.00
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			606	0.56	1272	52	4	5.90	0.00	48	105.93	6.70	32.54	*487	*309.9	*0.80	*1.94
% of Calories				0.83%		34.3%	2.6%	8.8%	0.0%		69.9%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Friday - 11/17/2023		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)	
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	
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*	
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	
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			678	7.27	932	36	0	22.68	0.00	134	92.85	7.52	25.04	*536	*518.8	*7.53	*2.05	
% of Calories				9.65%		21.2%	0%	30.1%	0.0%		54.8%		14.8%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

Monday - 11/20/2023		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)	
991178 Potsticker, Chicken, Vegetable - OKI	2MMA/2BG	300	284	0.51	1010	11	*N/A*	7.08	0.00	35	40.78	2.02	17.84	*N/A*	38.8	*N/A*	3.32	

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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			570	1.05	1148	39	0	13.71	0.00	44	80.30	9.39	38.47	*487	412.5	*0.80	5.89
% of Calories				1.66%		27.4%	0%	21.6%	0.0%		56.4%		27.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/21/2023

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)	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
990744 Corn, 3/4c - OKI	3/4c	300	99	0.00	1	4	*N/A*	1.48	0.00	0	23.61	2.95	2.95	*N/A*	*N/A*	*N/A*	*N/A*
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
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

Nov 1, 2023 thru Nov 30, 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)
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			652	8.57	305	31	0	21.56	0.00	28	97.42	10.17	25.32	*487	*338.5	*6.65	*3.27
% of Calories				11.83 %		19.0%	0%	29.8%	0.0%		59.8%		15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/22/2023

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)	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
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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			509	3.29	606	29	4	13.30	0.00	115	61.81	6.49	34.95	*6106	372.3	*58.58	3.25
% of Calories				5.82%		22.8%	3.1%	23.5%	0.0%		48.6%		27.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Monday - 11/27/2023

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991404 Sandwich, Fiestada, Big Daddy's - OKI	2BG, 2MMA	300	320	7.00	600	6	1	14.00	0.00	40	31.00	3.00	18.00	80	290.0	0.00	2.50
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	300	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
991461 Fruit, Cups, Assorted - OKI	1/2c	300	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
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			570	7.55	888	54	1	14.90	0.00	48	85.12	4.14	*26.27	*567	*606.2	*0.80	*3.99
% of Calories				11.92 %		37.9%	0.7%	23.5%	0.0%		59.7%		*18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/28/2023

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)
991435 Chicken, Popcorn, Hot, Honey - OKI	2MMA, 1BG	300	448	3.67	1808	11	0	22.10	0.00	42	48.25	2.10	15.75	*N/A*	*15.8	*0.00	*2.10
991401 Crackers, Wheat, WG, MJM - OKI	1BG	300	90	0.00	160	2	0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
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*

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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
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			832	4.84	2444	42	0	30.53	0.00	50	113.98	7.70	26.96	*487	*321.9	*0.80	*6.15
% of Calories				5.24%		20.2%	0%	33.0%	0.0%		54.8%		13.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/29/2023

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)
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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			532	3.33	1556	41	0	10.41	*0.00	53	81.45	10.34	30.22	*15963	*423.4	*57.85	*2.90
% of Calories				5.63%		30.8%	0%	17.6%	*0.0%		61.2%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/30/2023

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)
991628 Chicken, Drumstick, Buffalo - OKI	2MMA	300	178	2.72	911	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	*0	*8.8	*0.00	*0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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
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			646	3.27	1706	34	4	13.59	0.00	115	86.38	9.18	41.25	*512	*358.9	*0.80	*4.76
% of Calories				4.56%		21.1%	2.5%	18.9%	0.0%		53.5%		25.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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		623	*4.60	1153	*38	*2	16.93	*0.01	*58	93.08	*9.29	*29.78	*3241	*442.5	*30.21	*3.66
% of Calories			*6.65%		*24.4%	*1.3%	24.5%	*0.0%		59.8%		*19.1%				

