

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

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

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

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)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			410	0.81	220	56	14	5.55	0.00	10	77.60	5.66	14.06	*481	*584.4	*0.60	*0.73
% of Calories				1.78%		54.6%	13.7%	12.2%	0.0%		75.7%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/02/2024

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)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	300	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
990646 Craisins - OKI	1/2c	300	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
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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			540	3.38	403	64	13	9.64	0.00	15	100.41	9.26	14.39	*481	331.0	*6.45	1.90
% of Calories				5.63%		47.4%	9.6%	16.1%	0.0%		74.4%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/03/2024

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)
991835 Muffin, Blueberry, WG, 2oz - OKI	1BG	300	159	0.99	149	16	16	4.97	0.00	0	26.86	1.00	2.98	*N/A*	*N/A*	*N/A*	*N/A*
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	300	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
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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
991827 Juice, Orange, Citrus Sun, 1/2c - OKI	1/2c	300	60	0.00	0	12	0	0.00	0.00	0	14.00	0.00	1.00	*N/A*	15.0	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			440	3.34	313	53	16	11.52	*0.00	180	69.50	3.87	18.12	*545	*333.5	*6.10	*1.18
% of Calories				6.83%		48.2%	14.5%	23.6%	*0.0%		63.2%		16.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990637 Biscuits & Gravy - OKI	2oz	300	440	9.92	1080	6	*N/A*	22.73	0.00	77	35.21	2.00	24.65	*N/A*	524.2	*N/A*	2.36
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	155	0.06	3	27	*N/A*	0.38	0.00	0	41.45	8.44	0.98	*N/A*	24.5	11.70	0.49
991461 Fruit, Cups, Assorted - OKI	1/2c	300	129	0.00	0	26	0	0.00	0.00	0	31.60	1.80	*0.40	*N/A*	*14.8	*N/A*	*0.50
990668 Milk, 1/2PNT, 1% - OKI	1c	150	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	150	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			901	11.60	1298	81	0	25.79	0.00	97	130.51	12.24	*41.67	*962	*1140.2	*12.90	*3.43
% of Calories				11.59 %		36.0%	0%	25.8%	0.0%		57.9%		*18.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/05/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

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Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			456	4.85	506	45	0	9.56	*0.00	30	81.67	6.79	*14.36	*545	*353.2	*6.10	*2.44
% of Calories				9.57%		39.5%	0%	18.9%	*0.0%		71.6%		*12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/08/2024

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)
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	300	200	0.00	110	18	3	4.00	0.00	5	34.00	2.00	5.00	*N/A*	290.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			410	0.81	220	56	3	5.55	0.00	15	77.54	5.66	14.05	*481	*583.3	*0.60	*0.73
% of Calories				1.78%		54.6%	2.9%	12.2%	0.0%		75.6%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991733 Frudel, Cherry, IW - OKI	2BG	300	200	0.50	270	10	9	5.00	0.00	0	38.00	2.00	5.00	*N/A*	0.0	*N/A*	1.60
990646 Craisins - OKI	1/2c	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			476	1.34	379	59	9	6.53	0.00	10	96.85	8.22	13.31	*481	300.6	*6.45	1.88
% of Calories				2.53%		49.6%	7.6%	12.3%	0.0%		81.4%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/10/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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
991827 Juice, Orange, Citrus Sun, 1/2c - OKI	1/2c	300	60	0.00	0	12	0	0.00	0.00	0	14.00	0.00	1.00	*N/A*	15.0	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			452	4.85	506	44	0	9.56	*0.00	30	79.87	5.89	15.16	*545	*360.8	*6.10	*2.19
% of Calories				9.66%		38.9%	0%	19.0%	*0.0%		70.7%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/11/2024

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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	300	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
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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			487	1.74	695	49	0	6.53	0.00	39	84.65	9.12	*25.51	*481	*378.0	*6.45	*3.53
% of Calories				3.22%		40.2%	0%	12.1%	0.0%		69.5%		*21.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	300	81000	1350.00	72000	4500	*N/A*	3600.00	0.00	6000	11700.00	1200.00	1500.00	*N/A*	9000.0	*N/A*	420.00
991461 Fruit, Cups, Assorted - OKI	1/2c	300	19380	0.00	0	3900	0	0.00	0.00	0	4740.00	270.00	*60.00	*N/A*	*2220.0	*N/A*	*75.60
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	18663	10.05	359	3729	*N/A*	61.02	*N/A*	0	4956.48	861.30	93.30	19381	2153.4	1650.90	43.20
990668 Milk, 1/2PNT, 1% - OKI	1c	150	15000	224.86	18000	1650	*N/A*	375.24	0.00	2250	1649.94	0.00	1199.85	74843	44999.8	180.00	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	11567	19.05	14288	1732	*N/A*	27.21	0.00	680	1687.36	0.00	1146.45	69400	41503.6	0.00	10.20
Weighted Daily Average			145610	1603.96	104647	15511	0	4063.47	*0.00	8930	24733.78	2331.30	*3999.60	*163623	*998769	*1830.90	*549.00
% of Calories				9.91%		42.6%	0%	25.1%	*0.0%		67.9%		*11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/15/2024

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)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

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Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			410	0.81	220	56	14	5.55	0.00	10	77.60	5.66	14.06	*481	*584.4	*0.60	*0.73
% of Calories				1.78%		54.6%	13.7%	12.2%	0.0%		75.7%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/16/2024

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)
991757 French Toast, Slice, Cinn, WG, Sunny Fresh - OKI	1.5BG, 1MMA	300	210	2.50	300	8	8	7.00	0.00	105	28.00	2.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990646 Craisins - OKI	1/2c	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			486	3.34	409	57	8	8.53	0.00	115	86.85	8.22	16.31	*481	*300.6	*6.45	*0.28
% of Calories				6.19%		46.9%	6.6%	15.8%	0.0%		71.5%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991835 Muffin, Blueberry, WG, 2oz - OKI	1BG	300	159	0.99	149	16	16	4.97	0.00	0	26.86	1.00	2.98	*N/A*	*N/A*	*N/A*	*N/A*
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	300	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
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
991827 Juice, Orange, Citrus Sun, 1/2c - OKI	1/2c	300	60	0.00	0	12	0	0.00	0.00	0	14.00	0.00	1.00	*N/A*	15.0	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			428	3.31	312	52	16	11.32	0.00	180	66.98	2.00	17.80	*481	*331.3	*0.60	*1.03
% of Calories				6.96%		48.6%	15.0%	23.8%	0.0%		62.6%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/18/2024

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)
991309 Pancakes, Bacon, Turkey - OKI	2BG	300	260	2.00	890	7	*N/A*	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40
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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			491	2.84	999	45	0	13.53	0.00	51	74.65	7.12	*22.51	*481	*308.0	*6.45	*0.93
% of Calories				5.21%		36.7%	0%	24.8%	0.0%		60.8%		*18.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/19/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			456	4.85	506	45	0	9.56	*0.00	30	81.67	6.79	*14.36	*545	*353.2	*6.10	*2.44
% of Calories				9.57%		39.5%	0%	18.9%	*0.0%		71.6%		*12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991836 Cereal, Chex, Blueberry, Bowlpack - OKI	1BG	300	121	0.00	182	6	6	2.53	0.00	0	23.29	1.01	1.01	6	6.1	6.08	45.56
990696 Cheese, String - OKI	1MMA	300	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
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			412	4.81	492	45	6	10.08	0.00	30	68.82	4.67	16.06	*487	*497.4	*6.68	*45.60
% of Calories				10.51 %		43.7%	5.8%	22.0%	0.0%		66.8%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/23/2024

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)
991819 Pancake, Bites, Poffitz, WG, IW - OKI	2BG	300	250	1.00	290	13	11	12.01	0.00	40	37.02	2.00	4.00	*N/A*	36.0	*N/A*	1.00
990646 Craisins - OKI	1/2c	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990704 Syrup, PKT - OKI	1	150	60	0.00	11	11	*N/A*	0.00	0.00	0	15.10	0.00	0.00	*N/A*	0.5	*N/A*	0.02
Weighted Daily Average			587	1.84	410	73	11	13.54	0.00	50	110.97	8.22	12.31	*481	337.1	*6.45	1.30
% of Calories				2.82%		49.7%	7.5%	20.8%	0.0%		75.6%		8.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/24/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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
991827 Juice, Orange, Citrus Sun, 1/2c - OKI	1/2c	300	60	0.00	0	12	0	0.00	0.00	0	14.00	0.00	1.00	*N/A*	15.0	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			452	4.85	506	44	0	9.56	*0.00	30	79.87	5.89	15.16	*545	*360.8	*6.10	*2.19
% of Calories				9.66%		38.9%	0%	19.0%	*0.0%		70.7%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	3001	2561	9.00	5862	110	*N/A*	50.02	0.00	290	370.12	40.01	170.06	*N/A*	700.2	*N/A*	30.01
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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			2792	9.85	5971	148	0	51.55	0.00	300	417.77	45.13	*178.57	*481	*1008.2	*6.45	*30.54
% of Calories				3.18%		21.2%	0%	16.6%	0.0%		59.9%		*25.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/26/2024

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)
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	300	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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			485	5.35	349	52	0	13.54	*0.00	30	82.45	7.77	*13.33	*545	*332.9	*6.10	*1.83
% of Calories				9.93%		42.9%	0%	25.1%	*0.0%		68.0%		*11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/29/2024

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)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			410	0.81	220	56	14	5.55	0.00	10	77.60	5.66	14.06	*481	*584.4	*0.60	*0.73
% of Calories				1.78%		54.6%	13.7%	12.2%	0.0%		75.7%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	300	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
990646 Craisins - OKI	1/2c	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			540	3.38	403	64	13	9.64	0.00	15	100.41	9.26	14.39	*481	331.0	*6.45	1.90
% of Calories				5.63%		47.4%	9.6%	16.1%	0.0%		74.4%		10.7%				
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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	7188	76	5454	762	6	196.17	*0.00	464	1220.82	114.29	*205.42	*7936	*4980.5	*88.26	*29.84
% of Calories		9.58%		42.4%	0.3%	24.6%	*0.0%		67.9%		*11.4%				

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.

