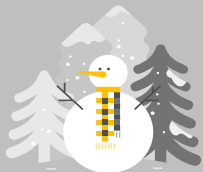


Cicero Breakfast December 2023

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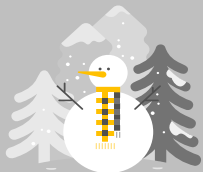
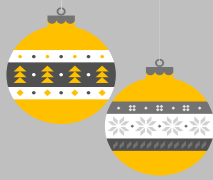
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blueberry Bread 2oz Pear 1/2c String Cheese 1oz
4	5	6	7	8
Frosted Flakes Cereal 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	Colby Jack Omelet Skillet 2oz Orange 1/2c Craisins 1/2c 6" Tortilla 1oz	Flavored Oatmeal Round 2oz Applesauce 1/2c Banana 1/2c	Cinnamon Toast Crunch Bar 2oz Orange Juice 1/2c Apple 1/2c	Blueberry Bread 2oz Pear 1/2c Applesauce 1/2c
11	12	13	14	15
Honey Cherrios 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	Snack'n Cinnamon Waffle 2oz Orange 1/2c Craisins 1/2c	Pull Apart Donut 2oz Sunflower Seeds 1oz Applesauce 1/2c Banana 1/2c	Pancake Sausage Bites 2oz Orange Juice 1/2c Apple 1/2c	Banana Muffin 1oz Hard Boiled Egg 1oz Pear 1/2c Applesauce 1/2c
18	19	20	21	22
Cheerios 1oz String Cheese 1oz Apple 1/2c Fruit Cup 1/2c	Fiesta Egg Scramble 1oz Tortilla Chips 2oz Orange 1/2c Craisins 1/2c WG Tortilla Chips 2oz	Flavored Oatmeal Round 2oz Applesauce 1/2c Banana 1/2c	Cinnamon Toast Crunch Bar 2oz Orange Juice 1/2c Apple 1/2c	Blueberry Bread 2oz Pear 1/2c Apple 1/2c

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Cicero Breakfast December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blueberry Bread 2oz Pear 1/2c String Cheese 1oz
4	5	6	7	8
Cheerios 1oz Fruit Cup 1/2c	Egg & Cheese Omelet 2oz 6" Tortilla 1oz Apple Slices 1/2c	WG Maple Snack'n Waffle 2oz Applesauce 1/2c	WG Maple Biscuit 2oz Orange Wedge 1/2c	Blueberry Bread 2oz Banana 1/2c
11	12	13	14	15
Honey Cherrios 1oz Fruit Cup 1/2c	Snack'n Cinnamon Waffle 2oz Apple Slices 1/2c	WG Maple Snack'n Waffle 2oz Applesauce 1/2c	Pancake Sausage Bites 2oz Orange Wedge 1/2c	Banana Muffin 1oz Hard Boiled Egg 1oz
18	19	20	21	22
Cheerios 1oz Fruit Cup 1/2c	Fiesta Egg Scramble 1oz Tortilla Chips 2oz Apple Slices 1/2c	WG Maple Snack'n Waffle 2oz Applesauce 1/2c	WG Maple Biscuit 2oz Orange Wedge 1/2c	Blueberry Bread 2oz Pear 1/2c Apple 1/2c

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Lunch December 2023

OPEN KITCHENS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Meatball Marinara 2oz Broccoli 3/4c Banana 1/2c
4 Hot Dog on WG Bun 3oz Tater Tots 3/4c Applesauce cup 1/2c	5 Chicken Pot Pie 4oz WG Wheat Crackers 1oz Broccoli 3/4c Orange Juice 1/2c	6 Turkey Sausage Pizza 3oz Cherry Tomatoes 3/4c Pear 1/2c	7 Chicken Drumstick 2oz Edamame 3/4c Applesauce Cup 1/2c	8 Philly Cheesesteak on WG Hoagie Roll 4oz Roasted Onion & Peppers 3/4c Banana 1/2c
11 Curry Butter Chicken & Rice 3oz Red Bell Pepper Strips 3/4c Applesauce cup 1/2c	12 Chicken & Cheese Nachos 2oz Tortilla Chips 2oz Jalapeno Corn Blend 3/4c Orange Juice 1/2c	13 Ravioi w/ Marinara 3oz Broccoli 3/4c Pear 1/2c	14 Hamburger on WG Bun 3oz Lettuce & Tomato 3/4c Applesauce Cup 1/2c	15 Turkey Sausage Pizza 3oz Lemon Chickpea Salad 3/4c Banana 1/2c
18 Chicken Sandwich 3oz Broccoli 3/4c Applesauce Cup 1/2c	19 Big Daddy's Fiesta Sandwich 3oz Black Beans 3/4c Orange Juice 1/2c	20 <u>Cold Lunch</u> Turkey & Cheese Sandwich 2oz Carrots 3/4c Fruit Juice 1/2c Mayo, Mustard, Ranch & Spork	21 Tai Chili Drumstick w/ Rice 3oz Cucumber Slices 3/4c Applesauce Cup 1/2c	22 Beef Tacos 3oz Cherry Tomatoes 3/4c Banana 1/2c

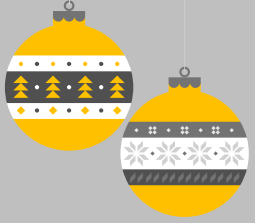
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Unity Lunch December 2023

OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>Penne Meatball Marinara</u> <u>Meatball Marinara 2oz</u> Broccoli 3/4c Banana 1/2c
4 <u>Pizza Boli</u> <u>Hot Dog on WG Bun 3oz</u> Tater Tots 3/4c Applesauce cup 1/2c	5 <u>Mozzerella Sticks</u> <u>Chicken Pot Pie 4oz</u> WG Wheat Crackers 1oz Broccoli 3/4c Orange Juice 1/2c	6 <u>Cheese Pizza 2oz</u> <u>Turkey Sausage Pizza 3oz</u> Cherry Tomatoes 3/4c Pear 1/2c	7 <u>Chicken Drumstick 2oz</u> <u>Cinnamon Bagel & Yogurt</u> Edamame 3/4c Applesauce Cup 1/2c	8 <u>Grilled Cheese</u> <u>Philly Cheesesteak on</u> WG Hoagie Roll 4oz Roasted Onion & Peppers 3/4c Banana 1/2c
11 <u>Curry Butter Chicken</u> <u>& Rice 3oz</u> <u>Mini Cheese & Turkey Coins</u> Red Bell Pepper Strips 3/4c Applesauce cup 1/2c	12 <u>Chicken & Cheese Nachos 2oz</u> <u>Cheese Nachos 2oz</u> Tortilla Chips 2oz Jalapeno Corn Blend 3/4c Orange Juice 1/2c	13 <u>Ravioi w/ Marinara 3oz</u> <u>Chicken & Cheese Salad</u> Broccoli 3/4c Pear 1/2c	14 <u>Hamburger on WG Bun 3oz</u> <u>Chicken Cesar Wrap 2oz</u> Lettuce & Tomato 3/4c Applesauce Cup 1/2c	15 <u>Turkey Sausage Pizza 3oz</u> <u>Cheese Pizza 2oz</u> Lemon Chickpea Salad 3/4c Banana 1/2c
18 <u>Chicken Sandwich 3oz</u> <u>Chicken Cranberry Salad</u> <u>Sandwich 4oz</u> Broccoli 3/4c Applesauce 1/2c	19 <u>Big Daddy's Fiesta</u> <u>Sandwich 2oz</u> <u>Chile Cheese Quesadilla 2oz</u> Orange Juice 1/2c Black Beans 3/4c	20 <u>Cold Lunch</u> Turkey & Cheese Sandwich 2oz Carrots 3/4c Fruit Juice 1/2c Mayo, Mustard, Ranch & Spork	21 <u>Tai Chili Drumstick w/</u> <u>Rice 3oz</u> <u>Flavored Bagel & Yogurt</u> Cucumber Slices 3/4c Applesauce Cup 1/2c	22 <u>Beef Tacos 3oz</u> <u>Bean & Cheese Taco</u> Cherry Tomatoes 3/4c Banana 1/2c