**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:	PreK Hot Lunch	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990842 Sloppy Joe, Turkey - OKI	4 oz	200	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	200	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
991148 Carrots, Shredded - OKI	1/2c	200	19	0.01	31	2	*N/A*	0.11	0.00	0	4.35	1.27	0.42	7578	15.0	2.68	0.14
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			495	3.59	1351	34	0	10.81	*0.00	55	71.49	8.16	29.68	*8288	*392.6	*57.45	*2.04
% of Calories				6.53%		27.5%	0%	19.7%	*0.0%		57.8%		24.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/02/2023

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)
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	200	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
991000 Tater, Tots, 1/2c - OKI	1/2c	200	91	0.41	165	1	*N/A*	3.30	0.00	0	14.02	1.65	0.82	*N/A*	*N/A*	*N/A*	*N/A*

Portion Values

Oct 31, 2023 thru Nov 7, 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)
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990686 Ketchup, Pkt - OKI	1	200	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
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			658	13.24	1072	20	0	24.84	*0.00	70	79.98	9.20	28.46	*511	*726.7	*3.20	*0.13
% of Calories				18.11 %		12.2%	0%	34.0%	*0.0%		48.6%		17.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/03/2023

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)
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
990749 Broccoli, Fresh, 1/2c - OKI	1/2c	200	22	0.07	21	1	*N/A*	0.24	0.00	0	4.22	1.65	1.79	396	29.8	56.65	0.46
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
990678 Sauce, Ranch, PKT - OKI	1	200	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

Portion Values

Oct 31, 2023 thru Nov 7, 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			528	4.47	492	28	0	13.36	0.00	46	76.63	10.45	29.72	*1176	*397.6	*65.78	*2.08
% of Calories				7.62%		21.2%	0%	22.8%	0.0%		58.1%		22.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/06/2023

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)	Calcm (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	200	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*
991149 Celery, Diced, 1/2c - OKI	1/2c	200	10	0.03	56	1	*N/A*	0.12	0.00	0	2.09	1.12	0.48	316	28.1	2.18	0.14
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
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			579	*7.84	1037	*25	*0	24.97	*0.00	*45	64.29	*5.12	27.32	*796	*773.5	*2.78	*2.18
% of Calories				*12.19 %		*17.3%	*0%	38.8%	*0.0%		44.4%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

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)	Vlt-A (IU)	Calcm (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
991148 Carrots, Shredded - OKI	1/2c	200	19	0.01	31	2	*N/A*	0.11	0.00	0	4.35	1.27	0.42	7578	15.0	2.68	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
990704 Syrup, PKT - OKI	1	200	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
990678 Sauce, Ranch, PKT - OKI	1	200	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
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			632	3.33	862	53	0	18.46	0.00	40	93.71	6.41	*24.64	*8059	*360.2	*3.28	*3.37
% of Calories				4.74%		33.5%	0%	26.3%	0.0%		59.3%		*15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=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		578	*6.49	963	*32	*0	18.49	*0.00	*51	77.22	*7.87	*27.96	*3766	*530.1	*26.50	*1.96
% of Calories			*10.11%		*22.1%	*0%	28.8%	*0.0%		53.4%		*19.3%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	578		0-0					
Saturated Fat	*6.49 g	*10.11%	<%				Missing Data	
Sodium	963 mg		0			963.00		Correction Required - Sodium too High
Total Sugars	*32 g	*22.1%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	18.49 g	28.8%						

Base Menu Spreadsheet

Portion Values

Oct 31, 2023 thru Nov 7, 2023

Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	*51 mg						Missing Data	
Carbohydrate	77.22 g	53.4%						
Fiber	*7.87 g						Missing Data	
Protein	*27.96 g	*19.3%					Missing Data	
Vitamin A	*3766 IU						Missing Data	
Calcium	*530.1 mg						Missing Data	
Vitamin C	*26.50 mg						Missing Data	
Iron	*1.96 mg						Missing Data	