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name: Prek Breakfast - 2 day hot/3 day cold
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 04/01/2024

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)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			360	0.81	220	44	14	5.55	0.00	10	63.60	4.66	14.06	*481	*579.4	*0.60	*0.73
% of Calories				2.02%		48.9%	15.6%	13.9%	0.0%		70.7%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/02/2024

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)
991266 Cheerios, Bowlpack - OKI	1BG	300	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00
990653 Applesauce, Cup - OKI	1/2c	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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			239	0.81	248	24	0	3.34	0.00	10	46.12	4.00	11.82	*481	373.3	*0.60	9.03
% of Calories				3.05%		40.2%	0%	12.6%	0.0%		77.2%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/03/2024

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)
991835 Muffin, Blueberry, WG, 2oz - OKI	1BG	300	159	0.99	149	16	16	4.97	0.00	0	26.86	1.00	2.98	*N/A*	*N/A*	*N/A*	*N/A*
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	300	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
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			347	3.32	312	34	16	11.41	*0.00	180	46.78	2.35	16.95	*511	*314.7	*3.20	*1.10
% of Calories				8.61%		39.2%	18.4%	29.6%	*0.0%		53.9%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990637 Biscuits & Gravy - OKI	2oz	300	220	4.96	540	3	*N/A*	11.36	0.00	39	17.61	1.00	12.32	*N/A*	262.1	*N/A*	1.18
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			373	5.77	647	27	0	12.71	0.00	48	44.53	1.90	*20.34	*481	*557.9	*0.60	*1.47
% of Calories				13.92 %		29.0%	0%	30.7%	0.0%		47.8%		*21.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/05/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			399	4.91	505	29	0	9.62	0.00	30	67.02	5.03	14.70	*530	*342.5	*7.33	*2.25
% of Calories				11.08 %		29.1%	0%	21.7%	0.0%		67.2%		14.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/08/2024

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)
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	300	200	0.00	110	18	3	4.00	0.00	5	34.00	2.00	5.00	*N/A*	290.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			360	0.81	220	44	3	5.55	0.00	15	63.54	4.66	14.05	*481	*578.3	*0.60	*0.73
% of Calories				2.02%		48.9%	3.3%	13.9%	0.0%		70.6%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/09/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			380	4.82	504	31	0	9.36	0.00	30	63.35	4.02	13.85	*481	*343.6	*0.60	*2.05
% of Calories				11.42 %		32.6%	0%	22.2%	0.0%		66.7%		14.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/10/2024

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)
990783 Bagel, Blueberry, WG, Bulk - OKI	2BG	300	150	0.00	180	5	*N/A*	1.00	0.00	0	32.00	3.00	5.00	*N/A*	10.0	*N/A*	1.60
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			338	4.84	403	23	0	9.45	*0.00	30	51.93	4.36	13.97	*511	*301.7	*3.20	*1.70
% of Calories				12.89 %		27.2%	0%	25.2%	*0.0%		61.5%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	300	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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			409	1.71	694	35	0	6.34	0.00	39	63.92	4.90	*25.02	*481	*365.7	*0.60	*3.29
% of Calories				3.76%		34.2%	0%	14.0%	0.0%		62.5%		*24.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/12/2024

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)
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			427	5.40	348	36	0	13.60	0.00	30	67.80	6.01	13.66	*530	322.2	*7.33	1.64
% of Calories				11.38 %		33.7%	0%	28.7%	0.0%		63.5%		12.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/15/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			360	0.81	220	44	14	5.55	0.00	10	63.60	4.66	14.06	*481	*579.4	*0.60	*0.73
% of Calories				2.02%		48.9%	15.6%	13.9%	0.0%		70.7%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/16/2024

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)
991757 French Toast, Slice, Cinn, WG, Sunny Fresh - OKI	1.5BG, 1MMA	300	210	2.50	300	8	8	7.00	0.00	105	28.00	2.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990704 Syrup, PKT - OKI	1	300	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			469	3.31	430	53	8	8.34	0.00	115	83.32	3.00	15.82	*481	*294.3	*0.60	*0.06
% of Calories				6.35%		45.2%	6.8%	16.0%	0.0%		71.1%		13.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/17/2024

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)
991835 Muffin, Blueberry, WG, 2oz - OKI	1BG	300	159	0.99	149	16	16	4.97	0.00	0	26.86	1.00	2.98	*N/A*	*N/A*	*N/A*	*N/A*
990699 Egg, Hard Boiled, 1MMA - OKI	1MMA	300	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
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			347	3.32	312	34	16	11.41	*0.00	180	46.78	2.35	16.95	*511	*314.7	*3.20	*1.10
% of Calories				8.61%		39.2%	18.4%	29.6%	*0.0%		53.9%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991309 Pancakes, Bacon, Turkey - OKI	2BG	300	260	2.00	890	7	*N/A*	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40
990704 Syrup, PKT - OKI	1	300	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			534	2.81	1020	53	0	13.34	0.00	51	84.12	2.90	*22.02	*481	*296.7	*0.60	*0.72
% of Calories				4.74%		39.7%	0%	22.5%	0.0%		63.0%		*16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/19/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			328	0.90	390	28	0	2.60	0.00	10	66.02	5.03	13.70	*530	342.5	*7.33	2.25
% of Calories				2.47%		34.1%	0%	7.1%	0.0%		80.5%		16.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/22/2024

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)
991836 Cereal, Chex, Blueberry, Bowlpack - OKI	1BG	300	121	0.00	182	6	6	2.53	0.00	0	23.29	1.01	1.01	6	6.1	6.08	45.56
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			282	0.81	292	32	6	4.08	0.00	10	52.82	3.67	10.06	*487	*294.4	*6.68	*45.60
% of Calories				2.59%		45.4%	8.5%	13.0%	0.0%		74.9%		14.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/23/2024

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)
991819 Pancake, Bites, Poffitz, WG, IW - OKI	2BG	300	250	1.00	290	13	11	12.01	0.00	40	37.02	2.00	4.00	*N/A*	36.0	*N/A*	1.00
990704 Syrup, PKT - OKI	1	300	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			509	1.81	420	58	11	13.35	0.00	50	92.34	3.00	11.82	*481	330.3	*0.60	1.06
% of Calories				3.20%		45.6%	8.6%	23.6%	0.0%		72.6%		9.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/24/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	300	171	0.00	282	7	*N/A*	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	1	300	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			359	4.84	505	25	0	9.46	*0.00	30	57.15	4.37	14.00	*511	*342.0	*3.20	*2.11
% of Calories				12.13 %		27.9%	0%	23.7%	*0.0%		63.7%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	300	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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			409	1.71	694	35	0	6.34	0.00	39	63.92	4.90	*25.02	*481	*365.7	*0.60	*3.29
% of Calories				3.76%		34.2%	0%	14.0%	0.0%		62.5%		*24.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/26/2024

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)
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			427	5.40	348	36	0	13.60	0.00	30	67.80	6.01	13.66	*530	322.2	*7.33	1.64
% of Calories				11.38 %		33.7%	0%	28.7%	0.0%		63.5%		12.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/29/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	300	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			360	0.81	220	44	14	5.55	0.00	10	63.60	4.66	14.06	*481	*579.4	*0.60	*0.73
% of Calories				2.02%		48.9%	15.6%	13.9%	0.0%		70.7%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/30/2024

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)
991266 Cheerios, Bowlpack - OKI	1BG	300	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00
990653 Applesauce, Cup - OKI	1/2c	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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			239	0.81	248	24	0	3.34	0.00	10	46.12	4.00	11.82	*481	373.3	*0.60	9.03
% of Calories				3.05%		40.2%	0%	12.6%	0.0%		77.2%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
Weighted Averages	375	3	418	36	5	8.36	*0.00	44	62.10	4.11	*15.52	*496	*387.0	*2.57	*4.20
% of Calories		6.60%		38.4%	5.3%	20.1%	*0.0%		66.2%		*16.6%				

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

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name: 1 Entree Hot Lunch
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 04/01/2024

