

# MONTHLY DINING MENU

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

WG Granola Bar  
Assorted Flavors  
String Cheese  
Pear  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 4

Nov 5

Nov 6

Cinnamon Waffle  
Applesauce Cup  
Craisins  
1% Milk  
Skim Milk

Nov 7

Cherry Frudel  
Banana  
Orange  
1% Milk  
Skim Milk

Nov 8

Pull-a-Part Donut  
Pear  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 11

Cinnamon Raisin Bagel  
Orange  
Apple Juice  
Cream Cheese Cup  
1% Milk  
Skim Milk

Nov 12

Pancake Bowl  
Assorted Flavors  
Apple  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 13

Assorted Breakfast Bread  
Pear  
Craisins  
1% Milk  
Skim Milk

Nov 14

Caramel Cinnis  
Applesauce Cup  
Orange  
1% Milk  
Skim Milk

Nov 15

WG Granola Bar  
Assorted Flavors  
String Cheese  
Pear  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 18

Cinnamon Waffle  
Orange  
Apple Juice  
1% Milk  
Skim Milk

Nov 19

Fiesta Egg Scramble  
Tortilla Chips  
Apple  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 20

WG Muffin  
Assorted Flavors  
String Cheese  
Pear  
Craisins  
1% Milk  
Skim Milk

Nov 21

Pancakes & Turkey Bacon  
Applesauce Cup  
Orange  
Syrup  
1% Milk  
Skim Milk

Nov 22

Yogurt Cup  
Assorted Flavors  
Granola  
Pear  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 25

Cinnamon Raisin Bagel  
Orange  
Apple Juice  
Cream Cheese Cup  
1% Milk  
Skim Milk

Nov 26

Egg Bites  
Apple  
Assorted Fruit Cups  
Ketchup  
1% Milk  
Skim Milk

Nov 27

Nov 28

Nov 29

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

WG Cereal  
Assorted Flavors  
Sunflower Seeds  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 4

Nov 5

Nov 6

Nov 7

Yogurt Cup  
Assorted Flavors  
Granola  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 8

WG Cereal  
Assorted Flavors  
Sunflower Seeds  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 11

Cinnamon Raisin Bagel  
Orange  
Cream Cheese Cup  
1% Milk  
Skim Milk

Nov 12

WG Cereal  
Assorted Flavors  
Sunflower Seeds  
Apple Slices  
1% Milk  
Skim Milk

Nov 13

Assorted Breakfast Bread  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 14

Assorted Breakfast Bread  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 15

WG Cereal  
Assorted Flavors  
Hard-Boiled Egg  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 18

Cinnamon Waffle  
Orange  
1% Milk  
Skim Milk

Nov 19

Fiesta Egg Scramble  
Tortilla Chips  
Apple Slices  
1% Milk  
Skim Milk

Nov 20

WG Muffin  
Assorted Flavors  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 21

Pancakes & Turkey Bacon  
Assorted Fruit Cups  
Syrup  
1% Milk  
Skim Milk

Nov 22

Yogurt Cup  
Assorted Flavors  
Granola  
Applesauce Cup  
1% Milk  
Skim Milk

Nov 25

Cinnamon Raisin Bagel  
Orange  
Cream Cheese Cup  
1% Milk  
Skim Milk

Nov 26

Egg Bites  
Cornbread Muffin  
Apple Slices  
Ketchup  
1% Milk  
Skim Milk

Nov 27

Nov 28

Nov 29

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

Hot Honey Drumstick  
White Rice  
BBQ Bean Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 4

Nov 5

Nov 6

Turkeyham Swiss Sandwich  
Celery Sticks  
Orange  
Ranch Dressing  
1% Milk  
Chocolate Milk  
Skim Milk  
Mayo  
Mustard Packet

Nov 7

Barbacoa & Cheese  
Tortilla Chips  
Cherry Tomatoes  
Grape Juice  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 8

Deep Dish Pizza  
Turkey & Beef Pepperoni  
Lemon Chickpea Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 11

Teriyaki Chicken & Rice  
Hot Broccoli  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 12

Chicken Tenders & Waffles  
Tater Tots  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 13

French Bread Cheese Pizza  
Baby Carrots  
Sauce, Marinara, PC - OKI  
Orange  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 14

Vienna Beef Hot Dog  
Pickles  
Grape Juice  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 15

Chicken Drumstick  
Wild Rice  
Southwestern Lentils  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 18

Chicken Dumplings  
Edamame  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 19

BBQ Popcorn Chicken  
Chili Lime Crackers  
Corn  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 20

Turkey-Sausage Pizza  
Red Pepper Strips  
Orange  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 21

Roasted Turkey & Gravy  
Sister Schubert's Roll  
Green Bean Casserole  
Grape Juice  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 22

Penne Meatball Marinara  
Mixed Greens Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 25

Beef Tacos  
Corn Jalapeno Blend  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 26

Hamburger  
Pickles  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 27

Nov 28

Nov 29

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

Hot Honey Drumstick  
White Rice  
Chickpea Wrap  
BBQ Bean Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 4

Nov 5

Nov 6

Turkeyham Swiss Sandwich  
Celery Sticks  
Orange  
Ranch Dressing  
1% Milk  
Chocolate Milk  
Skim Milk  
Mayo  
Mustard Packet

Nov 7

Barbacoa & Cheese  
Cheese Sauce  
Tortilla Chips  
Cherry Tomatoes  
Grape Juice  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 8

Deep Dish Pizza  
Turkey & Beef Pepperoni  
Deep Dish Pizza  
Cheese  
Lemon Chickpea Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 11

Teriyaki Chicken & Rice  
Turkey & Cheese Lunchable  
Veggie Crackers  
Hot Broccoli  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 12

Chicken Tenders & Waffles  
Pizza Bagel  
Turkey Pepperoni  
Sauce, Marinara, PC - OKI  
Tater Tots  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 13

French Bread Cheese Pizza  
Chicken Chef Salad  
Veggie Crackers  
Baby Carrots  
Sauce, Marinara, PC - OKI  
Orange  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 14