**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

Nov 1, 2023 thru Nov 30, 2023

Menu Name:	3 Entree Lunch (Hot, Hot Vegetarian, Cold)	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990842 Sloppy Joe, Turkey - OKI	4 oz	200	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	200	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
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
991042 Salad, Chef, Chickpea/Cheese - OKI	2MMA, 3/4c Veg	50	146	6.01	244	1	*N/A*	9.58	0.00	30	6.87	2.13	8.41	*5404	*225.3	*6.71	*0.63
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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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			523	4.42	1411	39	0	11.75	*0.00	48	78.68	10.49	*28.11	*16860	*521.7	*57.93	*3.08
% of Calories				7.61%		29.8%	0%	20.2%	*0.0%		60.2%		*21.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Thursday - 11/02/2023

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)
990811 Sandwich, Hot Dog - OKI	2BG, 2MMA	200	280	3.00	530	3	*N/A*	12.50	0.00	50	29.00	3.00	13.00	*N/A*	132.0	*N/A*	2.12
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
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*
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			620	*5.93	1125	*34	*0	19.29	*0.00	*58	86.25	*5.97	24.51	*487	*502.4	*0.80	*1.99
% of Calories				*8.61%		*21.9%	*0%	28.0%	*0.0%		55.6%		15.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 11/03/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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
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
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			548	*4.86	478	*29	*0	14.86	*0.00	*44	77.20	*10.28	30.83	*1338	*464.4	*94.00	*2.25
% of Calories				*7.98%		*21.2%	*0%	24.4%	*0.0%		56.4%		22.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 11/06/2023

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)
991537 Mozzarella, Sticks, Breaded - OKI	2BG, 2MMA	250	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	250	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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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	*6.75	963	*29	*0	22.33	*0.00	*45	70.41	*6.72	29.84	*1098	*730.7	*88.07	*2.87
% of Calories				*10.42 %		*19.9%	*0%	34.5%	*0.0%		48.3%		20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 11/07/2023

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)
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
990833 Waffles, WG, 2BG - OKI	2BG	50	180	0.00	270	4	*N/A*	6.00	0.00	10	28.00	2.00	4.00	*N/A*	24.0	*N/A*	2.00
991556 Yogurt, Peach, Cup- OKI	1MMA	50	90	0.00	55	14	10	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00
990677 Sunflower Seeds, IW- OKI	1MMA	50	120	1.00	140	1	*N/A*	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00
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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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

	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)
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
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	3.70	940	57	2	16.59	0.00	40	*104.99	11.66	*24.79	*15734	467.7	*9.53	4.06
% of Calories				4.98%		34.1%	1.2%	22.3%	0.0%		*62.8%		*14.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 11/08/2023

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)
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
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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			730	8.85	707	39	0	25.65	0.00	30	102.36	11.58	*28.18	*1604	*391.9	*52.99	3.96
% of Calories				10.91 %		21.4%	0%	31.6%	0.0%		56.1%		*15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 11/09/2023

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)
991164 Chicken, Drumstick - OKI	2MMA	200	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
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	200	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
990617 Muffin/Yogurt/String Cheese Pack - OKI	2BG, 2MMA	50	480	5.00	450	44	*N/A*	14.00	0.00	60	77.00	2.00	14.00	*N/A*	516.0	*N/A*	2.00
991663 Succotash, 3/4c - OKI	3/4c	300	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*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
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

Nov 1, 2023 thru Nov 30, 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			529	4.04	737	41	3	13.03	0.00	94	72.00	3.26	30.58	*487	473.0	*0.80	2.56
% of Calories				6.87%		31.0%	2.3%	22.2%	0.0%		54.4%		23.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 11/10/2023

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)
991630 Fries, Chili, Cheese - OKI	2MMA	200	277	3.38	977	4	0	9.46	*0.00	15	38.60	7.86	11.50	*470	*173.6	*12.37	*1.81
991632 Muffin, Cornbread, IW, WG, 2BG - OKI	2BG	200	220	1.00	115	18	18	7.99	0.00	20	35.94	1.00	3.00	*N/A*	27.0	*N/A*	1.00
991422 Salad, Chicken, Hawaiian - OKI	3oz	50	154	1.76	271	*1	*0	8.02	0.00	43	4.80	0.54	14.22	*127	*12.4	*1.61	*0.87
990690 Chips, tortilla, WG, IW- OKI	2BG	50	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
990662 Bean, BBQ, Salad, 3/4 c- OKI	3/4c	300	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			799	4.01	1615	*41	*12	17.38	*0.00	39	132.60	18.72	32.98	*871	*507.9	*16.05	*4.40
% of Calories				4.52%		*20.5%	*6.0%	19.6%	*0.0%		66.4%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 11/13/2023