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
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
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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
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	33	0.50	40	4	*N/A*	0.83	0.00	5	3.67	0.00	2.67	166	100.0	0.40	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	37	0.00	70	6	6	0.00	0.00	2	6.33	0.00	2.33	3	96.7	*N/A*	0.03
990669 Milk, 1/2PNT, Skim - OKI	1c	100	26	0.04	32	4	*N/A*	0.06	0.00	2	3.75	0.00	2.55	154	92.2	0.00	0.02
Weighted Daily Average			584	4.58	1163	36	6	11.62	*0.00	38	89.58	14.26	18.25	*463	572.8	*5.90	4.87
% of Calories				7.06%		24.7%	4.1%	17.9%	*0.0%		61.4%		12.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/02/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	500	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990686 Ketchup, Pkt - OKI	1	500	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	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			531	3.64	816	52	4	11.08	0.00	40	83.74	5.87	*27.21	*394	*398.1	*0.72	*4.74
% of Calories				6.17%		39.2%	3.0%	18.8%	0.0%		63.1%		*20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/03/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	500	133	3.87	205	0	*N/A*	7.41	0.00	47	1.33	0.00	13.48	*12	*99.5	*0.00	0.58
990705 Sauce, Taco, PKT - OKI	1	500	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*
991777 Tortilla, WG, 6-IN, 2BG - OKI	2BG	500	180	2.99	379	2	*N/A*	4.99	0.00	0	29.94	0.00	3.99	*N/A*	*N/A*	*N/A*	*N/A*
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	500	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	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			503	7.91	819	27	4	14.43	*0.00	58	66.96	3.53	27.08	*1381	*407.8	*22.68	*1.12
% of Calories				14.15 %		21.5%	3.2%	25.8%	*0.0%		53.2%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	500	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
990678 Sauce, Ranch, PKT - OKI	1	500	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
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			517	8.92	828	32	5	17.60	0.00	51	61.89	3.18	27.85	*5797	*326.1	*7.43	*0.68
% of Calories				15.53 %		24.8%	3.9%	30.6%	0.0%		47.9%		21.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/05/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990827 Chicken & Waffles - OKI	2BG, 2MMA	500	330	2.50	575	3	*N/A*	17.01	0.00	30	30.01	4.00	16.01	*N/A*	42.0	*N/A*	2.90
990704 Syrup, PKT - OKI	1	500	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
990746 Tater, Tots, 3/4c - OKI	3/4c	500	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*
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990686 Ketchup, Pkt - OKI	1	300	7	0.00	58	1	*N/A*	0.05	0.00	0	1.56	0.07	0.06	*N/A*	0.6	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04
990669 Milk, 1/2PNT, Skim - OKI	1c	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			766	3.50	1050	55	7	22.77	0.00	37	117.83	10.77	25.25	*288	*342.4	*6.09	*3.26
% of Calories				4.11%		28.7%	3.7%	26.8%	0.0%		61.5%		13.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/08/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	340	3.50	236	5	*N/A*	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	500	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			541	4.57	528	33	4	13.62	*0.00	47	79.11	12.13	29.99	*1302	*420.8	*92.99	*2.25
% of Calories				7.60%		24.4%	3.0%	22.7%	*0.0%		58.5%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	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
991848 Fries, Sweet Potato, 3/4c - OKI	3/4c	500	292	3.86	241	6	*N/A*	15.45	0.00	0	36.69	5.79	1.93	*N/A*	*N/A*	*N/A*	*N/A*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990686 Ketchup, Pkt - OKI	1	500	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	500	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	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			752	7.53	1063	38	4	29.58	0.00	59	99.61	11.67	24.11	*386	*423.7	*0.48	*2.28
% of Calories				9.01%		20.2%	2.1%	35.4%	0.0%		53.0%		12.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	320	7.00	600	6	1	14.00	0.00	40	31.00	3.00	18.00	80	290.0	0.00	2.50
990705 Sauce, Taco, PKT - OKI	1	500	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*
990744 Corn, 3/4c - OKI	3/4c	500	99	0.00	1	4	*N/A*	1.48	0.00	0	23.61	2.95	2.95	*N/A*	*N/A*	*N/A*	*N/A*
990663 Grapes, 1/2 cup - OKI	1/2c	500	52	0.09	2	13	*N/A*	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			573	8.02	831	36	5	17.30	0.00	51	81.62	6.84	29.23	*551	*594.2	*3.83	*2.76
% of Calories				12.60 %		25.1%	3.5%	27.2%	0.0%		57.0%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991781 Chicken, Drumstick, BBQ - OKI	2MMA	500	197	2.72	242	0	*N/A*	10.17	0.00	102	4.71	0.00	19.99	*0	8.8	*0.00	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	500	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991327 Cauliflower, Fresh, 3/4c - OKI	3/4c	500	33	0.17	40	3	*N/A*	0.37	0.00	0	6.55	2.64	2.53	0	29.0	63.54	0.55
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
990678 Sauce, Ranch, PKT - OKI	1	250	5	0.00	63	1	*N/A*	0.00	0.00	0	1.12	0.12	0.09	*N/A*	3.3	*N/A*	0.01
Weighted Daily Average			562	3.82	688	36	8	14.08	0.00	118	73.03	5.76	35.34	*394	*334.5	*64.26	*3.08
% of Calories				6.12%		25.6%	5.7%	22.5%	0.0%		52.0%		25.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Friday - 04/12/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	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	500	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
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990678 Sauce, Ranch, PKT - OKI	1	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			838	7.76	1277	43	4	34.23	*0.00	41	103.04	20.06	22.72	*654	*625.0	*18.93	*4.63
% of Calories				8.33%		20.5%	1.9%	36.8%	*0.0%		49.2%		10.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991922 Picadillo, Beef, Rice, White - OKI	2BG, 2MMA	500	425	4.75	435	4	*N/A*	12.80	*0.73	44	56.33	5.43	19.81	*112	*47.1	*24.31	*2.73
991327 Cauliflower, Fresh, 3/4c - OKI	3/4c	500	33	0.17	40	3	*N/A*	0.37	0.00	0	6.55	2.64	2.53	0	29.0	63.54	0.55
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990678 Sauce, Ranch, PKT - OKI	1	100	2	0.00	25	0	*N/A*	0.00	0.00	0	0.45	0.05	0.04	*N/A*	1.3	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	100	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04
990669 Milk, 1/2PNT, Skim - OKI	1c	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			616	5.31	647	33	7	13.95	*0.73	51	94.15	10.99	30.14	*465	*371.3	*93.59	*3.50
% of Calories				7.76%		21.4%	4.5%	20.4%	*1.1%		61.1%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991932 Cheese-stuffed, Breadsticks - OKI	2BG, 2MMA	500	292	6.05	494	5	1	11.09	0.00	30	30.25	2.02	19.16	81	363.0	0.00	1.92
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	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
990807 Sauce, Marinara, PC - OKI	1/4c	500	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	500	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	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			516	*6.71	1039	*37	*8	12.99	*0.00	*39	74.20	*5.95	29.61	*1924	*664.4	*63.62	*2.20
% of Calories				*11.70 %		*28.7%	*6.2%	22.7%	*0.0%		57.5%		23.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991847 Sandwich, EM, Egg, Sausage, Turkey - OKI	2BG, 2MMA	500	241	2.01	431	2	*N/A*	10.06	0.00	106	22.01	1.00	15.04	*N/A*	*282.4	*N/A*	*1.60
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	500	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	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	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04
990669 Milk, 1/2PNT, Skim - OKI	1c	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			598	2.45	810	28	7	15.51	0.00	113	88.43	6.17	26.47	*338	*589.0	*6.97	*2.81
% of Calories				3.69%		18.7%	4.7%	23.3%	0.0%		59.2%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	500	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991674 Crackers, Herb - OKI	1BG	500	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
990686 Ketchup, Pkt - OKI	1	500	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
990662 Bean, BBQ, Salad, 3/4 c- OKI	3/4c	500	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			743	3.43	1542	36	6	20.72	0.00	36	107.76	14.33	34.56	*394	*400.7	*0.72	*6.02
% of Calories				4.15%		19.4%	3.2%	25.1%	0.0%		58.0%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991843 Chicken, Orange, Rice, White - OKI	2BG, 2MMA	500	433	3.54	460	10	*N/A*	18.22	0.00	40	48.56	3.25	17.22	*N/A*	*18.3	*0.00	*2.02
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	500	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990678 Sauce, Ranch, PKT - OKI	1	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	300	46	0.08	57	7	*N/A*	0.11	0.00	3	6.75	0.00	4.59	278	166.0	0.00	0.04
Weighted Daily Average			640	4.05	743	39	4	19.38	0.00	47	90.59	10.18	28.17	*972	*365.8	*91.06	*3.04
% of Calories				5.70%		24.4%	2.5%	27.3%	0.0%		56.6%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991188 Chili, Veggie, 2MMA - OKI	6oz	500	132	0.05	677	4	0	1.63	*0.00	0	23.43	7.20	7.33	*470	*55.4	*12.37	*1.67
991934 Chips, SunChips, WG, IW, 2BG - OKI	2BG	500	210	1.00	170	3	3	9.00	0.00	0	28.00	4.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	500	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
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	250	5	0.00	63	1	*N/A*	0.00	0.00	0	1.12	0.12	0.09	*N/A*	3.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			522	1.75	1140	35	10	12.04	*0.00	9	86.20	15.74	18.93	*1265	*396.0	*21.36	*2.07
% of Calories				3.02%		26.8%	7.7%	20.8%	*0.0%		66.1%		14.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991736 Totchos, Barbacoa, Cheese - OKI	2MMA	500	175	6.51	643	0	0	11.02	0.00	55	6.01	0.00	13.57	*N/A*	223.0	*N/A*	0.56
990690 Chips, tortilla, WG, IW- OKI	2BG	500	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
990705 Sauce, Taco, PKT - OKI	1	250	2	0.00	48	0	*N/A*	0.01	0.00	0	0.52	0.09	0.03	*N/A*	*N/A*	*N/A*	*N/A*
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	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
990684 Salsa Cup - OKI	1/4c Veg	500	15	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	250	5	0.00	63	1	*N/A*	0.00	0.00	0	1.12	0.12	0.09	*N/A*	3.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			579	8.46	1150	32	4	19.92	0.00	66	73.69	7.91	27.14	*1942	*563.1	*63.86	*1.41
% of Calories				13.15 %		22.1%	2.8%	31.0%	0.0%		50.9%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	500	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
991279 Salad, Bean, White, Italian - OKI	3/4c	500	271	0.66	492	5	*N/A*	4.57	*0.00	*0	44.09	8.13	9.12	*125	73.1	*1.94	5.14
990663 Grapes, 1/2 cup - OKI	1/2c	500	52	0.09	2	13	*N/A*	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22
990668 Milk, 1/2PNT, 1% - OKI	1c	100	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	300	46	0.08	57	7	*N/A*	0.11	0.00	3	6.75	0.00	4.59	278	166.0	0.00	0.04
Weighted Daily Average			692	5.12	1066	39	4	15.45	*0.00	*37	103.16	13.83	19.19	*631	588.0	*5.29	8.03
% of Calories				6.66%		22.5%	2.3%	20.1%	*0.0%		59.6%		11.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991851 Chicken, Drumstick, Lemon pepper, Honey - OKI	2MMA	500	23	0.00	417	2	*N/A*	0.00	0.00	0	5.67	0.00	0.00	*0	*0.0	*0.00	*0.00
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	500	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
990686 Ketchup, Pkt - OKI	1	250	6	0.00	48	1	*N/A*	0.04	0.00	0	1.30	0.06	0.05	*N/A*	0.5	*N/A*	0.01
990746 Tater, Tots, 3/4c - OKI	3/4c	500	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*
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			493	1.54	1056	37	8	8.53	0.00	16	88.66	5.54	14.02	*394	*293.8	*0.72	*1.75
% of Calories				2.81%		30.0%	6.5%	15.6%	0.0%		71.9%		11.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991525 Tamale, Beef - OKI	2BG, 2MMA	500	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			566	8.97	325	26	4	20.84	0.00	31	74.47	8.17	23.21	*5797	365.9	*13.28	3.91
% of Calories				14.26 %		18.4%	2.8%	33.1%	0.0%		52.6%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	500	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
990758 Carrots, Fresh, Baby, 1/2c - OKI	1/2c	500	25	0.02	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45	9695	22.5	1.83	0.63
990807 Sauce, Marinara, PC - OKI	1/4c	500	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	100	2	0.00	25	0	*N/A*	0.00	0.00	0	0.45	0.05	0.04	*N/A*	1.3	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			555	*8.95	1026	*32	*5	18.29	*0.00	*51	70.40	*6.95	28.48	*10154	*324.3	*8.05	*0.81
% of Calories				*14.51 %		*23.1%	*3.6%	29.7%	*0.0%		50.7%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	500	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991674 Crackers, Herb - OKI	1BG	500	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
991939 Cookie, Choc, Chip, Dough - OKI	1BG	500	170	2.00	105	12	12	5.00	0.00	10	27.00	2.00	2.00	*N/A*	10.0	*N/A*	1.00
991212 Pickle, Spears - OKI	3/4c	500	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			688	5.43	1883	42	18	23.75	0.00	46	156.57	8.66	25.96	*394	*381.6	*0.72	*4.93
% of Calories				7.10%		24.4%	10.5%	31.1%	0.0%		91.0%		15.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
Weighted Averages	608	*5.56	977	*37	*6	17.62	*0.03	*49	89.30	*9.48	*26.04	*1649	*443.2	*26.93	*3.19
% of Calories		*8.23%		*24.3%	*3.9%	26.1%	*0.0%		58.8%		*17.1%				