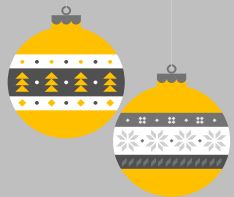
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Lunch December 2023

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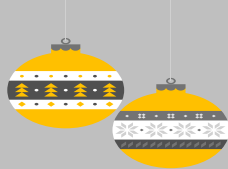
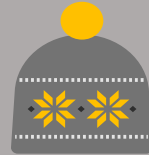
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Meatball Marinara 4oz Broccoli 3/4c Banana 1/2c
4 Pizza Boli 3oz Tater Tot 3/4c Applesauce cup 1/2c	5 Chicken Pot Pie 4oz WG Wheat Crackers 1oz Broccoli 3/4c Fruit Cup 1/2c	6 Cheese Pizza 3oz Mixed Greens 1oz Orange Wedges 1/2c	7 Teriyaki Ginger Diced Chicken w/ Ginger Rice 4oz Shredded Carrots 1/2c Banana 1/2c	8 Philly Cheesesteak on WG Hoagie Roll 3oz Roasted Onion & Peppers 3/4c Applesauce 1/2c
11 Butter Chicken, w/ Rice 3oz Red Bell Pepper Strips 3/4c Applesauce cup 1/2c	12 Chicken & Cheese Nachos 2oz Tortilla Chips 2oz Diced Tomatoes 1/2c Fruit Cup 1/2c	13 Ravioi w/ Marinara 3oz Broccoli 3/4c Orange Wedges 1/2c	14 Hamburger on WG Bun 3oz Lettuce & Tomato 3/4c Banana 1/2c	15 Turkey Sausage Pizza 4oz Mixed Greens 1c Applesauce 1/2c
18 Chicken Sandwich 3oz Broccoli 3/4c Applesauce Cup 1/2c	19 Big Daddy's Fiesta Sandwich 3oz Red Bell Pepper Strips 3/4c Fruit Cup 1/2c	20 <u>Cold Lunch</u> Turkey & Cheese Sandwich 2oz Carrots 3/4c Fruit Juice 1/2c Mayo, Mustard, Ranch & Spork	21 Sweet Tai Chicken w/ Rice 3oz Cucumber Slices 3/4c Banana 1/2c	22 Beef Tacos 4oz Diced Tomatoes 1/2c Applesauce 1/2c

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Snack December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cucumber Slices 3/4c Hummus 1oz
4	5	6	7	8
EG Educational Crackers 1% Milk 1/2c	WG Breakfast Bread 2oz Yogurt 1oz	WG Wheat Crackers 1oz Fruit Juice 1/2c	Breakfast Bread 2oz 1% Milk 1/2c	Tortilla Chips 1oz Hummus 1oz
11	12	13	14	15
Granola Bites 1oz 1% Milk 1/2c	WG Herb Crackers 1oz Cheese Slices 1oz	Breakfast Bread 2oz 1% Milk 1/2c	Cucumber Slices 1/2c Hummus 1oz	Honey Bunches of Oats 1oz 1% Milk
18	19	20	21	22
Granola Bites 1oz 1% Milk 1/2c	Celery Sticks 3/4c Wowbutter 1oz	WG Herb Crackers 1oz Fruit Juice 1/2c	Cheerios 1oz 1% Milk 1/2c	

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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

Friday - 12/01/2023

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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	200	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08
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			498	2.38	360	61	24	9.74	*0.00	10	94.37	9.09	13.62	*545	359.8	*11.95	1.50
% of Calories				4.30%		49.0%	19.3%	17.6%	*0.0%		75.8%		10.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 12/04/2023

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)
991698 Cereal, Flakes, Frosted - OKI	1BG	200	111	0.00	172	7	7	0.00	0.00	0	24.30	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*
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
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			407	4.85	481	45	7	7.54	*0.00	30	69.75	4.78	*15.34	*545	*500.9	*6.10	*0.43
% of Calories				10.72 %		44.2%	6.9%	16.7%	*0.0%		68.6%		*15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991668 Omelet, Skillet, Colby Jack - OKI	2BG, 2MMA	200	200	5.00	420	1	0	10.49	0.00	165	15.97	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
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
990705 Sauce, Taco, PKT - OKI	1	200	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			448	5.83	622	46	0	11.97	0.00	175	66.42	4.49	18.78	*697	*326.7	*51.67	*0.13
% of Calories				11.71 %		41.1%	0%	24.0%	0.0%		59.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 2023

Wednesday - 12/06/2023		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)
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	200	270	4.50	240	15	*N/A*	12.00	0.00	20	39.00	4.00	5.00	*N/A*	30.0	*N/A*	1.40
991439 Applesauce, Cup, Peach - 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*	*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			477	5.40	348	48	0	13.60	0.00	30	81.75	7.01	13.66	*530	327.2	*7.33	*1.64
% of Calories				10.19 %		40.3%	0%	25.7%	0.0%		68.6%		11.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 12/07/2023		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)
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
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
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

Dec 1, 2023 thru Dec 22, 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			474	3.38	418	50	13	9.65	*0.00	15	82.21	*5.91	15.21	*545	*325.9	*42.10	1.90
% of Calories				6.42%		42.2%	11.0%	18.3%	*0.0%		69.4%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 12/08/2023

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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	200	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08
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
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			486	2.34	359	61	24	9.53	0.00	10	91.85	7.22	13.31	*481	357.6	*6.45	1.36
% of Calories				4.33%		50.2%	19.8%	17.6%	0.0%		75.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 12/11/2023