Vienna Beef Hot Dog  
Cinnamon Bagel  
Yogurt & Wowbutter  
Pickles  
Grape Juice  
Cream Cheese Cup  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 15

Chicken Drumstick  
Wild Rice  
Seasoned Pinto Beans  
Wild Rice  
Southwestern Lentils  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 18

Chicken Dumplings  
Turkey & Cheese Lunchable  
Veggie Crackers  
Edamame  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 19

BBQ Popcorn Chicken  
Chili Lime Crackers  
Pizza Bagel  
Turkey Pepperoni  
Sauce, Marinara, PC - OKI  
Corn  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 20

Turkey-Sausage Pizza  
Cheese Pizza  
Red Pepper Strips  
Orange  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 21

Roasted Turkey & Gravy  
Sister Schubert's Roll  
Mac & Cheese  
Green Bean Casserole  
Grape Juice  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 22

Penne Meatball Marinara  
Chickpea Wrap  
Mixed Greens Salad  
Banana  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 25

Beef Tacos  
Turkey & Cheese Lunchable  
Veggie Crackers  
Corn Jalapeno Blend  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 26

Hamburger  
Pizza Bagel  
Turkey Pepperoni  
Sauce, Marinara, PC - OKI  
Pickles  
Pear  
1% Milk  
Chocolate Milk  
Skim Milk

Nov 27

Nov 28

Nov 29

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

BBQ Chicken & Rice  
Cucumber Slices  
Banana  
1% Milk  
Skim Milk

Nov 4

Nov 5

Nov 6

Nov 7

Barbacoa & Cheese  
Tortilla Chips  
Diced Tomatoes  
Apple Slices  
1% Milk  
Skim Milk

Nov 8

Deep Dish Pizza  
Turkey & Beef Pepperoni  
Cauliflower  
Banana  
1% Milk  
Skim Milk

Nov 11

Teriyaki Chicken & Rice  
Red Pepper Strips  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 12

Chicken Tenders & Waffles  
Seasoned Diced Potatoes  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 13

French Bread Cheese Pizza  
Sauce, Marinara, PC - OKI  
Orange  
1% Milk  
Skim Milk

Nov 14

Hamburger  
Pickles  
Apple Slices  
1% Milk  
Skim Milk

Nov 15

Chicken Drumstick  
Wild Rice  
Southwestern Lentils  
Banana  
1% Milk  
Skim Milk

Nov 18

Chicken Dumplings  
Cauliflower  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 19

BBQ Popcorn Chicken  
Chili Lime Crackers  
Diced Celery  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 20

Turkey-Sausage Pizza  
Red Pepper Strips  
Orange  
1% Milk  
Skim Milk

Nov 21

Roasted Turkey & Gravy  
Sister Schubert's Roll  
Green Bean Casserole  
Apple Slices  
1% Milk  
Skim Milk

Nov 22

Penne Meatball Marinara  
Mixed Greens Salad  
Banana  
1% Milk  
Skim Milk

Nov 25

Beef Tacos  
Red Pepper Strips  
Applesauce Cup  
Assorted Flavors  
1% Milk  
Skim Milk

Nov 26

Cheeseburger Mac&Cheese  
Pickles  
Assorted Fruit Cups  
1% Milk  
Skim Milk

Nov 27

Nov 28

Nov 29

# MONTHLY DINING MENU

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Nov 1

Crackers, Assorted, 1BG - OK!  
Fruit Punch Juice

Nov 4

String Cheese  
Pretzel Goldfish

Nov 5

Yogurt Cup  
Assorted Flavors  
Granola

Nov 6

Hard-Boiled Egg  
Pizza Crackers

Nov 7

Cucumber Slices  
Savory Herb Crackers  
Ranch Dressing

Nov 8

Educational Grahams  
1% Milk

Nov 11

WG Muffin  
Assorted Flavors  
1% Milk

Nov 12

Tortilla Chips  
Fruit Punch Juice  
Salsa Cup

Nov 13

Yogurt Cup  
Assorted Flavors  
Granola

Nov 14

Cucumber Slices  
Hummus Cup  
Ranch Dressing

Nov 15

Broccoli  
Cheddar Cheese Cup

Nov 18

Goldfish  
1% Milk

Nov 19

Celery Sticks  
Wowbutter

Nov 20

WG Muffin  
Assorted Flavors  
1% Milk

Nov 21

Red Pepper Strips  
Hummus Cup  
Ranch Dressing

Nov 22

Crackers, Assorted, 1BG - OK!  
Fruit Punch Juice

Nov 25

Goldfish  
1% Milk

Nov 26

Celery Sticks  
Wowbutter

Nov 27

Educational Grahams  
Wowbutter

Nov 28

Nov 29

Menu Name:

Cicero Hot Breakfast K-12

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 11/01/2024

Reimbursable Meal Total 200

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999492 Bars, Granola, Assorted - OKI | 1BG          | 200       | 140                      | 0.63                   | 79                     | 9                | 8                | 4.50      | 0.00                    | 5           | 23.00    | 1.00      | 2.25      | *N/A*      | 10.3       | *N/A*      | 1.00      |
| 999655 Cheese, String - OKI          | 1MMA         | 200       | 80                       | 4.00                   | 200                    | 1                | *N/A*            | 6.00      | 0.00                    | 20          | 2.00     | 0.00      | 6.00      | *N/A*      | 198.0      | *N/A*      | 0.00      |
| 990652 Pear, Fresh, 150ct, - OKI     | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 990653 Applesauce, Cup - OKI         | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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               |              |           | 436                      | 5.47                   | 388                    | 47               | *8               | 12.03     | 0.00                    | 35          | 70.85    | 6.22      | 16.56     | *341       | 430.0      | *6.12      | 1.28      |
| % of Calories                        |              |           |                          | 11.29 %                |                        | 43.1%            | *7.3%            | 24.8%     | 0.0%                    |             | 65.0%    |           | 15.2%     |            |            |            |           |
| Weekly Nutrient Guideline            |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/06/2024

