

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 2024

Menu Name: Summer Breakfast SSO
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 06/10/2024

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)
990768 Bagel, WG, IW - OKI	2BG	1	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
990706 Jelly, PKT - OKI	1	1	36	0.00	6	7	*N/A*	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
991629 Peach, Fresh - OKI	1/2c	1	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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			577	1.67	701	72	18	4.18	0.00	25	104.87	7.58	29.94	*1675	944.4	*62.17	2.46
% of Calories				2.60%		49.9%	12.5%	6.5%	0.0%		72.7%		20.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/11/2024

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)
991956 Cereal, Golden Grahams - OKI	1BG	1	110	0.00	210	9	9	1.00	0.00	0	24.00	1.00	1.00	*N/A*	90.0	*N/A*	1.80

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jun 10, 2024 thru Jun 28, 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)
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	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
990653 Applesauce, Cup - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			516	1.71	636	71	27	3.94	0.00	25	96.93	4.01	24.49	*1019	965.6	*7.93	2.17
% of Calories				2.98%		55.0%	20.9%	6.9%	0.0%		75.1%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/12/2024

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)
991822 Bread, Chocolate, WG, Slice - OKI	2BG	1	250	1.50	240	22	22	8.00	0.00	0	43.00	3.00	5.00	*N/A*	155.0	*N/A*	2.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990648 Apple, Fresh, 138CT, - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 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	1	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			644	3.17	666	84	40	11.00	*0.00	25	112.05	8.18	28.86	*1250	1067.3	*57.77	2.41
% of Calories				4.43%		52.2%	24.8%	15.4%	*0.0%		69.6%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/13/2024

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)
991698 Cereal, Flakes, Frosted - OKI	1BG	1	111	0.00	172	7	7	0.00	0.00	0	24.30	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991461 Fruit, Cups, Assorted - OKI	1/2c	1	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
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			532	1.71	598	70	25	2.94	0.00	25	99.03	3.92	*24.70	*1019	*878.0	*7.93	*0.62
% of Calories				2.89%		52.6%	18.8%	5.0%	0.0%		74.5%		*18.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/14/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 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	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
991827 Juice, Orange, Citrus Sun, 1/2c - OKI	1/2c	1	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*
990653 Applesauce, Cup - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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			597	1.63	535	83	32	6.68	0.00	25	103.32	3.00	28.65	*970	1177.7	*1.20	*0.87
% of Calories				2.46%		55.6%	21.4%	10.1%	0.0%		69.2%		19.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 06/17/2024

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)	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
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	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
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 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	1	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			501	1.73	566	60	18	5.05	0.00	25	91.20	7.32	28.39	*1235	989.0	*59.00	9.46
% of Calories				3.11%		47.9%	14.4%	9.1%	0.0%		72.8%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/18/2024

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)
990671 Bar, Oatmeal, Strawberry - OKI	1BG	1	140	0.50	75	9	*N/A*	4.50	0.00	5	23.00	1.00	2.00	*N/A*	10.0	*N/A*	1.00
990648 Apple, Fresh, 138CT, - OKI	1/2c	1	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
990817 Plum, Fresh - OKI	1/2c	1	30	0.01	0	7	*N/A*	0.18	0.00	0	7.54	0.92	0.46	228	4.0	6.27	0.11
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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			520	2.17	501	69	18	7.57	*0.00	30	88.31	4.80	25.42	*1262	887.8	*12.97	1.42
% of Calories				3.76%		53.1%	13.8%	13.1%	*0.0%		67.9%		19.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/19/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jun 10, 2024 thru Jun 28, 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)
999373 Bread, Mini Loaf, Banana, IW, SB - OKI	1BG	1	159	0.99	139	16	15	4.48	0.00	0	26.86	1.00	2.98	*N/A*	*N/A*	*N/A*	*N/A*
990647 Nectarine, Fresh - OKI	1/2c	1	44	0.00	13	8	*N/A*	0.29	0.00	0	9.78	1.54	1.03	*N/A*	*N/A*	*N/A*	*N/A*
990648 Apple, Fresh, 138CT, - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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			553	2.65	579	77	33	7.65	*0.00	25	94.40	5.41	26.97	*1034	*873.9	*6.70	*0.31
% of Calories				4.31%		55.7%	23.9%	12.5%	*0.0%		68.3%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/20/2024

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)
991059 Bagel, Cinnamon Raisin - OKI	2BG	1	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	1	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	1	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
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