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

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

Monday - 04/01/2024 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	200	187	2.67	300	5	*N/A*	6.67	0.00	20	22.00	3.33	1.33	33	146.7	0.00	1.73
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	50	47	0.58	78	1	*N/A*	1.83	0.00	2	5.50	0.67	2.67	*N/A*	51.7	*N/A*	0.42
991097 Sandwich, Turkey Cheddar, Bun- OKI	1	50	39	0.42	97	0	*N/A*	1.01	0.00	5	4.31	0.33	3.17	*0	25.5	*0.00	0.23
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
990648 Apple, Fresh, 138CT, - OKI	1/2c	300	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	33	0.50	40	4	*N/A*	0.83	0.00	5	3.67	0.00	2.67	166	100.0	0.40	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	37	0.00	70	6	6	0.00	0.00	2	6.33	0.00	2.33	3	96.7	*N/A*	0.03
990669 Milk, 1/2PNT, Skim - OKI	1c	100	26	0.04	32	4	*N/A*	0.06	0.00	2	3.75	0.00	2.55	154	92.2	0.00	0.02
Weighted Daily Average			567	4.25	1063	34	6	11.12	*0.00	36	86.16	13.35	23.23	*446	570.1	*5.90	4.63
% of Calories				6.75%		24.0%	4.2%	17.7%	*0.0%		60.8%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/02/2024 Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	400	213	2.16	392	2	*N/A*	7.19	0.00	23	22.29	2.39	14.37	*N/A*	73.4	*N/A*	2.71
990610 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	50	29	0.05	68	1	*N/A*	0.65	0.00	0	3.49	0.50	2.20	*N/A*	*5.0	*N/A*	*0.14
990799 Salad, Chicken - OKI	3 oz	50	13	0.16	21	0	*N/A*	0.69	*0.00	4	0.19	0.01	1.41	*1	*0.1	*0.02	0.08
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	21	0.10	25	0	*N/A*	0.70	0.00	0	3.40	0.40	*N/A*	0	1.8	*N/A*	0.20
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	500	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990686 Ketchup, Pkt - OKI	1	450	10	0.00	87	2	*N/A*	0.07	0.00	0	2.33	0.11	0.09	*N/A*	0.9	*N/A*	0.02
990679 Mustard, PKT - OKI	1	450	4	0.01	59	0	*N/A*	0.24	0.00	0	0.20	0.09	0.18	*N/A*	1.9	*N/A*	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			539	3.41	816	52	4	11.29	*0.00	38	84.96	6.15	*27.20	*395	*386.4	*0.74	*4.46
% of Calories				5.69%		38.6%	3.0%	18.9%	*0.0%		63.1%		*20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/03/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	400	106	3.10	164	0	*N/A*	5.93	0.00	38	1.07	0.00	10.78	*10	*79.6	*0.00	0.47

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990705 Sauce, Taco, PKT - OKI	1	500	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*
991776 Taco, Filling, Bean, Refried, Cheese, Shred - OKI	2MMA	50	18	0.60	26	0	*N/A*	1.00	0.00	3	1.35	0.20	0.90	*N/A*	*19.9	*N/A*	*0.00
991777 Tortilla, WG, 6-IN, 2BG - OKI	2BG	450	162	2.69	341	2	*N/A*	4.49	0.00	0	26.94	0.00	3.59	*N/A*	*N/A*	*N/A*	*N/A*
991141 Yogurt, Granola, CJCheese, Crackers Kit - OKI	2BG, 2MMA	50	40	0.60	46	2	0	1.55	0.00	3	4.80	0.40	1.40	*0	49.8	*0.00	0.47
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	500	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	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			517	8.04	812	29	4	15.00	*0.00	55	69.85	4.13	26.29	*1379	*457.6	*22.68	*1.47
% of Calories				14.00 %		22.4%	3.1%	26.1%	*0.0%		54.0%		20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	450	305	7.18	493	3	1	14.36	0.00	36	26.02	1.79	17.05	*N/A*	*N/A*	*N/A*	*N/A*
990605 Wrap, Chicken, Jerk - OKI	2BG, 2MMA	50	27	0.37	69	0	*N/A*	0.84	0.00	4	2.98	0.30	1.80	*0	*4.0	*0.00	0.22