Reimbursable Meal Total 200

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991669 Waffle, WG, Cinn, Snackn - OKI | 2BG          | 200       | 250                      | 4.00                   | 290                    | 15               | 14               | 9.00      | 0.00                    | 44          | 37.00    | 2.00      | 6.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990653 Applesauce, Cup - OKI          | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990646 Craisins - OKI           | 1/2c         | 200       | 110                      | 0.00                   | 0                      | 24               | *N/A*            | 0.00      | 0.00                    | 0           | 27.00    | 2.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI   | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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          |              |           | 499                      | 4.81                   | 398                    | 62               | *14              | 10.34     | 0.00                    | 54          | 89.12    | 5.00      | 13.82     | *341       | *209.5     | *0.26      | *0.03     |
| % of Calories                   |              |           |                          | 8.68%                  |                        | 49.7%            | *11.2%           | 18.6%     | 0.0%                    |             | 71.4%    |           | 11.1%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/07/2024

Reimbursable Meal Total 200

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991733 Frudel, Cherry, IW - OKI   | 2BG          | 200       | 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      |
| 990651 BANANAS, Fresh 150ct - OKI | 1/2c         | 200       | 69                       | 0.09                   | 1                      | 9                | *N/A*            | 0.26      | 0.00                    | 0           | 17.68    | 2.01      | 0.84      | 50         | 3.9        | 6.73       | 0.20      |
| 990645 ORANGE, Fresh 138CT, - OKI | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI     | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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            |              |           | 403                      | 1.41                   | 378                    | 40               | *9               | 6.71      | 0.00                    | 10          | 78.08    | 6.32      | 14.57     | *607       | 246.8      | *58.06     | 1.93      |
| % of Calories                     |              |           |                          | 3.15%                  |                        | 39.7%            | *8.9%            | 15.0%     | 0.0%                    |             | 77.5%    |           | 14.5%     |            |            |            |           |
| Weekly Nutrient Guideline         |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 200



|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991732 Donut, Pull-a-Part, Goodyman - OKI | 2BG          | 200       | 240                      | 4.50                   | 300                    | 8                | 8                | 11.00     | 0.00                    | 0           | 31.00    | 2.00      | 4.00      | *N/A*      | 24.0       | *N/A*      | 1.00      |
| 990652 Pear, Fresh, 150ct, - OKI          | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 999478 Applesauce, Cup, Assort - OKI      | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI             | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                    |              |           | 456                      | 5.34                   | 409                    | 45               | *8               | 12.53     | 0.00                    | 10          | 76.83    | 7.22      | 12.31     | *341       | 245.7      | *6.12      | 1.28      |
| % of Calories                             |              |           |                          | 10.54 %                |                        | 39.5%            | *7.0%            | 24.7%     | 0.0%                    |             | 67.4%    |           | 10.8%     |            |            |            |           |
| Weekly Nutrient Guideline                 |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 200

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991059 Bagel, Cinnamon Raisin - OKI         | 2BG          | 200       | 171                      | 0.00                   | 282                    | 7                | 2                | 1.01      | 0.00                    | 0           | 37.22    | 3.02      | 5.03      | *N/A*      | 50.3       | *N/A*      | 2.01      |
| 990645 ORANGE, Fresh 138CT, - OKI           | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 991824 Juice, Apple, Citrus Sun, 1/2c - OKI | 1/2c         | 200       | 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*     |
| 990784 Cream Cheese, Cup - OKI              | 1            | 200       | 70                       | 4.01                   | 115                    | 1                | *N/A*            | 7.01      | 0.00                    | 20          | 1.00     | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990668 Milk, 1/2PNT, 1% - OKI               | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 435                      | 4.83                   | 509                    | 41               | *2               | 9.47      | 0.00                    | 30          | 73.63    | 5.32      | 14.76     | *557       | *293.2     | *51.33     | *2.14     |
| % of Calories                   |              |           |                          | 9.99%                  |                        | 37.7%            | *1.8%            | 19.6%     | 0.0%                    |             | 67.7%    |           | 13.6%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/12/2024

Reimbursable Meal Total 200

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999477 Bowl, Pancake, Assorted - OKI | 2BG          | 200       | 230                      | 2.50                   | 333                    | 16               | 6                | 4.83      | 0.00                    | 35          | 40.60    | 2.00      | 4.99      | *N/A*      | *17.6      | *N/A*      | *1.33     |
| 990648 Apple, Fresh, 138CT, - OKI    | 1/2c         | 200       | 62                       | 0.03                   | 1                      | 12               | *N/A*            | 0.20      | *N/A*                   | 0           | 16.52    | 2.87      | 0.31      | 65         | 7.2        | 5.50       | 0.14      |
| 991461 Fruit, Cups, Assorted - OKI   | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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               |              |           | 445                      | 3.34                   | 442                    | 53               | *6               | 6.37      | *0.00                   | 45          | 84.04    | 5.77      | *13.32    | *406       | *236.7     | *5.77      | *1.76     |
| % of Calories                        |              |           |                          | 6.76%                  |                        | 47.6%            | *5.4%            | 12.9%     | *0.0%                   |             | 75.5%    |           | *12.0%    |            |            |            |           |
| Weekly Nutrient Guideline            |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/13/2024

Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999424 Bread, Breakfast, Assorted - OKI | 2BG          | 200       | 260                      | 1.50                   | 243                    | 23               | 23               | 8.00      | 0.00                    | 0           | 44.33    | 2.33      | 5.00      | *N/A*      | 107.0                  | *N/A*      | 1.36      |
| 990652 Pear, Fresh, 150ct, - OKI        | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2                   | 5.85       | 0.24      |
| 990646 Craisins - OKI                   | 1/2c         | 200       | 110                      | 0.00                   | 0                      | 24               | *N/A*            | 0.00      | 0.00                    | 0           | 27.00    | 2.00      | 0.00      | *N/A*      | 0.0                    | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI           | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1                   | 0.26       | 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                  |              |           | 536                      | 2.34                   | 352                    | 72               | *23              | 9.53      | 0.00                    | 10          | 103.18   | 8.55      | 13.31     | *341       | 323.7                  | *6.12      | 1.64      |
| % of Calories                           |              |           |                          | 3.93%                  |                        | 53.7%            | *17.2%           | 16.0%     | 0.0%                    |             | 77.0%    |           | 9.9%      |            |                        |            |           |
| Weekly Nutrient Guideline               |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 11/14/2024