Reimbursable Meal Total 200

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991625 Cheerios, Honey, Bowlpack - OKI	1BG	200	110	0.00	170	6	6	1.50	0.00	0	22.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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			405	4.85	479	44	6	9.04	*0.00	30	67.45	5.77	*17.33	*545	*500.9	*6.10	*0.43
% of Calories				10.78 %		43.5%	5.9%	20.1%	*0.0%		66.6%		*17.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 12/12/2023

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)
991669 Waffle, WG, Cinn, Snackn - OKI	2BG	200	250	4.00	290	15	*N/A*	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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			494	4.83	398	59	0	10.46	0.00	54	86.40	6.30	14.72	*697	*326.7	*51.67	*0.13
% of Calories				8.80%		47.8%	0%	19.1%	0.0%		70.0%		11.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 12/13/2023

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)
991732 Donut, Pull-a-Part, Goodyman - OKI	2BG	200	240	4.50	300	8	8	11.00	0.00	0	31.00	2.00	4.00	*N/A*	24.0	*N/A*	1.00
990677 Sunflower Seeds, IW- OKI	1MMA	200	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
991439 Applesauce, Cup, Peach - 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*	*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			567	6.40	548	42	8	13.60	0.00	10	*73.75	7.01	17.66	*530	341.2	*7.33	*2.24
% of Calories				10.16 %		29.6%	5.6%	21.6%	0.0%		*52.0%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 12/14/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	200	256	0.90	586	11	*N/A*	5.00	0.00	29	37.00	4.00	17.00	*N/A*	70.0	*N/A*	3.00
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
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			467	1.75	710	46	0	6.54	*0.00	39	77.65	*6.87	26.13	*545	*365.5	*42.10	3.28
% of Calories				3.37%		39.4%	0%	12.6%	*0.0%		66.5%		22.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 12/15/2023

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991678 Muffin, Banana, WG, 2oz - OKI	1BG	200	160	1.00	140	16	15	4.50	0.00	0	27.00	1.00	3.00	*N/A*	7.0	*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
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
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

Dec 1, 2023 thru Dec 22, 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			446	3.34	304	54	15	11.03	0.00	180	73.85	6.22	17.31	*481	335.6	*6.45	2.28
% of Calories				6.74%		48.4%	13.5%	22.3%	0.0%		66.2%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 12/18/2023 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
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	4.85	449	39	0	9.54	*0.00	30	66.45	6.77	*18.33	*545	*580.9	*6.10	*9.43
% of Calories				11.05 %		39.5%	0%	21.7%	*0.0%		67.3%		*18.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 12/19/2023 Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991548 Egg, Scramble, Fiesta - OKI	1MMA	200	96	2.72	249	1	*N/A*	5.87	0.00	70	5.33	0.53	5.33	*N/A*	110.4	*N/A*	0.53
990690 Chips, tortilla, WG, IW- OKI	2BG	200	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
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
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			540	4.55	517	45	0	14.32	0.00	80	83.74	7.84	17.06	*697	477.1	*51.67	1.26
% of Calories				7.58%		33.3%	0%	23.9%	0.0%		62.0%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 12/20/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	200	270	4.50	240	15	*N/A*	12.00	0.00	20	39.00	4.00	5.00	*N/A*	30.0	*N/A*	1.40
991439 Applesauce, Cup, Peach - 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*	*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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			477	5.40	348	48	0	13.60	0.00	30	81.75	7.01	13.66	*530	327.2	*7.33	*1.64
% of Calories				10.19 %		40.3%	0%	25.7%	0.0%		68.6%		11.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 12/21/2023

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)
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
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
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			474	3.38	418	50	13	9.65	*0.00	15	82.21	*5.91	15.21	*545	*325.9	*42.10	1.90
% of Calories				6.42%		42.2%	11.0%	18.3%	*0.0%		69.4%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 12/22/2023

Reimbursable Meal Total 200

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	200	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08
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
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			486	2.34	359	61	24	9.53	0.00	10	91.85	7.22	13.31	*481	357.6	*6.45	1.36
% of Calories				4.33%		50.2%	19.8%	17.6%	0.0%		75.6%		11.0%				
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		471	4	445	50	8	10.58	*0.00	47	*79.47	*6.59	*16.29	*559	*383.5	*22.06	*1.93
% of Calories			7.87%		42.5%	6.8%	20.2%	*0.0%		*67.5%		*13.8%				

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

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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 2023

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

Friday - 12/01/2023Reimbursable 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)
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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			520	4.47	366	27	0	13.36	0.00	46	74.51	10.26	29.58	*1187	*391.9	*67.30	*2.07
% of Calories				7.74%		20.8%	0%	23.1%	0.0%		57.3%		22.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023Reimbursable 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)
991300 Pizza, Boli - OKI	2BG, 2MMA	200	309	5.99	35	5	*N/A*	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00
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*
991439 Applesauce, Cup, Peach - 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*	*N/A*

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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			550	7.21	404	31	0	17.70	29.95	699	43.68	4.77	24.71	*481	*648.6	*0.60	*2.06
% of Calories				11.80 %		22.5%	0%	29.0%	49.0%		31.8%		18.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991258 Chicken, Pot, Pie - OKI	4 oz	200	322	2.38	884	4	*N/A*	9.26	0.00	45	40.14	1.60	17.12	*159	*131.0	*0.75	*1.94
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			497	3.27	1013	30	0	10.84	0.00	55	71.39	4.20	*26.98	*1046	*457.4	*59.51	*2.70
% of Calories				5.92%		24.1%	0%	19.6%	0.0%		57.5%		*21.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/06/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	200	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
990727 Greens, Mixed, Raw, Chopped 1/2c - OKI	1/2c	200	4	0.00	7	0	*N/A*	0.04	0.00	0	0.70	0.32	0.33	1801	8.8	2.24	0.21
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
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
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
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
Weighted Daily Average			427	4.34	711	30	0	12.50	0.00	25	58.34	6.86	25.24	*2498	652.0	*53.90	2.86
% of Calories				9.15%		28.1%	0%	26.3%	0.0%		54.7%		23.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991691 Chicken, Diced, Teriyaki Ginger, & Rice - OKI	1BG, 2MMA	200	229	1.16	171	1	0	5.11	0.00	43	27.36	1.15	16.00	*N/A*	*N/A*	*N/A*	*0.78
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
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

Portion Values

Dec 1, 2023 thru Dec 22, 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			414	2.08	437	26	0	6.82	0.00	53	62.74	4.67	25.27	*8108	*313.7	*10.01	*1.17
% of Calories				4.52%		25.1%	0%	14.8%	0.0%		60.6%		24.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023