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
990678 Sauce, Ranch, PKT - OKI	1	500	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
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			510	8.49	842	32	4	16.85	0.00	51	61.97	3.28	27.75	*5797	*330.1	*7.43	*0.90
% of Calories				14.98 %		25.1%	3.1%	29.7%	0.0%		48.6%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/05/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990827 Chicken & Waffles - OKI	2BG, 2MMA	400	264	2.00	460	2	*N/A*	13.61	0.00	24	24.01	3.20	12.81	*N/A*	33.6	*N/A*	2.32
990704 Syrup, PKT - OKI	1	450	109	0.00	20	20	*N/A*	0.00	0.00	0	27.17	0.00	0.00	*N/A*	0.8	*N/A*	0.03
991845 Waffles, Chicken, Veggie - OKI	2BG, 2MMA	50	40	0.20	63	0	0	1.90	0.00	1	4.20	0.50	1.70	*N/A*	8.4	*N/A*	0.40
990619 Sandwich, BBQ Chicken - OKI	2BG, 2MMA	50	30	0.12	66	0	*N/A*	0.59	0.00	4	3.76	0.20	1.99	*N/A*	*5.0	*N/A*	0.22
990746 Tater, Tots, 3/4c - OKI	3/4c	500	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*
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990686 Ketchup, Pkt - OKI	1	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04
990669 Milk, 1/2PNT, Skim - OKI	1c	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			762	3.32	1100	54	7	21.89	0.00	36	117.81	10.72	25.78	*288	*347.7	*6.09	*3.30
% of Calories				3.92%		28.3%	3.7%	25.9%	0.0%		61.8%		13.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/08/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	400	272	2.80	189	4	*N/A*	9.22	0.00	29	33.10	5.24	15.26	*200	*55.2	*1.44	*1.09
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	50	40	0.15	105	1	0	0.40	*0.00	1	7.14	0.94	2.10	*19	*18.0	*0.34	*0.45
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	21	0.10	25	0	*N/A*	0.70	0.00	0	3.40	0.40	*N/A*	0	1.8	*N/A*	0.20
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	16	0.66	44	0	0	1.01	0.00	6	0.10	0.00	1.71	*N/A*	20.4	*N/A*	0.00
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	500	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			550	4.78	655	33	4	13.43	*0.00	46	81.47	12.16	*29.98	*1271	*447.2	*92.97	*2.63
% of Calories				7.82%		24.0%	2.9%	22.0%	*0.0%		59.3%		*21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	400	224	2.40	424	2	*N/A*	10.00	0.00	40	23.20	2.40	10.40	*N/A*	105.6	*N/A*	1.70
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	50	28	0.50	106	1	*N/A*	1.00	0.00	3	3.20	0.40	2.00	*N/A*	44.8	*N/A*	0.20
991275 Salad, Pasta, Buffalo, Ranch - OKI	1.5c	50	43	1.25	99	0	*N/A*	2.36	0.00	6	3.88	0.45	1.84	*78	*40.5	*0.74	*0.01
991848 Fries, Sweet Potato, 3/4c - OKI	3/4c	500	292	3.86	241	6	*N/A*	15.45	0.00	0	36.69	5.79	1.93	*N/A*	*N/A*	*N/A*	*N/A*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990686 Ketchup, Pkt - OKI	1	500	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	500	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	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			768	8.68	1162	38	4	30.43	0.00	58	100.89	11.93	25.35	*465	*482.6	*1.22	*2.06
% of Calories				10.17 %		19.8%	2.1%	35.7%	0.0%		52.5%		13.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991404 Sandwich, Fiestada, Big Daddy's - OKI	2BG, 2MMA	300	192	4.20	360	4	1	8.40	0.00	24	18.60	1.80	10.80	48	174.0	0.00	1.50
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	100	64	1.38	81	0	*N/A*	2.80	0.00	6	6.44	0.89	3.37	*N/A*	*N/A*	*N/A*	*N/A*
990705 Sauce, Taco, PKT - OKI	1	200	2	0.00	38	0	*N/A*	0.01	0.00	0	0.42	0.08	0.03	*N/A*	*N/A*	*N/A*	*N/A*
991686 Salad, Specialty, Chicken, Cheese - OKI	2BG, 2MMA	100	74	1.41	114	1	0	3.53	*0.00	12	6.73	0.62	3.59	*1127	*47.2	*1.33	0.67
990744 Corn, 3/4c - OKI	3/4c	500	99	0.00	1	4	*N/A*	1.48	0.00	0	23.61	2.95	2.95	*N/A*	*N/A*	*N/A*	*N/A*
990663 Grapes, 1/2 cup - OKI	1/2c	500	52	0.09	2	13	*N/A*	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			581	8.01	729	34	5	18.02	*0.00	53	81.76	7.03	28.95	*1646	*525.5	*5.16	*2.43
% of Calories				12.41 %		23.4%	3.4%	27.9%	*0.0%		56.3%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991781 Chicken, Drumstick, BBQ - OKI	2MMA	400	157	2.17	194	0	*N/A*	8.14	0.00	81	3.77	0.00	15.99	*0	7.1	*0.00	0.63
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	400	136	0.00	168	4	3	1.60	0.00	4	25.60	2.40	4.00	*N/A*	0.0	*N/A*	1.36
991304 Veggie, Chicken, Tenders - OKI	2MMA	50	24	0.05	52	0	*N/A*	1.40	0.00	0	1.60	0.70	1.30	*N/A*	5.0	*N/A*	0.24
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	21	0.10	25	0	*N/A*	0.70	0.00	0	3.40	0.40	*N/A*	0	1.8	*N/A*	0.20
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	46	0.30	43	2	*N/A*	1.59	0.00	0	6.42	0.60	1.50	*N/A*	38.0	*N/A*	0.30
990686 Ketchup, Pkt - OKI	1	50	1	0.00	10	0	*N/A*	0.01	0.00	0	0.26	0.01	0.01	*N/A*	0.1	*N/A*	0.00
990784 Cream Cheese, Cup - OKI	1	50	7	0.40	12	0	*N/A*	0.70	0.00	2	0.10	0.00	0.10	*N/A*	*N/A*	*N/A*	*N/A*
991327 Cauliflower, Fresh, 3/4c - OKI	3/4c	500	33	0.17	40	3	*N/A*	0.37	0.00	0	6.55	2.64	2.53	0	29.0	63.54	0.55
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	50	1	0.00	13	0	*N/A*	0.00	0.00	0	0.22	0.02	0.02	*N/A*	0.7	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			584	4.12	688	37	7	16.04	0.00	99	76.57	6.77	*33.18	*394	*375.0	*64.26	*3.32
% of Calories				6.35%		25.3%	4.8%	24.7%	0.0%		52.4%		*22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	168	2.40	270	5	*N/A*	6.00	0.00	18	19.80	3.00	1.20	30	132.0	0.00	1.56
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	100	56	0.70	94	2	*N/A*	2.20	0.00	3	6.60	0.80	3.20	*N/A*	62.0	*N/A*	0.50
991033 Wrap, Chicken, Caesar - OKI	2BG, 2MMA	100	76	*0.73	111	*0	*N/A*	3.88	*0.00	*9	6.36	*0.60	3.79	*N/A*	*8.0	*N/A*	*0.44
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	500	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
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990678 Sauce, Ranch, PKT - OKI	1	500	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	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			858	*7.60	1302	*42	*4	36.30	*0.00	*41	102.80	*19.46	28.92	*634	*607.0	*18.93	*4.52
% of Calories				*7.97%		*19.6%	*1.9%	38.1%	*0.0%		47.9%		13.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991922 Picadillo, Beef, Rice, White - OKI	2BG, 2MMA	400	340	3.80	348	3	*N/A*	10.24	*0.59	35	45.07	4.34	15.84	*89	*37.7	*19.44	*2.19
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	50	28	0.50	106	1	*N/A*	1.00	0.00	3	3.20	0.40	2.00	*N/A*	44.8	*N/A*	0.20
991655 Sandwich, Salad, Chicken, Cranberry - OKI	2BG, 2MMA	50	44	0.69	71	1	0	1.83	0.00	8	4.64	0.48	2.08	*8	*4.3	*0.06	0.26
991327 Cauliflower, Fresh, 3/4c - OKI	3/4c	500	33	0.17	40	3	*N/A*	0.37	0.00	0	6.55	2.64	2.53	0	29.0	63.54	0.55
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			611	5.55	838	35	8	14.22	*0.59	53	92.51	10.97	30.42	*450	*416.2	*88.79	*3.43
% of Calories				8.18%		22.9%	5.2%	20.9%	*0.9%		60.6%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991932 Cheese-stuffed, Breadsticks - OKI	2BG, 2MMA	400	234	4.84	395	4	1	8.87	0.00	24	24.20	1.61	15.33	65	290.4	0.00	1.53
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	100	60	1.17	140	1	0	2.25	0.00	7	5.61	0.40	3.78	*N/A*	70.3	*N/A*	0.36
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	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
990807 Sauce, Marinara, PC - OKI	1/4c	500	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	500	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	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			517	*6.67	1080	*37	*8	13.03	*0.00	*41	73.77	*5.95	29.56	*1908	*662.0	*63.62	*2.18
% of Calories				*11.61 %		*28.6%	*6.2%	22.7%	*0.0%		57.1%		22.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991847 Sandwich, EM, Egg, Sausage, Turkey - OKI	2BG, 2MMA	400	193	1.61	345	2	*N/A*	8.04	0.00	85	17.61	0.80	12.03	*N/A*	*225.9	*N/A*	*1.28
991938 Sandwich, EM, Egg, Sausage, Veggie - OKI	2MMA, 2BG	50	30	0.10	68	0	*N/A*	1.31	0.00	8	2.70	0.30	1.80	*N/A*	31.2	*N/A*	0.30
991387 Salad, Pasta, Buffalo, Ranch, Chicken - OKI	1c	50	36	0.69	64	0	*N/A*	1.53	0.00	5	3.69	0.42	1.91	*52	*20.2	*0.03	*0.04
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	500	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	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	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	200	31	0.05	38	5	*N/A*	0.07	0.00	2	4.50	0.00	3.06	185	110.7	0.00	0.03
Weighted Daily Average			615	2.84	857	28	7	16.34	0.00	104	90.41	6.69	27.18	*390	*583.9	*7.00	*2.83
% of Calories				4.16%		18.2%	4.6%	23.9%	0.0%		58.8%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	400	192	2.00	352	1	*N/A*	11.21	0.00	20	12.81	2.40	11.21	*N/A*	24.0	*N/A*	1.52
991674 Crackers, Herb - OKI	1BG	400	72	0.00	152	2	2	2.40	0.00	0	12.00	0.80	0.80	*N/A*	5.6	*N/A*	1.60
990686 Ketchup, Pkt - OKI	1	400	9	0.00	77	2	*N/A*	0.06	0.00	0	2.07	0.10	0.08	*N/A*	0.8	*N/A*	0.02
991300 Pizza, Boli - OKI	2BG, 2MMA	50	31	0.60	3	0	*N/A*	1.30	2.99	69	0.20	0.20	1.60	*N/A*	35.4	*N/A*	0.20
991676 Sandwich, Turkey, Swiss, Croissant, Square - OKI	2BG, 2MMA	50	38	0.88	75	1	0	1.56	0.00	8	3.70	0.40	2.46	*0	29.1	*0.00	0.18
990703 Mayo, PKT - OKI	1	50	6	0.09	6	0	*N/A*	0.60	0.01	0	0.07	0.00	0.01	*N/A*	0.1	*N/A*	0.00
990679 Mustard, PKT - OKI	1	25	0	0.00	3	0	*N/A*	0.01	0.00	0	0.01	0.00	0.01	*N/A*	0.1	*N/A*	0.00
990662 Bean, BBQ, Salad, 3/4 c- OKI	3/4c	500	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			750	4.50	1484	36	6	20.78	3.01	108	105.02	14.11	35.61	*394	*457.8	*0.72	*5.62
% of Calories				5.40%		19.2%	3.2%	24.9%	3.6%		56.0%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991843 Chicken, Orange, Rice, White - OKI	2BG, 2MMA	350	303	2.48	322	7	*N/A*	12.75	0.00	28	33.99	2.27	12.05	*N/A*	*12.8	*0.00	*1.41
991844 Tofu, Orange, Rice, White - OKI	2BG, 2MMA	100	64	0.31	37	*2	*N/A*	2.18	0.00	0	6.97	0.82	4.72	*41	*171.0	*0.05	*0.66
990859 Wrap, Chicken, Ranch - OKI	2BG, 2MMA	50	27	0.37	25	0	*N/A*	0.84	0.00	4	2.98	0.30	1.80	*N/A*	*4.0	*N/A*	*0.22
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	500	32	0.11	31	2	*N/A*	0.35	0.00	0	6.32	2.48	2.69	593	44.8	84.97	0.70
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990678 Sauce, Ranch, PKT - OKI	1	500	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	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	300	46	0.08	57	7	*N/A*	0.11	0.00	3	6.75	0.00	4.59	278	166.0	0.00	0.04
Weighted Daily Average			601	3.67	666	*38	*4	16.93	0.00	39	85.97	10.32	29.52	*1014	*535.4	*91.11	*3.32
% of Calories				5.50%		*25.3%	*2.7%	25.4%	0.0%		57.2%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991188 Chili, Veggie, 2MMA - OKI	6oz	450	119	0.04	609	4	0	1.47	*0.00	0	21.09	6.48	6.60	*423	*49.9	*11.13	*1.51
991934 Chips, SunChips, WG, IW, 2BG - OKI	2BG	450	189	0.90	153	3	3	8.10	0.00	0	25.20	3.60	2.70	*N/A*	*N/A*	*N/A*	*N/A*
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	21	0.10	25	0	*N/A*	0.70	0.00	0	3.40	0.40	*N/A*	0	1.8	*N/A*	0.20
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	16	0.66	44	0	0	1.01	0.00	6	0.10	0.00	1.71	*N/A*	20.4	*N/A*	0.00
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	500	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
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	250	5	0.00	63	1	*N/A*	0.00	0.00	0	1.12	0.12	0.09	*N/A*	3.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	200	40	0.60	48	4	*N/A*	1.00	0.00	6	4.40	0.00	3.20	200	120.0	0.48	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	44	0.00	84	7	7	0.00	0.00	2	7.60	0.00	2.80	3	116.0	*N/A*	0.04