Reimbursable Meal Total 200

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999425 Cinnis, Caramel, Mini - OKI | 2BG          | 200       | 210                      | 1.00                   | 280                    | 10               | 8                | 6.00      | 0.00                    | 0           | 35.03    | 2.00      | 5.00      | *N/A*      | 30.0                   | *N/A*      | 1.50      |
| 990653 Applesauce, Cup - OKI       | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0                    | *N/A*      | 0.00      |
| 990645 ORANGE, Fresh 138CT, - OKI  | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4                   | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI      | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1                   | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 394                      | 1.83                   | 388                    | 42               | *8               | 7.46      | 0.00                    | 10          | 71.43    | 5.31      | 13.73     | *557       | 277.9      | *51.33     | 1.63      |
| % of Calories                   |              |           |                          | 4.18%                  |                        | 42.6%            | *8.1%            | 17.0%     | 0.0%                    |             | 72.5%    |           | 13.9%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 200

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999492 Bars, Granola, Assorted - OKI | 1BG          | 200       | 140                      | 0.63                   | 79                     | 9                | 8                | 4.50      | 0.00                    | 5           | 23.00    | 1.00      | 2.25      | *N/A*      | 10.3       | *N/A*      | 1.00      |
| 999655 Cheese, String - OKI          | 1MMA         | 200       | 80                       | 4.00                   | 200                    | 1                | *N/A*            | 6.00      | 0.00                    | 20          | 2.00     | 0.00      | 6.00      | *N/A*      | 198.0      | *N/A*      | 0.00      |
| 990652 Pear, Fresh, 150ct, - OKI     | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 999478 Applesauce, Cup, Assort - OKI | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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               |              |           | 436                      | 5.47                   | 388                    | 47               | *8               | 12.03     | 0.00                    | 35          | 70.83    | 6.22      | 16.56     | *341       | 430.0      | *6.12      | 1.28      |
| % of Calories                        |              |           |                          | 11.29 %                |                        | 43.1%            | *7.3%            | 24.8%     | 0.0%                    |             | 65.0%    |           | 15.2%     |            |            |            |           |
| Weekly Nutrient Guideline            |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024

Reimbursable Meal Total 200

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991669 Waffle, WG, Cinn, Snackn - OKI       | 2BG          | 200       | 250                      | 4.00                   | 290                    | 15               | 14               | 9.00      | 0.00                    | 44          | 37.00    | 2.00      | 6.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990645 ORANGE, Fresh 138CT, - OKI           | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 991824 Juice, Apple, Citrus Sun, 1/2c - OKI | 1/2c         | 200       | 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           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                      |              |           | 444                      | 4.83                   | 403                    | 48               | *14              | 10.46     | 0.00                    | 54          | 72.40    | 4.30      | 14.72     | *557       | *242.9     | *51.33     | *0.13     |
| % of Calories                               |              |           |                          | 9.79%                  |                        | 43.2%            | *12.6%           | 21.2%     | 0.0%                    |             | 65.2%    |           | 13.3%     |            |            |            |           |
| Weekly Nutrient Guideline                   |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/19/2024

Reimbursable Meal Total 200

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991548 Egg, Scramble, Fiesta - OKI        | 1MMA         | 200       | 96                       | 2.72                   | 249                    | 1                | *N/A*            | 5.87      | 0.00                    | 70          | 5.33     | 0.53      | 5.33      | *N/A*      | 110.4      | *N/A*      | 0.53      |
| 991397 Chips, Tortilla, WG, IW, 1BG - OKI | 1BG          | 200       | 120                      | 0.50                   | 100                    | 0                | *0               | 4.50      | 0.00                    | 0           | 18.00    | 2.00      | 2.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990648 Apple, Fresh, 138CT, - OKI         | 1/2c         | 200       | 62                       | 0.03                   | 1                      | 12               | *N/A*            | 0.20      | *N/A*                   | 0           | 16.52    | 2.87      | 0.31      | 65         | 7.2        | 5.50       | 0.14      |
| 991461 Fruit, Cups, Assorted - OKI        | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI             | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 431                      | 4.07                   | 458                    | 38               | *0               | 11.91     | *0.00                   | 80          | 66.78    | 6.30      | *15.67    | *406       | *329.5     | *5.77      | *0.96     |
| % of Calories                   |              |           |                          | 8.50%                  |                        | 35.3%            | *0%              | 24.9%     | *0.0%                   |             | 62.0%    |           | *14.5%    |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/20/2024 Reimbursable Meal Total 200