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)
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	200	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
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
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
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
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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			479	5.14	605	34	0	12.50	*0.00	*36	68.78	8.63	18.08	*1170	*611.7	*88.79	*2.91
% of Calories				9.66%		28.4%	0%	23.5%	*0.0%		57.4%		15.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Tuesday - 11/14/2023

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)	Vit-A (IU)	Calc ^m (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
990610 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	50	289	0.50	679	6	*N/A*	6.49	0.00	0	34.86	4.99	21.97	*N/A*	*49.7	*N/A*	*1.39
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
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
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	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
990679 Mustard, PKT - OKI	1	250	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
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			497	3.47	1797	35	0	11.03	0.00	33	137.04	7.89	26.59	*487	*500.7	*6.65	*3.64
% of Calories				6.28%		28.2%	0%	20.0%	0.0%		110.3%		21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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
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*
990662 Bean, BBQ, Salad, 3/4 c - OKI	3/4c	300	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
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
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
990703 Mayo, PKT - OKI	1	200	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
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			819	*3.85	1695	*31	*0	23.04	*0.08	*34	115.42	*18.11	*39.29	*704	*507.0	*51.87	*5.48
% of Calories				*4.23%		*15.1%	*0%	25.3%	*0.1%		56.4%		*19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991152 Turkey, Roast, Gravy - OKI	2MMA	200	94	0.00	516	1	*N/A*	1.27	0.00	35	3.71	0.00	17.00	*0	*0.1	*0.00	*0.00
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	200	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
991655 Sandwich, Salad, Chicken, Cranberry - OKI	2BG, 2MMA	50	436	6.92	711	13	4	18.26	0.00	77	46.36	4.85	20.84	*82	*43.3	*0.57	2.60
991181 Potatoes, Sweet, Mashed, 3/4c - OKI	3/4c	300	172	0.00	278	17	*N/A*	1.72	0.00	0	37.80	3.44	2.29	*0	*3.4	*0.00	*0.00
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			664	3.71	1266	53	3	11.19	0.00	58	109.16	7.52	31.95	*501	*389.5	*0.89	*1.81
% of Calories				5.03%		31.9%	1.8%	15.2%	0.0%		65.8%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 11/17/2023

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)
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

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991554 Egg, Patty, Sausage, Veggie - OKI	2MMA	50	181	1.01	411	2	*N/A*	11.56	0.00	76	6.01	2.00	12.04	*N/A*	222.4	*N/A*	1.40
991653 Wrap, Turkey Ham & YA Cheese - OKI	2BG, 2MMA	50	306	6.01	752	5	1	12.04	0.00	43	32.52	3.00	17.58	*N/A*	232.0	*N/A*	1.40
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*
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
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
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			676	7.10	1007	35	0	22.42	0.00	115	92.43	7.85	25.95	*536	*525.4	*7.53	*2.21
% of Calories				9.45%		20.7%	0%	29.8%	0.0%		54.7%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 11/20/2023

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991178 Potsticker, Chicken, Vegetable - OKI	2MMA/2BG	200	284	0.51	1010	11	*N/A*	7.08	0.00	35	40.78	2.02	17.84	*N/A*	38.8	*N/A*	3.32
991540 Dumpling, Vegetable- OKI	2BG, 2MMA	50	293	0.00	937	13	2	5.25	0.00	0	44.99	4.50	17.33	*N/A*	64.3	*N/A*	3.66
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

Portion Values

Nov 1, 2023 thru Nov 30, 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)
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
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
991437 Applesauce, Cup, Cinn - OKI	1/2c	300	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
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			586	2.14	1083	38	0	15.08	0.00	41	80.03	10.14	*38.26	*488	447.2	*0.80	5.73
% of Calories				3.29%		25.9%	0%	23.2%	0.0%		54.6%		*26.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 11/21/2023