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			525	2.40	1125	35	10	12.69	*0.00	15	84.56	15.02	*19.61	*1218	*412.6	*20.12	*2.11
% of Calories				4.11%		26.7%	7.6%	21.8%	*0.0%		64.4%		*14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991736 Totchos, Barbacoa, Cheese - OKI	2MMA	300	105	3.90	386	0	0	6.61	0.00	33	3.61	0.00	8.14	*N/A*	133.8	*N/A*	0.33
990690 Chips, tortilla, WG, IW- OKI	2BG	500	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
991880 Nacho, Bean, Pinto & Cheese Sauce - OKI	2MMA	100	40	1.20	101	0	*N/A*	1.95	0.00	6	3.64	0.88	2.28	*0	53.4	*0.00	0.21
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	100	27	0.77	41	0	*N/A*	1.48	0.00	9	0.27	0.00	2.70	*2	*19.9	*0.00	0.12
990705 Sauce, Taco, PKT - OKI	1	250	2	0.00	48	0	*N/A*	0.01	0.00	0	0.52	0.09	0.03	*N/A*	*N/A*	*N/A*	*N/A*
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	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
990684 Salsa Cup - OKI	1/4c Veg	500	15	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	250	5	0.00	63	1	*N/A*	0.00	0.00	0	1.12	0.12	0.09	*N/A*	3.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			576	7.83	1035	32	4	18.94	0.00	60	75.20	8.79	26.69	*1944	*547.2	*63.86	*1.52
% of Calories				12.23 %		22.2%	2.8%	29.6%	0.0%		52.2%		18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	168	2.40	270	5	*N/A*	6.00	0.00	18	19.80	3.00	1.20	30	132.0	0.00	1.56
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	150	84	1.05	141	2	*N/A*	3.30	0.00	4	9.90	1.20	4.80	*N/A*	93.0	*N/A*	0.75
991686 Salad, Specialty, Chicken, Cheese - OKI	2BG, 2MMA	50	37	0.71	57	0	0	1.77	*0.00	6	3.36	0.31	1.79	*563	*23.6	*0.67	0.33
991279 Salad, Bean, White, Italian - OKI	3/4c	500	271	0.66	492	5	*N/A*	4.57	*0.00	*0	44.09	8.13	9.12	*125	73.1	*1.94	5.14
990663 Grapes, 1/2 cup - OKI	1/2c	500	52	0.09	2	13	*N/A*	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22
990668 Milk, 1/2PNT, 1% - OKI	1c	100	20	0.30	24	2	*N/A*	0.50	0.00	3	2.20	0.00	1.60	100	60.0	0.24	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	300	46	0.08	57	7	*N/A*	0.11	0.00	3	6.75	0.00	4.59	278	166.0	0.00	0.04
Weighted Daily Average			701	5.28	1084	38	4	16.52	*0.00	*35	103.23	13.34	24.99	*1175	*616.7	*5.95	8.07
% of Calories				6.78%		21.7%	2.3%	21.2%	*0.0%		58.9%		14.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Thursday - 04/25/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991851 Chicken, Drumstick, Lemon pepper, Honey - OKI	2MMA	400	19	0.00	334	2	*N/A*	0.00	0.00	0	4.53	0.00	0.00	*0	*0.0	*0.00	*0.00
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	400	136	0.00	168	4	3	1.60	0.00	4	25.60	2.40	4.00	*N/A*	0.0	*N/A*	1.36
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	21	0.10	25	0	*N/A*	0.70	0.00	0	3.40	0.40	*N/A*	0	1.8	*N/A*	0.20
991304 Veggie, Chicken, Tenders - OKI	2MMA	50	24	0.05	52	0	*N/A*	1.40	0.00	0	1.60	0.70	1.30	*N/A*	5.0	*N/A*	0.24
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	46	0.30	43	2	*N/A*	1.59	0.00	0	6.42	0.60	1.50	*N/A*	38.0	*N/A*	0.30
990784 Cream Cheese, Cup - OKI	1	50	7	0.40	12	0	*N/A*	0.70	0.00	2	0.10	0.00	0.10	*N/A*	*N/A*	*N/A*	*N/A*
990686 Ketchup, Pkt - OKI	1	50	1	0.00	10	0	*N/A*	0.01	0.00	0	0.26	0.01	0.01	*N/A*	0.1	*N/A*	0.00
990746 Tater, Tots, 3/4c - OKI	3/4c	500	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*
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			547	2.39	1024	38	7	12.49	0.00	17	91.61	6.59	*15.88	*394	*338.2	*0.72	*2.14
% of Calories				3.93%		27.8%	5.1%	20.6%	0.0%		67.0%		*11.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991525 Tamale, Beef - OKI	2BG, 2MMA	300	228	4.80	102	0	0	11.40	0.00	12	23.40	1.80	8.40	*N/A*	20.4	*N/A*	1.80
990825 Tamale, Bean and Cheese - OKI	2BG, 2MMA	100	84	2.00	30	0	0	4.40	0.00	2	9.00	0.80	2.20	*N/A*	29.6	*N/A*	0.40
991033 Wrap, Chicken, Caesar - OKI	2BG, 2MMA	100	76	*0.73	111	*0	*N/A*	3.88	*0.00	*9	6.36	*0.60	3.79	*N/A*	*8.0	*N/A*	*0.44
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			574	*8.50	398	*27	*4	21.51	*0.00	*33	74.22	*8.37	23.60	*5797	*389.9	*13.28	*3.54
% of Calories				*13.33 %		*18.8%	*2.8%	33.7%	*0.0%		51.7%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	400	271	6.38	439	2	1	12.76	0.00	32	23.13	1.60	15.15	*N/A*	*N/A*	*N/A*	*N/A*
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	100	60	1.17	140	1	0	2.25	0.00	7	5.61	0.40	3.78	*N/A*	70.3	*N/A*	0.36
990758 Carrots, Fresh, Baby, 1/2c - OKI	1/2c	500	25	0.02	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45	9695	22.5	1.83	0.63
990807 Sauce, Marinara, PC - OKI	1/4c	500	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
990678 Sauce, Ranch, PKT - OKI	1	100	2	0.00	25	0	*N/A*	0.00	0.00	0	0.45	0.05	0.04	*N/A*	1.3	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			548	*8.53	1056	*32	*5	17.35	*0.00	*50	70.23	*6.95	28.47	*10154	*394.6	*8.05	*1.17
% of Calories				*14.01 %		*23.4%	*3.6%	28.5%	*0.0%		51.3%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	300	144	1.50	264	1	*N/A*	8.40	0.00	15	9.61	1.80	8.40	*N/A*	18.0	*N/A*	1.14
991304 Veggie, Chicken, Tenders - OKI	2MMA	100	48	0.10	104	0	*N/A*	2.80	0.00	0	3.20	1.40	2.60	*N/A*	10.0	*N/A*	0.48
990799 Salad, Chicken - OKI	3 oz	100	27	0.32	42	0	*N/A*	1.38	*0.00	9	0.39	0.01	2.83	*2	*0.3	*0.04	0.16
991674 Crackers, Herb - OKI	1BG	200	36	0.00	76	1	1	1.20	0.00	0	6.00	0.40	0.40	*N/A*	2.8	*N/A*	0.80
991939 Cookie, Choc, Chip, Dough - OKI	1BG	500	170	2.00	105	12	12	5.00	0.00	10	27.00	2.00	2.00	*N/A*	10.0	*N/A*	1.00
991212 Pickle, Spears - OKI	3/4c	500	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990668 Milk, 1/2PNT, 1% - OKI	1c	300	60	0.90	72	7	*N/A*	1.50	0.00	9	6.60	0.00	4.80	299	180.0	0.72	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	22	0.00	42	4	4	0.00	0.00	1	3.80	0.00	1.40	2	58.0	*N/A*	0.02
990669 Milk, 1/2PNT, Skim - OKI	1c	100	15	0.03	19	2	*N/A*	0.04	0.00	1	2.25	0.00	1.53	93	55.3	0.00	0.01
Weighted Daily Average			612	4.85	1739	40	16	20.52	*0.00	45	144.75	8.27	25.19	*396	*375.7	*0.76	*3.61
% of Calories				7.13%		26.1%	10.5%	30.2%	*0.0%		94.6%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	610	*5.62	980	*36	*6	17.80	*0.16	*51	88.90	*9.56	*26.97	*1725	*466.3	*26.79	*3.15
% of Calories		*8.29%		*23.6%	*3.9%	26.3%	*0.2%		58.3%		*17.7%				