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)
991299 Sandwich, Philly Cheesesteak - OKI	2MMA	200	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*
991589 Roll, Hoagie, WG - OKI	2BG	200	150	0.00	105	1	*N/A*	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991681 Peppers, Onions, Roasted, Frz, 1/2c - OKI	1/2c	200	60	0.00	10	7	0	0.00	0.00	0	12.00	3.00	2.00	*N/A*	30.0	*N/A*	0.60
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			495	5.12	612	31	0	12.23	0.00	55	66.62	6.00	29.21	*481	*349.3	*0.60	*2.07
% of Calories				9.31%		25.1%	0%	22.2%	0.0%		53.8%		23.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/11/2023

Reimbursable Meal Total 200

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991285 Chicken, Butter, Curry, & Rice - OKI	2BG, 2MMA	200	370	2.80	288	1	*N/A*	9.17	0.00	54	52.64	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	200	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
991439 Applesauce, Cup, Peach - 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*	*N/A*
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			530	3.64	524	28	0	10.67	0.00	63	82.93	4.30	26.52	*2029	*303.3	*63.74	*1.04
% of Calories				6.18%		21.1%	0%	18.1%	0.0%		62.6%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/12/2023

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)
991198 Nachos, Chicken, Cheese - OKI	2MMA	200	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59
990690 Chips, tortilla, WG, IW- OKI	2BG	200	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
991227 Tomatoes, Diced, 1/2c - OKI	1/2c	200	21	0.03	6	3	*N/A*	0.23	*N/A*	0	4.54	1.40	1.03	972	11.7	15.99	0.32
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

Portion Values

Dec 1, 2023 thru Dec 22, 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			516	5.73	547	27	0	16.03	*0.00	57	63.55	5.30	*26.18	*1453	*458.9	*16.59	*1.79
% of Calories				9.99%		20.9%	0%	28.0%	*0.0%		49.3%		*20.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/13/2023 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)
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	200	396	1.50	1052	10	1	4.01	*0.00	5	71.40	9.38	21.02	*194	*180.2	*3.44	*4.48
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			552	2.40	1181	31	1	5.71	*0.00	15	98.13	13.38	31.58	*1297	*537.6	*113.26	*5.08
% of Calories				3.91%		22.5%	0.7%	9.3%	*0.0%		71.1%		22.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/14/2023 Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
991675 Lettuce, Tomato, Pack , 3/4c - OKI	3/4c	200	13	0.02	8	2	*N/A*	0.14	*0.00	0	2.70	0.91	0.74	1848	12.3	9.33	0.31
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
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
990679 Mustard, PKT - OKI	1	200	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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			452	3.63	768	28	0	11.08	*0.00	39	62.18	6.13	27.67	*2379	399.3	*16.67	4.05
% of Calories				7.23%		24.8%	0%	22.1%	*0.0%		55.0%		24.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/15/2023

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)	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
990727 Greens, Mixed, Raw, Chopped 1/2c - OKI	1/2c	200	4	0.00	7	0	*N/A*	0.04	0.00	0	0.70	0.32	0.33	1801	8.8	2.24	0.21
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
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

Dec 1, 2023 thru Dec 22, 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			432	4.82	691	33	0	11.38	0.00	40	61.06	6.55	10.34	*2332	528.6	*2.84	2.86
% of Calories				10.04 %		30.6%	0%	23.7%	0.0%		56.5%		9.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/18/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
991439 Applesauce, Cup, Peach - 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*	*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			550	3.39	828	28	0	17.58	0.00	35	71.28	7.68	29.64	*887	403.7	*58.76	*3.80
% of Calories				5.55%		20.4%	0%	28.8%	0.0%		51.8%		21.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/19/2023

Reimbursable Meal Total 200

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	200	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
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			486	7.84	710	32	1	15.49	0.00	50	60.91	4.94	*26.51	*2109	*589.2	*63.74	*3.00
% of Calories				14.52 %		26.3%	0.8%	28.7%	0.0%		50.1%		*21.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/20/2023 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)
991672 French Toast, Cinn, Sausage, Turkey-OKI	3BG, 2MMA	200	480	6.00	690	16	16	18.00	0.00	240	56.00	4.00	22.00	*N/A*	*N/A*	*N/A*	*N/A*
991109 Potatoes, Diced, Seasoned, 1/2c - OKI	1/2c	200	121	0.00	90	0	*N/A*	3.02	0.00	0	21.11	2.01	2.01	*N/A*	10.1	*N/A*	0.60
991685 Compote, Berry, Mixed - OKI	1/4c	200	*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*
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
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
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

Dec 1, 2023 thru Dec 22, 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			855	6.83	910	58	16	22.47	0.00	250	129.71	8.32	32.73	*697	*337.7	*51.67	*0.76
% of Calories				7.19%		27.1%	7.5%	23.7%	0.0%		60.7%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/21/2023

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)
991337 Chicken, Diced, Thai, Chili, Rice - OKI	1BG, 2MMA	200	278	1.61	313	13	*N/A*	5.78	0.00	43	38.36	1.90	16.00	*N/A*	*N/A*	*N/A*	*0.78
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	200	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
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
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			456	2.54	549	37	0	7.46	0.00	53	72.06	4.51	25.33	*607	*310.4	*9.38	*1.24
% of Calories				5.01%		32.5%	0%	14.7%	0.0%		63.2%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/22/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991196 Taco, Beef, 6in Tort - OKI	2BG, 2MMA	200	347	7.49	695	2	*N/A*	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00
991227 Tomatoes, Diced, 1/2c - OKI	1/2c	200	21	0.03	6	3	*N/A*	0.23	*N/A*	0	4.54	1.40	1.03	972	11.7	15.99	0.32
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
990705 Sauce, Taco, PKT - OKI	1	200	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			511	8.34	904	29	0	18.58	*0.70	52	62.60	3.59	25.90	*1501	*331.0	*16.59	*2.35
% of Calories				14.69 %		22.7%	0%	32.7%	*1.2%		49.0%		20.3%				
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		515	5	697	32	1	13.12	*1.92	99	71.36	6.34	*26.46	*1818	*438.3	*37.82	*2.43
% of Calories			8.27%		24.9%	0.8%	22.9%	*3.4%		55.4%		*20.6%				

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

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

¹ - denotes required nutrient values

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

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

Dec 1, 2023 thru Dec 22, 2023

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

Friday - 12/01/2023Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	300	340	3.50	236	5	*N/A*	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
991516 Broccoli, Hot, 3/4c, COS - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.48	2.54	2.75	608	45.8	86.99	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			538	4.24	401	30	0	13.04	0.00	44	79.61	11.10	30.55	*1394	*410.9	*96.32	*2.30
% of Calories				7.09%		22.3%	0%	21.8%	0.0%		59.2%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 12/04/2023Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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*