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999480 Muffin, Assorted, 1BG, BC - OKI | 1BG          | 200       | 155                      | 0.75                   | 106                    | 12               | 12               | 4.87      | 0.00                    | 15          | 25.47    | 0.50      | 2.50      | *N/A*      | 18.0       | *N/A*      | 1.00      |
| 999655 Cheese, String - OKI            | 1MMA         | 200       | 80                       | 4.00                   | 200                    | 1                | *N/A*            | 6.00      | 0.00                    | 20          | 2.00     | 0.00      | 6.00      | *N/A*      | 198.0      | *N/A*      | 0.00      |
| 990652 Pear, Fresh, 150ct, - OKI       | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 990646 Craisins - OKI                  | 1/2c         | 200       | 110                      | 0.00                   | 0                      | 24               | *N/A*            | 0.00      | 0.00                    | 0           | 27.00    | 2.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI          | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                 |              |           | 511                      | 5.59                   | 415                    | 62               | *12              | 12.40     | 0.00                    | 45          | 86.32    | 6.72      | 16.81     | *341       | 432.7      | *6.12      | 1.28      |
| % of Calories                          |              |           |                          | 9.85%                  |                        | 48.5%            | *9.4%            | 21.8%     | 0.0%                    |             | 67.6%    |           | 13.2%     |            |            |            |           |
| Weekly Nutrient Guideline              |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024 Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991309 Pancakes, Bacon, Turkey - OKI | 2BG          | 200       | 260                      | 2.00                   | 890                    | 7                | *1               | 12.00     | 0.00                    | 41          | 27.00    | 2.00      | 14.00     | *N/A*      | *0.0                   | *N/A*      | *0.40     |
| 990653 Applesauce, Cup - OKI         | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0                    | *N/A*      | 0.00      |
| 990645 ORANGE, Fresh 138CT, - OKI    | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4                   | 51.07      | 0.10      |
| 999658 Syrup, PKT - OKI              | 1            | 200       | 121                      | 0.00                   | 22                     | 22               | *N/A*            | 0.00      | 0.00                    | 0           | 30.19    | 0.00      | 0.00      | *N/A*      | 0.9                    | *N/A*      | 0.03      |
| 990668 Milk, 1/2PNT, 1% - OKI        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1                   | 0.26       | 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               |              |           | 564                      | 2.83                   | 1020                   | 61               | *1               | 13.46     | 0.00                    | 51          | 93.60    | 5.30      | 22.72     | *557       | *248.8                 | *51.33     | *0.56     |
| % of Calories                        |              |           |                          | 4.52%                  |                        | 43.3%            | *0.7%            | 21.5%     | 0.0%                    |             | 66.4%    |           | 16.1%     |            |                        |            |           |
| Weekly Nutrient Guideline            |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

Friday - 11/22/2024

Reimbursable Meal Total 200

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999479 Yogurt, Cups, Assorted - OKI  | 1MMA         | 200       | 80                       | 0.00                   | 75                     | 12               | 7                | 0.00      | 0.00                    | 0           | 15.00    | 0.00      | 3.00      | *N/A*      | 320.0                  | *N/A*      | 0.00      |
| 990723 Granola, WG, 1BG- OKI         | 1BG          | 200       | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0                    | *N/A*      | 0.70      |
| 990652 Pear, Fresh, 150ct, - OKI     | 1/2c         | 200       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2                   | 5.85       | 0.24      |
| 999478 Applesauce, Cup, Assort - OKI | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0                    | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1                   | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 406                      | 0.84                   | 244                    | 53               | *10              | 5.53      | 0.00                    | 10          | 75.83    | 7.22      | 13.31     | *341       | 541.7      | *6.12      | 0.98      |
| % of Calories                   |              |           |                          | 1.86%                  |                        | 52.2%            | *9.9%            | 12.3%     | 0.0%                    |             | 74.7%    |           | 13.1%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/25/2024

Reimbursable Meal Total 200

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991059 Bagel, Cinnamon Raisin - OKI         | 2BG          | 200       | 171                      | 0.00                   | 282                    | 7                | 2                | 1.01      | 0.00                    | 0           | 37.22    | 3.02      | 5.03      | *N/A*      | 50.3       | *N/A*      | 2.01      |
| 990645 ORANGE, Fresh 138CT, - OKI           | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 991824 Juice, Apple, Citrus Sun, 1/2c - OKI | 1/2c         | 200       | 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*     |
| 990784 Cream Cheese, Cup - OKI              | 1            | 200       | 70                       | 4.01                   | 115                    | 1                | *N/A*            | 7.01      | 0.00                    | 20          | 1.00     | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990668 Milk, 1/2PNT, 1% - OKI               | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                      |              |           | 435                      | 4.83                   | 509                    | 41               | *2               | 9.47      | 0.00                    | 30          | 73.63    | 5.32      | 14.76     | *557       | *293.2     | *51.33     | *2.14     |
| % of Calories                               |              |           |                          | 9.99%                  |                        | 37.7%            | *1.8%            | 19.6%     | 0.0%                    |             | 67.7%    |           | 13.6%     |            |            |            |           |
| Weekly Nutrient Guideline                   |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/26/2024

Reimbursable Meal Total 200



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999502 Egg, Bites, Sunny Fresh, 2each- OKI | 3MMA         | 200       | 239                      | 4.97                   | 378                    | 2                | *N/A*            | 17.90     | 0.00                    | 259         | 5.97     | 1.99      | 11.94     | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990648 Apple, Fresh, 138CT, - OKI          | 1/2c         | 200       | 62                       | 0.03                   | 1                      | 12               | *N/A*            | 0.20      | *N/A*                   | 0           | 16.52    | 2.87      | 0.31      | 65         | 7.2        | 5.50       | 0.14      |
| 991461 Fruit, Cups, Assorted - OKI         | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 999647 Ketchup, Pkt - OKI                  | 1            | 200       | 11                       | 0.00                   | 96                     | 2                | 2                | 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       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                     |              |           | 465                      | 5.82                   | 583                    | 41               | *2               | 19.53     | *0.00                   | 268         | 52.01    | 5.88      | *20.36    | *406       | *220.0     | *5.77      | *0.46     |
| % of Calories                              |              |           |                          | 11.26 %                |                        | 35.3%            | *1.7%            | 37.8%     | *0.0%                   |             | 44.7%    |           | *17.5%    |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 450 - 500                | <10                    | 540                    |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 456                      | 4                      | 455                    | 50               | 8                | 10.58     | *0.00                   | 49          | 77.41    | 6.06      | *15.46    | *437       | *312.6     | *23.06     | *1.22     |
| % of Calories     |  |                          | 7.86%                  |                        | 43.9%            | *7.0%            | 20.9%     | *0.0%                   |             | 67.9%    |           | *13.6%    |            |            |            |           |