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

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

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

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

Monday - 04/01/2024 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)
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
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
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	100	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	100	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			417	4.34	609	27	0	12.55	*0.00	25	56.27	6.63	24.39	*8089	616.7	*5.88	2.74
% of Calories				9.37%		25.9%	0%	27.1%	*0.0%		54.0%		23.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/02/2024 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
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
991216 Pickle, Spears - OKI	1/2c	300	12	0.00	675	0	*N/A*	0.00	0.00	0	45.00	0.00	0.00	*N/A*	27.5	*N/A*	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			448	3.53	1434	29	0	10.68	0.00	39	102.60	4.11	*26.28	*481	*418.0	*0.60	*3.79
% of Calories				7.09%		25.9%	0%	21.5%	0.0%		91.6%		*23.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/03/2024

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)
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	300	133	3.87	205	0	*N/A*	7.41	0.00	47	1.33	0.00	13.48	*12	*99.5	*0.00	0.58
991777 Tortilla, WG, 6-IN, 2BG - OKI	2BG	300	180	2.99	379	2	*N/A*	4.99	0.00	0	29.94	0.00	3.99	*N/A*	*N/A*	*N/A*	*N/A*
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	300	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	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	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990705 Sauce, Taco, PKT - OKI	1	100	2	0.00	32	0	*N/A*	0.01	0.00	0	0.35	0.06	0.02	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			485	7.79	768	25	0	14.09	0.00	57	63.82	2.52	26.70	*620	*405.6	*9.38	*1.03
% of Calories				14.46 %		20.6%	0%	26.1%	0.0%		52.6%		22.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/04/2024

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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	300	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
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	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			492	8.80	718	27	1	17.40	0.00	50	56.87	4.02	27.82	*5884	*321.8	*7.31	*0.67
% of Calories				16.10 %		22.0%	0.8%	31.8%	0.0%		46.2%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/05/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990827 Chicken & Waffles - OKI	2BG, 2MMA	300	330	2.50	575	3	*N/A*	17.01	0.00	30	30.01	4.00	16.01	*N/A*	42.0	*N/A*	2.90
990704 Syrup, PKT - OKI	1	300	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
991000 Tater, Tots, 1/2c - OKI	1/2c	300	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*
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*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
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			713	3.73	968	54	0	21.93	0.00	40	106.35	8.43	25.98	*481	*332.2	*0.60	*2.99
% of Calories				4.71%		30.3%	0%	27.7%	0.0%		59.7%		14.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/08/2024

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	300	340	3.50	236	5	*N/A*	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
990749 Broccoli, Fresh, 1/2c - OKI	1/2c	300	22	0.07	21	1	*N/A*	0.24	0.00	0	4.22	1.65	1.79	396	29.8	56.65	0.46
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			489	4.40	491	25	0	13.20	*0.00	46	66.75	9.79	29.02	*1157	*397.1	*61.64	*1.95
% of Calories				8.10%		20.4%	0%	24.3%	*0.0%		54.6%		23.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/09/2024

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)
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	300	280	5.00	1060	8	*N/A*	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00
991849 Fries, Sweet Potato, 1/2c - OKI	1/2c	300	195	2.57	161	4	*N/A*	10.29	0.00	0	24.43	3.86	1.29	*N/A*	*N/A*	*N/A*	*N/A*
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990686 Ketchup, Pkt - OKI	1	100	4	0.00	32	1	*N/A*	0.03	0.00	0	0.86	0.04	0.03	*N/A*	0.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			632	8.39	1360	37	0	21.66	0.00	40	84.22	8.80	*29.34	*481	*744.1	*0.60	*2.30
% of Calories				11.95%		23.4%	0%	30.8%	0.0%		53.3%		*18.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991404 Sandwich, Fiestada, Big Daddy's - OKI	2BG, 2MMA	300	320	7.00	600	6	1	14.00	0.00	40	31.00	3.00	18.00	80	290.0	0.00	2.50
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
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
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			498	7.93	714	30	1	15.83	*0.00	50	64.34	6.41	27.69	1582	593.9	23.32	3.05
% of Calories				14.33 %		24.1%	0.8%	28.6%	*0.0%		51.7%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/11/2024

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)
990773 Chicken, Diced, BBQ - OKI	2MMA	300	138	1.16	347	0	*N/A*	3.88	0.00	43	9.95	0.00	13.97	*N/A*	*0.0	*N/A*	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991433 Cauliflower, Fresh, 1/2c, IW - OKI	1/2c	300	18	0.09	21	1	*N/A*	0.20	0.00	0	3.52	1.42	1.36	0	15.6	34.16	0.30
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	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			468	2.07	728	30	4	7.42	0.00	58	71.34	5.50	28.22	*481	*311.1	*34.76	2.81
% of Calories				3.98%		25.6%	3.4%	14.3%	0.0%		61.0%		24.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/12/2024

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)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	300	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
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			454	4.33	642	35	0	12.66	0.00	25	65.38	7.69	26.10	*5884	*626.8	*7.31	*3.17
% of Calories				8.58%		30.8%	0%	25.1%	0.0%		57.6%		23.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/15/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991922 Picadillo, Beef, Rice, White - OKI	2BG, 2MMA	300	425	4.75	435	4	*N/A*	12.80	*0.73	44	56.33	5.43	19.81	*112	*47.1	*24.31	*2.73
990752 Beans, Green, Hot, 1/2 c - OKI	1/2c	300	22	0.00	1	1	*N/A*	0.00	0.00	0	4.60	2.30	1.15	*N/A*	*N/A*	*N/A*	*N/A*
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			564	5.58	545	22	0	14.24	*0.73	54	79.86	9.09	28.92	*623	*338.8	*27.50	*2.84
% of Calories				8.90%		15.6%	0%	22.7%	*1.2%		56.6%		20.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/16/2024

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)
991932 Cheese-stuffed, Breadsticks - OKI	2BG, 2MMA	300	292	6.05	494	5	1	11.09	0.00	30	30.25	2.02	19.16	81	363.0	0.00	1.92
990807 Sauce, Marinara, PC - OKI	1/4c	300	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	300	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	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			492	*6.89	909	*32	*1	13.09	*0.00	*40	66.98	*4.03	*28.74	*2110	*664.4	*63.74	*2.42
% of Calories				*12.60 %		*26.0%	*0.8%	23.9%	*0.0%		54.5%		*23.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/17/2024

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)
991847 Sandwich, EM, Egg, Sausage, Turkey - OKI	2BG, 2MMA	300	241	2.01	431	2	*N/A*	10.06	0.00	106	22.01	1.00	15.04	*N/A*	*282.4	*N/A*	*1.60
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
991109 Potatoes, Diced, Seasoned, 1/2c - OKI	1/2c	300	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
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	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			530	2.91	726	25	0	14.75	0.00	116	74.52	5.15	25.81	*530	*585.6	*7.33	*2.46
% of Calories				4.94%		18.9%	0%	25.0%	0.0%		56.2%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	300	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991674 Crackers, Herb - OKI	1BG	300	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
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
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	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990686 Ketchup, Pkt - OKI	1	200	8	0.00	64	1	*N/A*	0.05	0.00	0	1.73	0.08	0.06	*N/A*	0.6	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			490	3.33	865	29	2	18.51	0.00	35	60.70	6.11	23.95	*5884	359.4	*7.31	4.59
% of Calories				6.12%		23.7%	1.6%	34.0%	0.0%		49.6%		19.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/19/2024

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)
991843 Chicken, Orange, Rice, White - OKI	2BG, 2MMA	300	433	3.54	460	10	*N/A*	18.22	0.00	40	48.56	3.25	17.22	*N/A*	*18.3	*0.00	*2.02
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	300	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
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			607	4.38	614	38	0	19.85	0.00	50	81.49	6.35	26.80	*558	*320.5	*2.65	*2.27
% of Calories				6.49%		25.0%	0%	29.4%	0.0%		53.7%		17.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/22/2024

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)
991188 Chili, Veggie, 2MMA - OKI	6oz	300	132	0.05	677	4	0	1.63	*0.00	0	23.43	7.20	7.33	*470	*55.4	*12.37	*1.67
991934 Chips, SunChips, WG, IW, 2BG - OKI	2BG	300	210	1.00	170	3	3	9.00	0.00	0	28.00	4.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
991149 Celery, Diced, 1/2c - OKI	1/2c	300	10	0.03	56	1	*N/A*	0.12	0.00	0	2.09	1.12	0.48	316	28.1	2.18	0.14
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			473	1.91	1054	25	3	12.19	*0.00	10	73.19	13.76	18.84	*1297	*377.4	*17.75	*1.92
% of Calories				3.63%		21.1%	2.5%	23.2%	*0.0%		61.9%		15.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Tuesday - 04/23/2024

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)
991736 Totchos, Barbacoa, Cheese - OKI	2MMA	300	175	6.51	643	0	0	11.02	0.00	55	6.01	0.00	13.57	*N/A*	223.0	*N/A*	0.56
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
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	300	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	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			545	8.35	954	27	0	19.51	0.00	65	65.66	5.02	*25.14	*2029	*564.4	*63.74	*1.66
% of Calories				13.79 %		19.8%	0%	32.2%	0.0%		48.2%		*18.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/24/2024

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)
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	300	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
990749 Broccoli, Fresh, 1/2c - OKI	1/2c	300	22	0.07	21	1	*N/A*	0.24	0.00	0	4.22	1.65	1.79	396	29.8	56.65	0.46
990651 BANANAS, Fresh 150ct - OKI	1/2c	300	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			462	4.47	641	30	0	12.83	0.00	25	66.76	7.74	26.52	*926	634.2	*63.98	3.21
% of Calories				8.71%		26.0%	0%	25.0%	0.0%		57.8%		23.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/25/2024