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991439 Applesauce, Cup, Peach - 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*	*N/A*
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
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			577	4.18	1071	32	0	18.70	0.00	58	80.90	6.70	22.41	*487	*432.2	*0.80	*2.25
% of Calories				6.52%		22.2%	0%	29.2%	0.0%		56.1%		15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991258 Chicken, Pot, Pie - OKI	4 oz	300	322	2.38	884	4	*N/A*	9.26	0.00	45	40.14	1.60	17.12	*159	*131.0	*0.75	*1.94
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
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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
Weighted Daily Average			601	3.04	1223	33	0	13.02	0.00	54	87.71	*6.15	30.76	*1255	*477.2	*124.79	*6.78
% of Calories				4.55%		22.0%	0%	19.5%	0.0%		58.4%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 12/06/2023

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)	Vit-A (IU)	Calc ^m (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
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	300	20	0.03	6	3	*N/A*	0.22	*N/A*	0	4.32	1.33	0.98	926	11.1	15.23	0.30
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			473	4.60	589	38	0	11.31	*0.00	38	72.13	10.55	11.35	*1463	535.6	21.88	3.17
% of Calories				8.75%		32.1%	0%	21.5%	*0.0%		61.0%		9.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 12/07/2023

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)
991682 Chicken, Drumstick, Teriyaki, Ginger, Rice - OKI	2MMA, 2BG	300	476	2.72	580	8	0	12.20	0.00	102	63.83	3.44	24.69	*0	*12.2	*0.00	*1.07
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
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			228513	978.22	215517	10869	0	5648.59	0.00	32969	31016.56	3245.10	13596.70	*146057	*115793.0	*240.00	*1092.20
% of Calories				3.85%		19.0%	0%	22.2%	0.0%		54.3%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 12/08/2023

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)
991299 Sandwich, Philly Cheesesteak - OKI	2MMA	300	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*
991589 Roll, Hoagie, WG - OKI	2BG	300	150	0.00	105	1	*N/A*	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991680 Peppers, Onions, Roasted, Frz, 3/4c - OKI	3/4c	300	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			551	4.93	642	34	0	12.04	0.00	54	79.26	8.51	31.11	*536	*367.1	*7.53	*2.56
% of Calories				8.05%		24.7%	0%	19.7%	0.0%		57.5%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 12/11/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991285 Chicken, Butter, Curry, & Rice - OKI	2BG, 2MMA	300	370	2.80	288	1	*N/A*	9.17	0.00	54	52.64	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	300	19	0.04	3	3	*N/A*	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32
991439 Applesauce, Cup, Peach - 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*	*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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			544	3.39	549	31	0	10.29	0.00	62	87.38	4.82	26.83	*2809	*308.9	*95.51	*1.14
% of Calories				5.61%		22.8%	0%	17.0%	0.0%		64.2%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 12/12/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991198 Nachos, Chicken, Cheese - OKI	2MMA	300	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59
990690 Chips, tortilla, WG, IW- OKI	2BG	300	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			701	6.35	830	39	0	21.82	0.00	56	94.30	*8.55	31.56	*487	*443.7	*36.80	2.24
% of Calories				8.15%		22.3%	0%	28.0%	0.0%		53.8%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 12/13/2023 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)
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	300	396	1.50	1052	10	1	4.01	*0.00	5	71.40	9.38	21.02	*194	*180.2	*3.44	*4.48
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
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

Dec 1, 2023 thru Dec 22, 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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			603	2.19	1217	38	1	5.46	*0.00	13	112.70	16.14	32.15	*1290	*530.6	*97.33	*5.46
% of Calories				3.27%		25.2%	0.7%	8.1%	*0.0%		74.8%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 12/14/2023

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	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
991675 Lettuce, Tomato, Pack , 3/4c - OKI	3/4c	300	13	0.02	8	2	*N/A*	0.14	*0.00	0	2.70	0.91	0.74	1848	12.3	9.33	0.31
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			440	3.28	791	32	0	10.37	*0.00	37	61.46	5.12	26.88	*2335	404.3	*10.13	3.84
% of Calories				6.71%		29.1%	0%	21.2%	*0.0%		55.9%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 12/15/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	300	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			818	7.43	1149	39	0	33.64	*0.00	38	99.20	17.62	23.04	*797	*609.0	*19.89	*4.55
% of Calories				8.17%		19.1%	0%	37.0%	*0.0%		48.5%		11.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 12/18/2023

Reimbursable Meal Total 300

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991671 Sandwich, Chicken, Parm, WG - OKI	3BG, 2.5MMA	300	369	3.00	949	7	*N/A*	10.99	0.00	35	44.86	1.99	22.97	*N/A*	*49.7	*N/A*	*1.39
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
991439 Applesauce, Cup, Peach - 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*	*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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			548	3.65	1113	34	0	12.25	0.00	43	79.39	5.53	33.61	*1096	*392.9	*88.04	*2.13
% of Calories				5.99%		24.8%	0%	20.1%	0.0%		57.9%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 12/19/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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
Weighted Daily Average			613	7.54	1191	32	1	15.41	0.00	48	82.16	*9.15	35.08	*592	*632.5	36.80	4.67
% of Calories				11.07 %		20.9%	0.7%	22.6%	0.0%		53.6%		22.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 12/20/2023

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)
990905 Sandwich, Turkey Ham, American, - OKI	2BG, 2MMA	300	277	3.54	827	7	1	9.59	0.00	43	31.54	4.00	19.67	*N/A*	258.4	*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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
990703 Mayo, PKT - OKI	1	300	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	300	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			542	5.05	1307	39	1	16.94	0.12	55	70.88	*7.54	29.70	*15734	*595.2	*39.68	3.23
% of Calories				8.39%		28.8%	0.7%	28.1%	0.2%		52.3%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 12/21/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991282 Drumstick, Thai, Chili, Rice - OKI	2BG, 2MMA	300	453	2.72	434	11	*N/A*	12.20	0.00	102	59.62	2.14	24.16	*0	*14.6	*0.00	*0.78
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	300	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			625	3.30	694	39	0	13.22	0.00	110	93.92	3.92	32.94	*602	*335.9	*3.87	*1.13
% of Calories				4.75%		25.0%	0%	19.0%	0.0%		60.1%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 12/22/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991196 Taco, Beef, 6in Tort - OKI	2BG, 2MMA	300	347	7.49	695	2	*N/A*	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	300	20	0.03	6	3	*N/A*	0.22	*N/A*	0	4.32	1.33	0.98	926	11.1	15.23	0.30
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990705 Sauce, Taco, PKT - OKI	1	300	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			545	8.16	1055	30	0	18.38	*0.70	50	71.26	4.77	26.95	*1510	*339.7	*22.76	*2.54
% of Calories				13.48 %		22.0%	0%	30.4%	*1.2%		52.3%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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		14827	66	14334	712	0	367.16	*0.05	2108	2016.80	*210.70	876.35	*11153	*7663.0	*58.88	*71.26
% of Calories			3.98%		19.2%	0%	22.3%	*0.0%		54.4%		23.6%				

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

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

Menu Name:

Cicero Jr High 6-8 Lunch 2 Entree

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 12/01/2023

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)
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
991516 Broccoli, Hot, 3/4c, COS - OKI	3/4c	300	33	0.11	32	2	*N/A*	0.36	0.00	0	6.48	2.54	2.75	608	45.8	86.99	0.71
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			538	4.24	401	30	0	13.04	0.00	44	79.61	11.10	30.55	*1394	*410.9	*96.32	*2.30
% of Calories				7.09%		22.3%	0%	21.8%	0.0%		59.2%		22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 12/04/2023

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)
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*

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991439 Applesauce, Cup, Peach - 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*	*N/A*
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
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			577	4.18	1071	32	0	18.70	0.00	58	80.90	6.70	22.41	*487	*432.2	*0.80	*2.25
% of Calories				6.52%		22.2%	0%	29.2%	0.0%		56.1%		15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991258 Chicken, Pot, Pie - OKI	4 oz	300	322	2.38	884	4	*N/A*	9.26	0.00	45	40.14	1.60	17.12	*159	*131.0	*0.75	*1.94
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
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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
Weighted Daily Average			601	3.04	1223	33	0	13.02	0.00	54	87.71	*6.15	30.76	*1255	*477.2	*124.79	*6.78
% of Calories				4.55%		22.0%	0%	19.5%	0.0%		58.4%		20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 12/06/2023

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)	Vit-A (IU)	Calc ^m (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
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	300	20	0.03	6	3	*N/A*	0.22	*N/A*	0	4.32	1.33	0.98	926	11.1	15.23	0.30
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			473	4.60	589	38	0	11.31	*0.00	38	72.13	10.55	11.35	*1463	535.6	21.88	3.17
% of Calories				8.75%		32.1%	0%	21.5%	*0.0%		61.0%		9.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/07/2023

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)
991682 Chicken, Drumstick, Teriyaki, Ginger, Rice - OKI	2MMA, 2BG	300	476	2.72	580	8	0	12.20	0.00	102	63.83	3.44	24.69	*0	*12.2	*0.00	*1.07
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
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			228513	978.22	215517	10869	0	5648.59	0.00	32969	31016.56	3245.10	13596.70	*146057	*115793.0	*240.00	*1092.20
% of Calories				3.85%		19.0%	0%	22.2%	0.0%		54.3%		23.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/08/2023

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)
991299 Sandwich, Philly Cheesesteak - OKI	2MMA	300	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*
991589 Roll, Hoagie, WG - OKI	2BG	300	150	0.00	105	1	*N/A*	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991680 Peppers, Onions, Roasted, Frz, 3/4c - OKI	3/4c	300	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			551	4.93	642	34	0	12.04	0.00	54	79.26	8.51	31.11	*536	*367.1	*7.53	*2.56
% of Calories				8.05%		24.7%	0%	19.7%	0.0%		57.5%		22.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 12/11/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991285 Chicken, Butter, Curry, & Rice - OKI	2BG, 2MMA	300	370	2.80	288	1	*N/A*	9.17	0.00	54	52.64	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	300	19	0.04	3	3	*N/A*	0.22	0.00	0	4.47	1.56	0.73	2322	5.2	94.71	0.32
991439 Applesauce, Cup, Peach - 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*	*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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			544	3.39	549	31	0	10.29	0.00	62	87.38	4.82	26.83	*2809	*308.9	*95.51	*1.14
% of Calories				5.61%		22.8%	0%	17.0%	0.0%		64.2%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/12/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991198 Nachos, Chicken, Cheese - OKI	2MMA	300	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59
990690 Chips, tortilla, WG, IW- OKI	2BG	300	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			701	6.35	830	39	0	21.82	0.00	56	94.30	*8.55	31.56	*487	*443.7	*36.80	2.24
% of Calories				8.15%		22.3%	0%	28.0%	0.0%		53.8%		18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 12/13/2023 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)
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	300	396	1.50	1052	10	1	4.01	*0.00	5	71.40	9.38	21.02	*194	*180.2	*3.44	*4.48
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
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

Dec 1, 2023 thru Dec 22, 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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			603	2.19	1217	38	1	5.46	*0.00	13	112.70	16.14	32.15	*1290	*530.6	*97.33	*5.46
% of Calories				3.27%		25.2%	0.7%	8.1%	*0.0%		74.8%		21.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/14/2023

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	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
991675 Lettuce, Tomato, Pack , 3/4c - OKI	3/4c	300	13	0.02	8	2	*N/A*	0.14	*0.00	0	2.70	0.91	0.74	1848	12.3	9.33	0.31
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			440	3.28	791	32	0	10.37	*0.00	37	61.46	5.12	26.88	*2335	404.3	*10.13	3.84
% of Calories				6.71%		29.1%	0%	21.2%	*0.0%		55.9%		24.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/15/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	300	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			818	7.43	1149	39	0	33.64	*0.00	38	99.20	17.62	23.04	*797	*609.0	*19.89	*4.55
% of Calories				8.17%		19.1%	0%	37.0%	*0.0%		48.5%		11.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 12/18/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991671 Sandwich, Chicken, Parm, WG - OKI	3BG, 2.5MMA	300	369	3.00	949	7	*N/A*	10.99	0.00	35	44.86	1.99	22.97	*N/A*	*49.7	*N/A*	*1.39
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
991439 Applesauce, Cup, Peach - 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*	*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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			548	3.65	1113	34	0	12.25	0.00	43	79.39	5.53	33.61	*1096	*392.9	*88.04	*2.13
% of Calories				5.99%		24.8%	0%	20.1%	0.0%		57.9%		24.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/19/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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
Weighted Daily Average			613	7.54	1191	32	1	15.41	0.00	48	82.16	*9.15	35.08	*592	*632.5	36.80	4.67
% of Calories				11.07 %		20.9%	0.7%	22.6%	0.0%		53.6%		22.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 12/20/2023

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)
990905 Sandwich, Turkey Ham, American, - OKI	2BG, 2MMA	300	277	3.54	827	7	1	9.59	0.00	43	31.54	4.00	19.67	*N/A*	258.4	*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
991316 Juice, Orange - OKI	1/2c	300	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
990703 Mayo, PKT - OKI	1	300	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	300	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			542	5.05	1307	39	1	16.94	0.12	55	70.88	*7.54	29.70	*15734	*595.2	*39.68	3.23
% of Calories				8.39%		28.8%	0.7%	28.1%	0.2%		52.3%		21.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/21/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991282 Drumstick, Thai, Chili, Rice - OKI	2BG, 2MMA	300	453	2.72	434	11	*N/A*	12.20	0.00	102	59.62	2.14	24.16	*0	*14.6	*0.00	*0.78
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	300	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			625	3.30	694	39	0	13.22	0.00	110	93.92	3.92	32.94	*602	*335.9	*3.87	*1.13
% of Calories				4.75%		25.0%	0%	19.0%	0.0%		60.1%		21.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/22/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991196 Taco, Beef, 6in Tort - OKI	2BG, 2MMA	300	347	7.49	695	2	*N/A*	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	300	20	0.03	6	3	*N/A*	0.22	*N/A*	0	4.32	1.33	0.98	926	11.1	15.23	0.30
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990705 Sauce, Taco, PKT - OKI	1	300	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			545	8.16	1055	30	0	18.38	*0.70	50	71.26	4.77	26.95	*1510	*339.7	*22.76	*2.54
% of Calories				13.48 %		22.0%	0%	30.4%	*1.2%		52.3%		19.8%				
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		14827	66	14334	712	0	367.16	*0.05	2108	2016.80	*210.70	876.35	*11153	*7663.0	*58.88	*71.26
% of Calories			3.98%		19.2%	0%	22.3%	*0.0%		54.4%		23.6%				