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                   | Allergen(s)                  |
|----------|-------------------------------|------------------------------|
| 990653   | Applesauce, Cup - OKI         |                              |
| 999492   | Bars, Granola, Assorted - OKI | Egg, Milk, Soy, Wheat, Wheat |
| 999655   | Cheese, String - OKI          | Milk                         |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk                         |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk                         |
| 990652   | Pear, Fresh, 150ct, - OKI     |                              |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Wednesday, November 6, 2024

| Recipe # | Recipe Name                    | Allergen(s)      |
|----------|--------------------------------|------------------|
| 990653   | Applesauce, Cup - OKI          |                  |
| 990646   | Craisins - OKI                 |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk             |
| 991669   | Waffle, WG, Cinn, Snackn - OKI | Egg, Milk, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                | Allergen(s) |
|----------|----------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI |             |
| 991733   | Frudel, Cherry, IW - OKI   | Milk, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI     | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI   | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                        | Allergen(s)           |
|----------|------------------------------------|-----------------------|
| 999478   | Applesauce, Cup, Assort - OKI      |                       |
| 991732   | Donut, Pull-a-Part, Goodyman - OKI | Milk, Soy, Wheat, Egg |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk                  |
| 990652   | Pear, Fresh, 150ct, - OKI          |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                          | Allergen(s) |
|----------|--------------------------------------|-------------|
| 991059   | Bagel, Cinnamon Raisin - OKI         | Wheat       |
| 990784   | Cream Cheese, Cup - OKI              | Milk        |
| 991824   | Juice, Apple, Citrus Sun, 1/2c - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI           |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                   | Allergen(s)           |
|----------|-------------------------------|-----------------------|
| 990648   | Apple, Fresh, 138CT, - OKI    |                       |
| 999477   | Bowl, Pancake, Assorted - OKI | Egg, Milk, Soy, Wheat |
| 991461   | Fruit, Cups, Assorted - OKI   |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                      | Allergen(s)                |
|----------|----------------------------------|----------------------------|
| 999424   | Bread, Breakfast, Assorted - OKI | Egg, Milk, Soy, Wheat, Egg |
| 990646   | Craisins - OKI                   |                            |
| 990668   | Milk, 1/2PNT, 1% - OKI           | Milk                       |
| 990669   | Milk, 1/2PNT, Skim - OKI         | Milk                       |
| 990652   | Pear, Fresh, 150ct, - OKI        |                            |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name                 | Allergen(s) |
|----------|-----------------------------|-------------|
| 990653   | Applesauce, Cup - OKI       |             |
| 999425   | Cinnis, Caramel, Mini - OKI | Milk, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI      | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI    | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI  |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                   | Allergen(s)                  |
|----------|-------------------------------|------------------------------|
| 999478   | Applesauce, Cup, Assort - OKI |                              |
| 999492   | Bars, Granola, Assorted - OKI | Egg, Milk, Soy, Wheat, Wheat |
| 999655   | Cheese, String - OKI          | Milk                         |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk                         |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk                         |
| 990652   | Pear, Fresh, 150ct, - OKI     |                              |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                          | Allergen(s)      |
|----------|--------------------------------------|------------------|
| 991824   | Juice, Apple, Citrus Sun, 1/2c - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI           |                  |
| 991669   | Waffle, WG, Cinn, Snackn - OKI       | Egg, Milk, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                        | Allergen(s) |
|----------|------------------------------------|-------------|
| 990648   | Apple, Fresh, 138CT, - OKI         |             |
| 991397   | Chips, Tortilla, WG, IW, 1BG - OKI |             |
| 991548   | Egg, Scramble, Fiesta - OKI        | Egg         |
| 991461   | Fruit, Cups, Assorted - OKI        |             |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 999655   | Cheese, String - OKI            | Milk                  |
| 990646   | Craisins - OKI                  |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI        | Milk                  |
| 999480   | Muffin, Assorted, 1BG, BC - OKI | Milk, Soy, Wheat, Egg |
| 990652   | Pear, Fresh, 150ct, - OKI       |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                   | Allergen(s)           |
|----------|-------------------------------|-----------------------|
| 990653   | Applesauce, Cup - OKI         |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk                  |
| 990645   | ORANGE, Fresh 138CT, - OKI    |                       |
| 991309   | Pancakes, Bacon, Turkey - OKI | Egg, Milk, Soy, Wheat |
| 999658   | Syrup, PKT - OKI              |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                   | Allergen(s) |
|----------|-------------------------------|-------------|
| 999478   | Applesauce, Cup, Assort - OKI |             |
| 990723   | Granola, WG, 1BG- OKI         |             |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk        |
| 990652   | Pear, Fresh, 150ct, - OKI     |             |
| 999479   | Yogurt, Cups, Assorted - OKI  | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                          | Allergen(s) |
|----------|--------------------------------------|-------------|
| 991059   | Bagel, Cinnamon Raisin - OKI         | Wheat       |
| 990784   | Cream Cheese, Cup - OKI              | Milk        |
| 991824   | Juice, Apple, Citrus Sun, 1/2c - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI           |             |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 990648   | Apple, Fresh, 138CT, - OKI          |             |
| 999502   | Egg, Bites, Sunny Fresh, 2each- OKI | Milk, Egg   |
| 991461   | Fruit, Cups, Assorted - OKI         |             |
| 999647   | Ketchup, Pkt - OKI                  |             |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk        |

**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 or treating medical conditions.

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                          |                            |               |          |
|--------------------------|----------------------------|---------------|----------|
| Menu Name:               | Cicero Hot Breakfast Pre-k | Include Cost: | No       |
| Site:                    |                            | Report Style: | Detailed |
| Use Alternate Menu Name: | No                         |               |          |