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)
990773 Chicken, Diced, BBQ - OKI	2MMA	300	138	1.16	347	0	*N/A*	3.88	0.00	43	9.95	0.00	13.97	*N/A*	*0.0	*N/A*	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991109 Potatoes, Diced, Seasoned, 1/2c - OKI	1/2c	300	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
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	100	4	0.00	32	1	*N/A*	0.03	0.00	0	0.86	0.04	0.03	*N/A*	0.3	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			571	1.98	787	29	4	10.27	0.00	57	89.05	6.05	28.84	*481	*303.7	*0.60	3.12
% of Calories				3.12%		20.3%	2.8%	16.2%	0.0%		62.4%		20.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/26/2024

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991525 Tamale, Beef - OKI	2BG, 2MMA	300	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			554	8.83	342	27	0	20.66	0.00	30	71.38	6.69	24.10	*5884	*350.8	*7.31	*3.67
% of Calories				14.34%		19.5%	0%	33.6%	0.0%		51.5%		17.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/29/2024

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991832 Pizza, Cheese, Garlic, French Bread, WG - OKI	2MMA, 2BG	300	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
991148 Carrots, Shredded - OKI	1/2c	300	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
990807 Sauce, Marinara, PC - OKI	1/4c	300	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991153 Apple, Slices, 1/2c - OKI	1/2 c	300	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990678 Sauce, Ranch, PKT - OKI	1	100	3	0.00	42	0	*N/A*	0.00	0.00	0	0.74	0.08	0.06	*N/A*	2.2	*N/A*	0.01
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			509	*8.82	993	*23	*1	18.00	*0.00	*50	59.00	*4.70	28.41	*8089	*308.9	*5.88	*0.24
% of Calories				*15.60 %		*18.1%	*0.8%	31.8%	*0.0%		46.4%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/30/2024

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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	300	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
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
991216 Pickle, Spears - OKI	1/2c	300	12	0.00	675	0	*N/A*	0.00	0.00	0	45.00	0.00	0.00	*N/A*	27.5	*N/A*	0.00
991461 Fruit, Cups, Assorted - OKI	1/2c	300	65	0.00	0	13	0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	1c	150	50	0.75	60	6	*N/A*	1.25	0.00	7	5.50	0.00	4.00	249	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	150	39	0.06	48	6	*N/A*	0.09	0.00	2	5.62	0.00	3.82	231	138.3	0.00	0.03
Weighted Daily Average			417	3.31	1319	27	0	15.43	0.00	35	90.53	4.03	*22.12	*481	*354.2	*0.60	*2.21
% of Calories				7.14%		25.9%	0%	33.3%	0.0%		86.8%		*21.2%				
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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	514	*5.28	826	*30	*1	15.31	*0.03	*45	73.50	*6.48	*26.35	*2456	*451.3	*19.08	*2.50
% of Calories		*9.25%		*23.3%	*0.8%	26.8%	*0.1%		57.2%		*20.5%				

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name: Afterschool Snack
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 04/01/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991821 Bites, Cocoa Crispy, Darlington - OKI	1BG	1	121	0.51	86	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	*N/A*	*N/A*	*N/A*
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	2.01	206	19	8	6.05	0.00	15	32.26	2.02	10.02	*499	*300.0	*1.20	*0.00
% of Calories				8.19%		34.4%	14.5%	24.6%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/02/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991398 Crackers, Pizza - OKI	1BG	1	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991393 Cheese, Slices, Mini - OKI	1MMA	1	111	6.07	202	0	0	9.11	0.00	30	1.01	0.00	7.09	*N/A*	203.5	*N/A*	0.00
Weighted Daily Average			191	6.07	382	2	0	11.11	0.00	30	16.01	2.00	9.09	*372	222.5	*3.00	3.00
% of Calories				28.60 %		4.2%	0%	52.4%	0.0%		33.5%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/03/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	1	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
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			123	0.03	102	6	0	2.15	0.00	0	20.98	6.04	6.49	*1548	36.5	*63.14	2.21
% of Calories				0.22%		19.5%	0%	15.7%	0.0%		68.2%		21.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/04/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	1	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
Weighted Daily Average			200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
% of Calories				0.00%		36.0%	28.0%	18.0%	0.0%		68.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/05/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991740 Cobbers, Sea Salt, IW - OKI	1BG	1	194	1.46	194	0	0	11.66	0.00	0	19.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			294	1.46	194	23	0	11.66	0.00	0	43.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39
% of Calories				4.47%		31.3%	0%	35.7%	0.0%		59.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/08/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	78	1	*N/A*	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	*N/A*	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	177	4	0	15.05	0.00	0	10.82	4.53	7.62	*435	78.5	*3.01	1.19
% of Calories				12.82 %		7.5%	0%	63.9%	0.0%		20.4%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991739 Cheese, Cup, Cheddar - OKI	1MMA	1	190	6.00	570	10	*N/A*	10.00	0.00	30	14.00	0.00	10.00	*N/A*	333.0	*N/A*	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991745 Pretzel, Soft, Mini, IW - OKI	1BG	1	70	0.00	90	0	0	0.00	0.00	0	14.00	1.00	2.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			260	6.00	660	10	0	10.00	0.00	30	28.00	1.00	12.00	*N/A*	333.0	*N/A*	0.00
% of Calories				20.77 %		15.4%	0%	34.6%	0.0%		43.1%		18.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	1	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
Weighted Daily Average			200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
% of Calories				0.00%		36.0%	28.0%	18.0%	0.0%		68.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
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

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990678 Sauce, Ranch, PKT - OKI	1	1	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
Weighted Daily Average			110	0.03	318	5	2	3.09	0.00	0	19.89	1.60	1.66	*77	25.2	*2.05	2.22
% of Calories				0.25%		18.2%	7.3%	25.3%	0.0%		72.3%		6.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/12/2024

Reimbursable Meal Total 1

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

Monday - 04/15/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991740 Cobbers, Sea Salt, IW - OKI	1BG	1	194	1.46	194	0	0	11.66	0.00	0	19.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			294	1.46	194	23	0	11.66	0.00	0	43.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39
% of Calories				4.47%		31.3%	0%	35.7%	0.0%		59.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/16/2024

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)
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*
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									

Wednesday - 04/17/2024

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)
991739 Cheese, Cup, Cheddar - OKI	1MMA	1	190	6.00	570	10	*N/A*	10.00	0.00	30	14.00	0.00	10.00	*N/A*	333.0	*N/A*	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990749 Broccoli, Fresh, 1/2c - OKI	1/2c	1	22	0.07	21	1	*N/A*	0.24	0.00	0	4.22	1.65	1.79	396	29.8	56.65	0.46
Weighted Daily Average			212	6.07	591	11	0	10.24	0.00	30	18.22	1.65	11.79	*396	362.8	*56.65	0.46
% of Calories				25.77 %		20.8%	0%	43.5%	0.0%		34.4%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991398 Crackers, Pizza - OKI	1BG	1	80	0.00	180	2	0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991393 Cheese, Slices, Mini - OKI	1MMA	1	111	6.07	202	0	0	9.11	0.00	30	1.01	0.00	7.09	*N/A*	203.5	*N/A*	0.00
Weighted Daily Average			191	6.07	382	2	0	11.11	0.00	30	16.01	2.00	9.09	*372	222.5	*3.00	3.00
% of Calories				28.60 %		4.2%	0%	52.4%	0.0%		33.5%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/19/2024

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991821 Bites, Cocoa Crispy, Darlington - OKI	1BG	1	121	0.51	86	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			320	3.48	185	11	8	18.43	0.00	0	29.20	5.00	8.97	*N/A*	*39.7	*N/A*	*0.99
% of Calories				9.79%		13.8%	10.0%	51.8%	0.0%		36.5%		11.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 04/22/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	1	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
Weighted Daily Average			200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
% of Calories				0.00%		36.0%	28.0%	18.0%	0.0%		68.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 1

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

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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									

Wednesday - 04/24/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.66	0.37	0.48	77	11.7	2.05	0.20
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
990678 Sauce, Ranch, PKT - OKI	1	1	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
Weighted Daily Average			110	0.03	318	5	2	3.09	0.00	0	19.89	1.60	1.66	*77	25.2	*2.05	2.22
% of Calories				0.25%		18.2%	7.3%	25.3%	0.0%		72.3%		6.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 1

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

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	*N/A*	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	177	4	0	15.05	0.00	0	10.82	4.53	7.62	*435	78.5	*3.01	1.19
% of Calories				12.82 %		7.5%	0%	63.9%	0.0%		20.4%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 04/26/2024

Reimbursable Meal Total 1

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

Monday - 04/29/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991740 Cobbers, Sea Salt, IW - OKI	1BG	1	194	1.46	194	0	0	11.66	0.00	0	19.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39

Base Menu Spreadsheet

Weighted Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			294	1.46	194	23	0	11.66	0.00	0	43.44	3.89	1.94	*N/A*	0.0	*N/A*	0.39
% of Calories				4.47%		31.3%	0%	35.7%	0.0%		59.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 04/30/2024

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)
991453 Parfait, Yogurt, Vanilla - OKI	1BG, 1MMA	1	200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
Weighted Daily Average			200	0.00	110	18	14	4.00	0.00	0	34.07	2.00	5.01	*N/A*	291.0	*N/A*	0.70
% of Calories				0.00%		36.0%	28.0%	18.0%	0.0%		68.1%		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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	212	2	247	13	4	7.88	0.00	9	28.24	2.80	7.09	*282	*193.1	*6.45	*1.75
% of Calories		8.92%		24.5%	7.5%	33.5%	0.0%		53.3%		13.4%				

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.