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Weighted Values

Jun 10, 2024 thru Jun 28, 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	1	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			647	5.72	823	70	18	10.96	0.00	45	111.15	6.03	29.52	*1019	*925.9	*7.93	*2.38
% of Calories				7.96%		43.3%	11.1%	15.2%	0.0%		68.7%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/21/2024

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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01
990676 Yogurt, Strawberry, Cup - OKI	1MMA	1	90	0.00	50	14	*N/A*	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00
991316 Juice, Orange - OKI	1/2c	1	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	1/2c	1	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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			619	1.63	500	85	24	4.71	0.00	30	108.52	*2.02	28.67	*970	*1175.9	*37.20	*1.28
% of Calories				2.37%		54.9%	15.5%	6.8%	0.0%		70.1%		18.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Saturday - 06/22/2024

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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01
990676 Yogurt, Strawberry, Cup - OKI	1MMA	1	90	0.00	50	14	*N/A*	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	1/2c	1	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
Weighted Daily Average			604	1.64	485	83	24	4.82	0.00	30	106.80	4.33	28.57	*1186	*1214.3	*52.27	*1.28
% of Calories				2.44%		55.0%	15.9%	7.2%	0.0%		70.7%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 06/24/2024

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)
991854 Muffin, Blueberry, WG, 2oz - OKI	1BG	1	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*
990648 Apple, Fresh, 138CT, - OKI	1/2c	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 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	1	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
990817 Plum, Fresh - OKI	1/2c	1	30	0.01	0	7	*N/A*	0.18	0.00	0	7.54	0.92	0.46	228	4.0	6.27	0.11
Weighted Daily Average			539	2.67	576	75	34	8.04	*0.00	25	92.16	4.79	26.40	*1262	*877.8	*12.97	*0.42
% of Calories				4.46%		55.7%	25.2%	13.4%	*0.0%		68.4%		19.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 06/25/2024

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)
991580 Bagel, WG, IW, Bulk - OKI	2BG	1	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
990706 Jelly, PKT - OKI	1	1	36	0.00	6	7	*N/A*	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
991629 Peach, Fresh - OKI	1/2c	1	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			532	1.65	701	63	18	4.06	0.00	25	93.59	5.28	29.04	*1459	906.0	*11.10	2.37
% of Calories				2.79%		47.4%	13.5%	6.9%	0.0%		70.4%		21.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 06/26/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jun 10, 2024 thru Jun 28, 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)
991956 Cereal, Golden Grahams - OKI	1BG	1	110	0.00	210	9	9	1.00	0.00	0	24.00	1.00	1.00	*N/A*	90.0	*N/A*	1.80
990651 BANANAS, Fresh 150ct - OKI	1/2c	1	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
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			511	1.73	636	68	27	4.05	0.00	25	94.20	5.32	25.39	*1235	999.0	*59.00	2.26
% of Calories				3.05%		53.2%	21.1%	7.1%	0.0%		73.7%		19.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 06/27/2024

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)
991822 Bread, Chocolate, WG, Slice - OKI	2BG	1	250	1.50	240	22	22	8.00	0.00	0	43.00	3.00	5.00	*N/A*	155.0	*N/A*	2.00
990653 Applesauce, Cup - OKI	1/2c	1	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	1	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990668 Milk, 1/2PNT, 1% - OKI	1c	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			632	3.14	665	84	40	10.80	0.00	25	109.53	6.30	28.54	*1186	1065.1	*52.27	2.26
% of Calories				4.47%		53.2%	25.3%	15.4%	0.0%		69.3%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 06/28/2024

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991698 Cereal, Flakes, Frosted - OKI	1BG	1	111	0.00	172	7	7	0.00	0.00	0	24.30	1.01	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991461 Fruit, Cups, Assorted - OKI	1/2c	1	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	1	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	1	110	0.00	210	18	18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	1	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			525	1.66	599	73	25	2.89	*0.00	25	97.87	4.78	*24.16	*1034	*881.3	*6.70	*0.56
% of Calories				2.85%		55.6%	19.0%	5.0%	*0.0%		74.6%		*18.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	566	2	610	74	26	6.21	*0.00	27	100.25	*5.19	*27.36	*1176	*989.3	*28.44	*2.03

Base Menu Spreadsheet

Weighted Values

Jun 10, 2024 thru Jun 28, 2024

% of Calories			3.61%		52.3%	18.4%	9.9%	*0.0%		70.8%		*19.3%				
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**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.