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

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

Dec 1, 2023 thru Dec 22, 2023

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

Friday - 12/01/2023 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)
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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			520	4.47	366	27	0	13.36	0.00	46	74.51	10.26	29.58	*1187	*391.9	*67.30	*2.07
% of Calories				7.74%		20.8%	0%	23.1%	0.0%		57.3%		22.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023 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)
991300 Pizza, Boli - OKI	2BG, 2MMA	200	309	5.99	35	5	*N/A*	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00
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*
991439 Applesauce, Cup, Peach - 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*	*N/A*

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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			550	7.21	404	31	0	17.70	29.95	699	43.68	4.77	24.71	*481	*648.6	*0.60	*2.06
% of Calories				11.80 %		22.5%	0%	29.0%	49.0%		31.8%		18.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991258 Chicken, Pot, Pie - OKI	4 oz	200	322	2.38	884	4	*N/A*	9.26	0.00	45	40.14	1.60	17.12	*159	*131.0	*0.75	*1.94
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			497	3.27	1013	30	0	10.84	0.00	55	71.39	4.20	*26.98	*1046	*457.4	*59.51	*2.70
% of Calories				5.92%		24.1%	0%	19.6%	0.0%		57.5%		*21.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/06/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	200	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
990727 Greens, Mixed, Raw, Chopped 1/2c - OKI	1/2c	200	4	0.00	7	0	*N/A*	0.04	0.00	0	0.70	0.32	0.33	1801	8.8	2.24	0.21
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
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
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
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
Weighted Daily Average			427	4.34	711	30	0	12.50	0.00	25	58.34	6.86	25.24	*2498	652.0	*53.90	2.86
% of Calories				9.15%		28.1%	0%	26.3%	0.0%		54.7%		23.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991691 Chicken, Diced, Teriyaki Ginger, & Rice - OKI	1BG, 2MMA	200	229	1.16	171	1	0	5.11	0.00	43	27.36	1.15	16.00	*N/A*	*N/A*	*N/A*	*0.78
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
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

Dec 1, 2023 thru Dec 22, 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			414	2.08	437	26	0	6.82	0.00	53	62.74	4.67	25.27	*8108	*313.7	*10.01	*1.17
% of Calories				4.52%		25.1%	0%	14.8%	0.0%		60.6%		24.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023

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)
991299 Sandwich, Philly Cheesesteak - OKI	2MMA	200	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*
991589 Roll, Hoagie, WG - OKI	2BG	200	150	0.00	105	1	*N/A*	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991681 Peppers, Onions, Roasted, Frz, 1/2c - OKI	1/2c	200	60	0.00	10	7	0	0.00	0.00	0	12.00	3.00	2.00	*N/A*	30.0	*N/A*	0.60
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			495	5.12	612	31	0	12.23	0.00	55	66.62	6.00	29.21	*481	*349.3	*0.60	*2.07
% of Calories				9.31%		25.1%	0%	22.2%	0.0%		53.8%		23.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/11/2023

Reimbursable Meal Total 200

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991285 Chicken, Butter, Curry, & Rice - OKI	2BG, 2MMA	200	370	2.80	288	1	*N/A*	9.17	0.00	54	52.64	2.02	18.02	*N/A*	*N/A*	*N/A*	*0.78
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	200	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
991439 Applesauce, Cup, Peach - 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*	*N/A*
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			530	3.64	524	28	0	10.67	0.00	63	82.93	4.30	26.52	*2029	*303.3	*63.74	*1.04
% of Calories				6.18%		21.1%	0%	18.1%	0.0%		62.6%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/12/2023

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)
991198 Nachos, Chicken, Cheese - OKI	2MMA	200	142	3.89	274	0	*N/A*	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59
990690 Chips, tortilla, WG, IW- OKI	2BG	200	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
991227 Tomatoes, Diced, 1/2c - OKI	1/2c	200	21	0.03	6	3	*N/A*	0.23	*N/A*	0	4.54	1.40	1.03	972	11.7	15.99	0.32
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

Portion Values

Dec 1, 2023 thru Dec 22, 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			516	5.73	547	27	0	16.03	*0.00	57	63.55	5.30	*26.18	*1453	*458.9	*16.59	*1.79
% of Calories				9.99%		20.9%	0%	28.0%	*0.0%		49.3%		*20.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/13/2023 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)
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	200	396	1.50	1052	10	1	4.01	*0.00	5	71.40	9.38	21.02	*194	*180.2	*3.44	*4.48
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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			552	2.40	1181	31	1	5.71	*0.00	15	98.13	13.38	31.58	*1297	*537.6	*113.26	*5.08
% of Calories				3.91%		22.5%	0.7%	9.3%	*0.0%		71.1%		22.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/14/2023 Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
991675 Lettuce, Tomato, Pack , 3/4c - OKI	3/4c	200	13	0.02	8	2	*N/A*	0.14	*0.00	0	2.70	0.91	0.74	1848	12.3	9.33	0.31
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
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
990679 Mustard, PKT - OKI	1	200	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
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			452	3.63	768	28	0	11.08	*0.00	39	62.18	6.13	27.67	*2379	399.3	*16.67	4.05
% of Calories				7.23%		24.8%	0%	22.1%	*0.0%		55.0%		24.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/15/2023

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)	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
990727 Greens, Mixed, Raw, Chopped 1/2c - OKI	1/2c	200	4	0.00	7	0	*N/A*	0.04	0.00	0	0.70	0.32	0.33	1801	8.8	2.24	0.21
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
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

Dec 1, 2023 thru Dec 22, 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			432	4.82	691	33	0	11.38	0.00	40	61.06	6.55	10.34	*2332	528.6	*2.84	2.86
% of Calories				10.04 %		30.6%	0%	23.7%	0.0%		56.5%		9.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/18/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
991439 Applesauce, Cup, Peach - 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*	*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			550	3.39	828	28	0	17.58	0.00	35	71.28	7.68	29.64	*887	403.7	*58.76	*3.80
% of Calories				5.55%		20.4%	0%	28.8%	0.0%		51.8%		21.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/19/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	200	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
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			486	7.84	710	32	1	15.49	0.00	50	60.91	4.94	*26.51	*2109	*589.2	*63.74	*3.00
% of Calories				14.52 %		26.3%	0.8%	28.7%	0.0%		50.1%		*21.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/20/2023 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)
990905 Sandwich, Turkey Ham, American, - OKI	2BG, 2MMA	200	277	3.54	827	7	1	9.59	0.00	43	31.54	4.00	19.67	*N/A*	258.4	*N/A*	2.00
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
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
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
990679 Mustard, PKT - OKI	1	200	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	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