Friday - 11/01/2024Reimbursable Meal Total 200

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999504 Cereal, Assorted, Fall - OKI | 1BG          | 200       | 108                      | 0.00                   | 168                    | 5                | 5                | 1.51      | 0.00                    | 0           | 22.57    | 2.00      | 2.50      | *2         | *21.5                  | *1.52      | *14.09    |
| 990677 Sunflower Seeds, IW- OKI     | 1MMA         | 200       | 200                      | 2.50                   | 135                    | 1                | 0                | 17.00     | 0.00                    | 0           | 8.00     | 4.00      | 7.00      | *N/A*      | 31.0                   | *N/A*      | 1.00      |
| 990653 Applesauce, Cup - OKI        | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0                    | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1                   | 0.26       | 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              |              |           | 446                      | 3.31                   | 411                    | 29               | *5               | 19.85     | 0.00                    | 10          | 55.70    | 7.00      | 17.32     | *343       | *262.0                 | *1.78      | *15.12    |
| % of Calories                       |              |           |                          | 6.68%                  |                        | 26.0%            | *4.5%            | 40.1%     | 0.0%                    |             | 50.0%    |           | 15.5%     |            |                        |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 11/07/2024Reimbursable Meal Total 1

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999479 Yogurt, Cups, Assorted - OKI | 1MMA         | 1         | 80                       | 0.00                   | 75                     | 12               | 7                | 0.00      | 0.00                    | 0           | 15.00    | 0.00      | 3.00      | *N/A*      | 320.0                  | *N/A*      | 0.00      |
| 990723 Granola, WG, 1BG- OKI        | 1BG          | 1         | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0                    | *N/A*      | 0.70      |
| 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     |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990668 Milk, 1/2PNT, 1% - OKI   | 1c           | 1         | 100                      | 1.50                   | 120                    | 11               | *N/A*            | 2.50      | 0.00                    | 15          | 11.00    | 0.00      | 8.00      | 220        | 132.3      | 0.53       | 0.00      |
| 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          |              |           | 432                      | 1.63                   | 350                    | 52               | *10              | 6.68      | 0.00                    | 20          | 68.05    | 2.90      | *20.84    | *683       | *736.4     | *0.53      | *1.02     |
| % of Calories                   |              |           |                          | 3.40%                  |                        | 48.1%            | *9.3%            | 13.9%     | 0.0%                    |             | 63.0%    |           | *19.3%    |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 200

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999504 Cereal, Assorted, Fall - OKI | 1BG          | 200       | 108                      | 0.00                   | 168                    | 5                | 5                | 1.51      | 0.00                    | 0           | 22.57    | 2.00      | 2.50      | *2         | *21.5      | *1.52      | *14.09    |
| 990677 Sunflower Seeds, IW- OKI     | 1MMA         | 200       | 200                      | 2.50                   | 135                    | 1                | 0                | 17.00     | 0.00                    | 0           | 8.00     | 4.00      | 7.00      | *N/A*      | 31.0       | *N/A*      | 1.00      |
| 990653 Applesauce, Cup - OKI        | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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              |              |           | 446                      | 3.31                   | 411                    | 29               | *5               | 19.85     | 0.00                    | 10          | 55.70    | 7.00      | 17.32     | *343       | *262.0     | *1.78      | *15.12    |
| % of Calories                       |              |           |                          | 6.68%                  |                        | 26.0%            | *4.5%            | 40.1%     | 0.0%                    |             | 50.0%    |           | 15.5%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991059 Bagel, Cinnamon Raisin - OKI | 2BG          | 200       | 171                      | 0.00                   | 282                    | 7                | 2                | 1.01      | 0.00                    | 0           | 37.22    | 3.02      | 5.03      | *N/A*      | 50.3       | *N/A*      | 2.01      |
| 990645 ORANGE, Fresh 138CT, - OKI   | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990784 Cream Cheese, Cup - OKI      | 1            | 200       | 70                       | 4.01                   | 115                    | 1                | *N/A*            | 7.01      | 0.00                    | 20          | 1.00     | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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              |              |           | 375                      | 4.83                   | 504                    | 28               | *2               | 9.47      | 0.00                    | 30          | 60.63    | 5.32      | 14.76     | *557       | *293.2     | *51.33     | *2.14     |
| % of Calories                       |              |           |                          | 11.59 %                |                        | 29.9%            | *2.1%            | 22.7%     | 0.0%                    |             | 64.7%    |           | 15.7%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/12/2024

Reimbursable Meal Total 200

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999504 Cereal, Assorted, Fall - OKI | 1BG          | 200       | 108                      | 0.00                   | 168                    | 5                | 5                | 1.51      | 0.00                    | 0           | 22.57    | 2.00      | 2.50      | *2         | *21.5      | *1.52      | *14.09    |
| 990677 Sunflower Seeds, IW- OKI     | 1MMA         | 200       | 200                      | 2.50                   | 135                    | 1                | 0                | 17.00     | 0.00                    | 0           | 8.00     | 4.00      | 7.00      | *N/A*      | 31.0       | *N/A*      | 1.00      |
| 991153 Apple, Slices, 1/2c - OKI    | 1/2 c        | 200       | 29                       | 0.02                   | 1                      | 6                | *N/A*            | 0.10      | *N/A*                   | 0           | 7.80     | 1.36      | 0.15      | 31         | 3.4        | 2.60       | 0.07      |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 426                      | 3.33                   | 411                    | 23               | *5               | 19.94     | *0.00                   | 10          | 49.50    | 7.36      | 17.47     | *373       | *260.4     | *4.38      | *15.19    |
| % of Calories                   |              |           |                          | 7.04%                  |                        | 21.6%            | *4.7%            | 42.1%     | *0.0%                   |             | 46.5%    |           | 16.4%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/13/2024 Reimbursable Meal Total 200

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999424 Bread, Breakfast, Assorted - OKI | 2BG          | 200       | 260                      | 1.50                   | 243                    | 23               | 23               | 8.00      | 0.00                    | 0           | 44.33    | 2.33      | 5.00      | *N/A*      | 107.0      | *N/A*      | 1.36      |
| 990653 Applesauce, Cup - OKI            | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI           | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                  |              |           | 399                      | 2.31                   | 351                    | 47               | *23              | 9.34      | 0.00                    | 10          | 69.46    | 3.33      | 12.82     | *341       | 316.5      | *0.26      | 1.39      |
| % of Calories                           |              |           |                          | 5.21%                  |                        | 47.1%            | *23.1%           | 21.1%     | 0.0%                    |             | 69.6%    |           | 12.9%     |            |            |            |           |
| Weekly Nutrient Guideline               |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/14/2024 Reimbursable Meal Total 200