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)	Calc ^m (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
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
990744 Corn, 3/4c - OKI	3/4c	300	99	0.00	1	4	*N/A*	1.48	0.00	0	23.61	2.95	2.95	*N/A*	*N/A*	*N/A*	*N/A*
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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			645	7.77	382	32	0	19.87	0.00	30	98.19	10.17	25.81	*487	*360.1	*6.65	*2.96
% of Calories				10.84 %		19.8%	0%	27.7%	0.0%		60.9%		16.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 11/22/2023

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)
991164 Chicken, Drumstick - OKI	2MMA	200	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
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	200	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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

Nov 1, 2023 thru Nov 30, 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			485	3.24	647	30	3	12.55	*0.00	89	61.59	6.83	32.65	*6108	*431.9	*58.61	3.31
% of Calories				6.01%		24.7%	2.5%	23.3%	*0.0%		50.8%		26.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 11/27/2023

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991404 Sandwich, Fiestada, Big Daddy's - OKI	2BG, 2MMA	200	320	7.00	600	6	1	14.00	0.00	40	31.00	3.00	18.00	80	290.0	0.00	2.50
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*
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*
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	300	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
991461 Fruit, Cups, Assorted - OKI	1/2c	300	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	50	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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			569	*7.12	940	*53	*1	14.25	*0.00	*47	86.00	*4.24	*26.27	*540	*550.8	*0.80	*3.49
% of Calories				*11.26 %		*37.3%	*0.7%	22.5%	*0.0%		60.5%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 11/28/2023

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991435 Chicken, Popcorn, Hot, Honey - OKI	2MMA, 1BG	200	448	3.67	1808	11	0	22.10	0.00	42	48.25	2.10	15.75	*N/A*	*15.8	*0.00	*2.10
991401 Crackers, Wheat, WG, MJM - OKI	1BG	200	90	0.00	160	2	0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
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
991419 Salad, Pasta, Chicken, Jerk - OKI	1c	50	354	2.23	491	3	*N/A*	12.65	*0.00	49	37.98	4.95	23.03	*265	*10.7	*16.62	*1.11
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*
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
990686 Ketchup, Pkt - OKI	1	50	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

Nov 1, 2023 thru Nov 30, 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			777	4.23	1918	37	0	27.87	*0.00	44	105.73	8.89	*26.97	*532	*326.3	*3.57	*5.01
% of Calories				4.90%		19.0%	0%	32.3%	*0.0%		54.4%		*13.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 11/29/2023

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)
990842 Sloppy Joe, Turkey - OKI	4 oz	200	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	200	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
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
991428 Carrots, Fresh, Baby, 3/4c, IW - OKI	3/4c	300	39	0.03	86	5	*N/A*	0.14	0.00	0	9.11	3.21	0.71	15247	35.4	2.88	0.98
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			554	*5.03	1362	*37	*0	13.89	*0.00	*55	79.24	*10.32	29.80	*15958	*485.5	*56.81	*2.67
% of Calories				*8.17%		*26.7%	*0%	22.6%	*0.0%		57.2%		21.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 11/30/2023

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)
991628 Chicken, Drumstick, Buffalo - OKI	2MMA	200	178	2.72	911	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	*0	*8.8	*0.00	*0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	200	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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
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
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

Portion Values

Nov 1, 2023 thru Nov 30, 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			643	4.20	1586	37	3	13.79	0.00	89	89.01	9.51	38.59	*512	*513.6	*0.80	*5.04
% of Calories				5.88%		23.0%	1.9%	19.3%	0.0%		55.4%		24.0%				
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		620	*4.98	1113	*38	*1	16.92	*0.00	*53	*92.36	*9.44	*29.50	*3325	*485.5	*30.20	*3.47
% of Calories			*7.23%		*24.5%	*0.6%	24.6%	*0.0%		*59.6%		*19.0%				

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

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

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name:	Afterschool Snack	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023Reimbursable Meal Total 1