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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			515	5.31	1228	33	1	17.35	0.12	57	63.16	*5.60	29.35	*8059	*570.9	*39.28	2.39
% of Calories				9.28%		25.6%	0.8%	30.3%	0.2%		49.1%		22.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/21/2023

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991337 Chicken, Diced, Thai, Chili, Rice - OKI	1BG, 2MMA	200	278	1.61	313	13	*N/A*	5.78	0.00	43	38.36	1.90	16.00	*N/A*	*N/A*	*N/A*	*0.78
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	200	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
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
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			456	2.54	549	37	0	7.46	0.00	53	72.06	4.51	25.33	*607	*310.4	*9.38	*1.24
% of Calories				5.01%		32.5%	0%	14.7%	0.0%		63.2%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/22/2023

Reimbursable Meal Total 300

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991196 Taco, Beef, 6in Tort - OKI	2BG, 2MMA	300	347	7.49	695	2	*N/A*	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00
991227 Tomatoes, Diced, 1/2c - OKI	1/2c	300	21	0.03	6	3	*N/A*	0.23	*N/A*	0	4.54	1.40	1.03	972	11.7	15.99	0.32
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990705 Sauce, Taco, PKT - OKI	1	300	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00
Weighted Daily Average			527	8.07	1054	32	0	18.14	*0.70	50	67.80	3.82	26.15	*1507	*341.4	*16.79	*2.36
% of Calories				13.78 %		24.3%	0%	31.0%	*1.2%		51.5%		19.8%				
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	495	5	726	30	0	12.77	*1.92	87	67.52	*6.19	*26.27	*2279	*453.5	*37.06	*2.53
% of Calories		8.40%		24.2%	0%	23.2%	*3.5%		54.6%		*21.2%				

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

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

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

Friday - 12/01/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
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			126	0.04	102	6	0	2.12	0.00	0	21.98	5.55	6.71	*115	50.6	*3.07	2.31
% of Calories				0.29%		19.0%	0%	15.1%	0.0%		69.8%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023

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)	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
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			220	1.50	185	17	0	6.50	0.00	15	33.00	2.00	10.00	*499	304.0	*1.20	1.00
% of Calories				6.14%		30.9%	0%	26.6%	0.0%		60.0%		18.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	1	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08
991556 Yogurt, Peach, Cup- OKI	1MMA	1	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
Weighted Daily Average			360	1.50	305	38	34	8.00	0.00	5	65.00	2.00	8.00	*N/A*	342.0	*N/A*	1.08
% of Calories				3.75%		42.2%	37.8%	20.0%	0.0%		72.2%		8.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/06/2023

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)	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
991695 Juice, Fruit Punch, 6 oz - OKI	3/4c	1	80	0.00	10	19	0	0.00	0.00	0	21.00	0.00	0.00	*N/A*	10.0	*N/A*	0.30
Weighted Daily Average			170	0.00	170	21	0	2.50	0.00	0	35.00	2.00	2.00	*0	18.0	*0.00	4.30
% of Calories				0.00%		49.4%	0%	13.2%	0.0%		82.4%		4.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	1	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			370	3.00	370	35	24	10.50	0.00	15	57.00	2.00	13.00	*499	352.0	*1.20	1.08
% of Calories				7.30%		37.8%	25.9%	25.5%	0.0%		61.6%		14.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023 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)
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
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 - 12/11/2023 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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			221	1.50	125	17	6	4.53	0.00	15	33.27	2.02	10.02	*499	319.2	*1.20	1.01
% of Calories				6.11%		30.8%	10.9%	18.4%	0.0%		60.2%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/12/2023 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)
991674 Crackers, Herb - OKI	1BG	1	90	0.00	190	2	2	3.00	0.00	0	15.00	1.00	1.00	*N/A*	7.0	*N/A*	2.00
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			201	6.07	392	2	2	12.11	0.00	30	16.01	1.00	8.09	*N/A*	210.5	*N/A*	2.00
% of Calories				27.18 %		4.0%	4.0%	54.2%	0.0%		31.9%		16.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/13/2023 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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	1	270	1.50	250	24	24	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			370	3.00	370	35	24	10.50	0.00	15	57.00	2.00	13.00	*499	352.0	*1.20	1.08
% of Calories				7.30%		37.8%	25.9%	25.5%	0.0%		61.6%		14.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/14/2023 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)
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
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			126	0.04	102	6	0	2.12	0.00	0	21.98	5.55	6.71	*115	50.6	*3.07	2.31
% of Calories				0.29%		19.0%	0%	15.1%	0.0%		69.8%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/15/2023 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)
991624 Cereal, Honey Bunches, Honey Crunch - OKI	1BG	1	111	0.00	76	6	5	1.52	0.00	0	23.29	2.02	2.02	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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			211	1.50	196	17	5	4.02	0.00	15	34.29	2.02	10.02	*499	*300.0	*1.20	*0.00
% of Calories				6.40%		32.2%	9.5%	17.1%	0.0%		65.0%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/18/2023 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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01
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			221	1.50	125	17	6	4.53	0.00	15	33.27	2.02	10.02	*499	319.2	*1.20	1.01
% of Calories				6.11%		30.8%	10.9%	18.4%	0.0%		60.2%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/19/2023 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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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									

Wednesday - 12/20/2023

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)
991674 Crackers, Herb - OKI	1BG	1	90	0.00	190	2	2	3.00	0.00	0	15.00	1.00	1.00	*N/A*	7.0	*N/A*	2.00
991695 Juice, Fruit Punch, 6 oz - OKI	3/4c	1	80	0.00	10	19	0	0.00	0.00	0	21.00	0.00	0.00	*N/A*	10.0	*N/A*	0.30
Weighted Daily Average			170	0.00	200	21	2	3.00	0.00	0	36.00	1.00	1.00	*N/A*	17.0	*N/A*	2.30
% of Calories				0.00%		49.4%	4.7%	15.9%	0.0%		84.7%		2.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/21/2023

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)
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

Portion Values

Dec 1, 2023 thru Dec 22, 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 - 12/22/2023

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)
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									

		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		230	2	216	17	7	6.44	0.00	9	35.48	2.92	8.26	*260	*216.0	*1.10	*2.06
% of Calories			6.14%		29.6%	12.2%	25.2%	0.0%		61.7%		14.4%				

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

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