	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)
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	1	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00
991401 Crackers, Wheat, WG, MJM - OKI	1BG	1	90	0.00	160	2	0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
Weighted Daily Average			160	1.50	215	3	0	7.50	0.00	170	15.00	2.00	8.00	*0	31.0	*0.00	5.00
% of Calories				8.44%		7.5%	0%	42.2%	0.0%		37.5%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/02/2023Reimbursable Meal Total 1

	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)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	78	1	*N/A*	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	*N/A*	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	177	4	0	15.05	0.00	0	10.82	4.53	7.62	*435	78.5	*3.01	1.19
% of Calories				12.82 %		7.5%	0%	63.9%	0.0%		20.4%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/03/2023Reimbursable Meal Total 1

	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)
990690 Chips, tortilla, WG, IW- OKI	2BG	1	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
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
990684 Salsa Cup - OKI	1/4c Veg	1	15	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			226	1.03	261	3	0	7.08	0.00	0	34.66	4.37	4.48	*77	51.7	*2.05	0.80
% of Calories				4.10%		5.3%	0%	28.2%	0.0%		61.3%		7.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/06/2023

Reimbursable Meal Total 1

	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)
991436 Crackers, Animal, Berry, WG - OKI	1BG	1	112	0.51	61	6	6	3.57	0.00	0	18.34	2.04	2.04	*N/A*	4.1	*N/A*	1.02
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			212	2.01	181	17	6	6.07	0.00	15	29.34	2.04	10.04	*499	304.1	*1.20	1.02
% of Calories				8.53%		32.1%	11.3%	25.8%	0.0%		55.4%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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	1	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
Weighted Daily Average			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
% of Calories				0.00%		36.0%	26.0%	18.0%	0.0%		68.0%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 1

	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)
991398 Crackers, Pizza - OKI	1BG	1	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991393 Cheese, Slices, Mini - OKI	1MMA	1	111	6.07	202	0	0	9.11	0.00	30	1.01	0.00	7.09	*N/A*	203.5	*N/A*	0.00
Weighted Daily Average			191	6.07	382	2	0	11.11	0.00	30	16.01	2.00	9.09	*372	222.5	*3.00	3.00
% of Calories				28.60 %		4.2%	0%	52.4%	0.0%		33.5%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 1

	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)
991266 Cheerios, Bowlpack - OKI	1BG	1	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			200	1.50	260	12	0	4.50	0.00	15	32.00	3.00	12.00	*499	380.0	*1.20	9.00
% of Calories				6.75%		24.0%	0%	20.2%	0.0%		64.0%		24.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/10/2023 Reimbursable Meal Total 1

	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	1	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
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			260	2.00	215	25	0	7.50	0.00	35	37.00	1.00	11.00	*499	314.0	*1.20	1.00
% of Calories				6.92%		38.5%	0%	26.0%	0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/13/2023 Reimbursable Meal Total 1

	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)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991223 Chickpea, Dip, Chocolate - OKI	1MMA	1	170	1.50	35	8	*N/A*	10.00	0.00	0	15.00	2.00	5.00	*N/A*	11.0	*N/A*	2.00
Weighted Daily Average			290	1.50	100	14	0	14.00	0.00	0	37.00	4.00	7.00	*N/A*	15.0	*N/A*	3.00
% of Calories				4.66%		19.3%	0%	43.4%	0.0%		51.0%		9.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/14/2023 Reimbursable Meal Total 1

	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	1	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
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			260	2.00	215	25	0	7.50	0.00	35	37.00	1.00	11.00	*499	314.0	*1.20	1.00
% of Calories				6.92%		38.5%	0%	26.0%	0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/15/2023 Reimbursable Meal Total 1

	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)
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	1	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991401 Crackers, Wheat, WG, MJM - OKI	1BG	1	90	0.00	160	2	0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
Weighted Daily Average			160	1.50	215	3	0	7.50	0.00	170	15.00	2.00	8.00	*0	31.0	*0.00	5.00
% of Calories				8.44%		7.5%	0%	42.2%	0.0%		37.5%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 1

	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)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	78	1	*N/A*	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	*N/A*	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	177	4	0	15.05	0.00	0	10.82	4.53	7.62	*435	78.5	*3.01	1.19
% of Calories				12.82 %		7.5%	0%	63.9%	0.0%		20.4%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/17/2023

Reimbursable Meal Total 1

	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)
990690 Chips, tortilla, WG, IW- OKI	2BG	1	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

Nov 1, 2023 thru Nov 30, 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)
991005 Hummus, PC, 1.5MMA - OKI	1.5MMA	1	110	0.00	100	4	*N/A*	2.00	0.00	0	18.00	5.00	6.00	*N/A*	33.0	*N/A*	2.00
Weighted Daily Average			310	1.00	260	4	0	9.00	0.00	0	47.00	8.00	9.00	*N/A*	73.0	*N/A*	2.60
% of Calories				2.90%		5.2%	0%	26.1%	0.0%		60.6%		11.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/20/2023 Reimbursable Meal Total 1

	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)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
991223 Chickpea, Dip, Chocolate - OKI	1MMA	1	170	1.50	35	8	*N/A*	10.00	0.00	0	15.00	2.00	5.00	*N/A*	11.0	*N/A*	2.00
Weighted Daily Average			290	1.50	100	14	0	14.00	0.00	0	37.00	4.00	7.00	*N/A*	15.0	*N/A*	3.00
% of Calories				4.66%		19.3%	0%	43.4%	0.0%		51.0%		9.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/21/2023 Reimbursable Meal Total 1

	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	1	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Nov 1, 2023 thru Nov 30, 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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			260	2.00	215	25	0	7.50	0.00	35	37.00	1.00	11.00	*499	314.0	*1.20	1.00
% of Calories				6.92%		38.5%	0%	26.0%	0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 1

	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)
991398 Crackers, Pizza - OKI	1BG	1	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991393 Cheese, Slices, Mini - OKI	1MMA	1	111	6.07	202	0	0	9.11	0.00	30	1.01	0.00	7.09	*N/A*	203.5	*N/A*	0.00
Weighted Daily Average			191	6.07	382	2	0	11.11	0.00	30	16.01	2.00	9.09	*372	222.5	*3.00	3.00
% of Calories				28.60 %		4.2%	0%	52.4%	0.0%		33.5%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/27/2023

Reimbursable Meal Total 1

	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)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991223 Chickpea, Dip, Chocolate - OKI	1MMA	1	170	1.50	35	8	*N/A*	10.00	0.00	0	15.00	2.00	5.00	*N/A*	11.0	*N/A*	2.00
Weighted Daily Average			290	1.50	100	14	0	14.00	0.00	0	37.00	4.00	7.00	*N/A*	15.0	*N/A*	3.00
% of Calories				4.66%		19.3%	0%	43.4%	0.0%		51.0%		9.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/28/2023 Reimbursable Meal Total 1

	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	1	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
990668 Milk, 1/2PNT, 1% - OKI	1c	1	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
Weighted Daily Average			260	2.00	215	25	0	7.50	0.00	35	37.00	1.00	11.00	*499	314.0	*1.20	1.00
% of Calories				6.92%		38.5%	0%	26.0%	0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/29/2023 Reimbursable Meal Total 1

	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)
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	1	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00

Portion Values

Nov 1, 2023 thru Nov 30, 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)
991401 Crackers, Wheat, WG, MJM - OKI	1BG	1	90	0.00	160	2	0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
Weighted Daily Average			160	1.50	215	3	0	7.50	0.00	170	15.00	2.00	8.00	*0	31.0	*0.00	5.00
% of Calories				8.44%		7.5%	0%	42.2%	0.0%		37.5%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 1

	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)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	78	1	*N/A*	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	*N/A*	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	177	4	0	15.05	0.00	0	10.82	4.53	7.62	*435	78.5	*3.01	1.19
% of Calories				12.82 %		7.5%	0%	63.9%	0.0%		20.4%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=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		228	2	209	11	1	9.63	0.00	37	27.27	2.95	8.53	*256	159	*1.21	2.58
% of Calories			8.64%		19.3%	1.8%	38.0%	0.0%		47.8%		15.0%				

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

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