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999424 Bread, Breakfast, Assorted - OKI | 2BG          | 200       | 260                      | 1.50                   | 243                    | 23               | 23               | 8.00      | 0.00                    | 0           | 44.33    | 2.33      | 5.00      | *N/A*      | 107.0      | *N/A*      | 1.36      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991461 Fruit, Cups, Assorted - OKI | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI      | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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             |              |           | 413                      | 2.31                   | 351                    | 48               | *23              | 9.34      | 0.00                    | 10          | 71.26    | 3.23      | *13.02    | *341       | *318.9     | *0.26      | *1.65     |
| % of Calories                      |              |           |                          | 5.03%                  |                        | 46.5%            | *22.3%           | 20.4%     | 0.0%                    |             | 69.0%    |           | *12.6%    |            |            |            |           |
| Weekly Nutrient Guideline          |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 200

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999504 Cereal, Assorted, Fall - OKI | 1BG          | 200       | 108                      | 0.00                   | 168                    | 5                | 5                | 1.51      | 0.00                    | 0           | 22.57    | 2.00      | 2.50      | *2         | *21.5      | *1.52      | *14.09    |
| 999656 Egg, Hard Boiled, 1MMA - OKI | 1MMA         | 200       | 70                       | 1.50                   | 55                     | 1                | *N/A*            | 5.00      | 0.00                    | 170         | 1.00     | 0.00      | 6.00      | *N/A*      | 23.0       | *N/A*      | 1.00      |
| 990653 Applesauce, Cup - OKI        | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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              |              |           | 316                      | 2.31                   | 331                    | 29               | *5               | 7.85      | 0.00                    | 180         | 48.70    | 3.00      | 16.32     | *343       | *254.0     | *1.78      | *15.12    |
| % of Calories                       |              |           |                          | 6.58%                  |                        | 36.7%            | *6.3%            | 22.4%     | 0.0%                    |             | 61.6%    |           | 20.7%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024

Reimbursable Meal Total 200

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991669 Waffle, WG, Cinn, Snackn - OKI | 2BG          | 200       | 250                      | 4.00                   | 290                    | 15               | 14               | 9.00      | 0.00                    | 44          | 37.00    | 2.00      | 6.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990645 ORANGE, Fresh 138CT, - OKI     | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                |              |           | 384                      | 4.83                   | 398                    | 35               | *14              | 10.46     | 0.00                    | 54          | 59.40    | 4.30      | 14.72     | *557       | *242.9     | *51.33     | *0.13     |
| % of Calories                         |              |           |                          | 11.32 %                |                        | 36.5%            | *14.6%           | 24.5%     | 0.0%                    |             | 61.9%    |           | 15.3%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/19/2024

Reimbursable Meal Total 200

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991548 Egg, Scramble, Fiesta - OKI        | 1MMA         | 200       | 96                       | 2.72                   | 249                    | 1                | *N/A*            | 5.87      | 0.00                    | 70          | 5.33     | 0.53      | 5.33      | *N/A*      | 110.4      | *N/A*      | 0.53      |
| 991397 Chips, Tortilla, WG, IW, 1BG - OKI | 1BG          | 200       | 120                      | 0.50                   | 100                    | 0                | *0               | 4.50      | 0.00                    | 0           | 18.00    | 2.00      | 2.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 334                      | 4.05                   | 457                    | 18               | *0               | 11.80     | *0.00                   | 80          | 42.26    | 3.89      | 15.30     | *372       | *318.3     | *2.86      | *0.64     |
| % of Calories                   |              |           |                          | 10.91 %                |                        | 21.6%            | *0%              | 31.8%     | *0.0%                   |             | 50.6%    |           | 18.3%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/20/2024 Reimbursable Meal Total 200

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999480 Muffin, Assorted, 1BG, BC - OKI | 1BG          | 200       | 155                      | 0.75                   | 106                    | 12               | 12               | 4.87      | 0.00                    | 15          | 25.47    | 0.50      | 2.50      | *N/A*      | 18.0       | *N/A*      | 1.00      |
| 990653 Applesauce, Cup - OKI           | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI          | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                 |              |           | 293                      | 1.56                   | 214                    | 36               | *12              | 6.21      | 0.00                    | 25          | 50.59    | 1.50      | 10.32     | *341       | 227.5      | *0.26      | 1.03      |
| % of Calories                          |              |           |                          | 4.79%                  |                        | 49.1%            | *16.4%           | 19.1%     | 0.0%                    |             | 69.1%    |           | 14.1%     |            |            |            |           |
| Weekly Nutrient Guideline              |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024 Reimbursable Meal Total 200

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991309 Pancakes, Bacon, Turkey - OKI | 2BG          | 200       | 260                      | 2.00                   | 890                    | 7                | *1               | 12.00     | 0.00                    | 41          | 27.00    | 2.00      | 14.00     | *N/A*      | *0.0       | *N/A*      | *0.40     |



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991461 Fruit, Cups, Assorted - OKI | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 999658 Syrup, PKT - OKI            | 1            | 200       | 121                      | 0.00                   | 22                     | 22               | *N/A*            | 0.00      | 0.00                    | 0           | 30.19    | 0.00      | 0.00      | *N/A*      | 0.9        | *N/A*      | 0.03      |
| 990668 Milk, 1/2PNT, 1% - OKI      | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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             |              |           | 534                      | 2.81                   | 1020                   | 53               | *1               | 13.34     | 0.00                    | 51          | 84.12    | 2.90      | *22.02    | *341       | *212.8     | *0.26      | *0.72     |
| % of Calories                      |              |           |                          | 4.74%                  |                        | 39.7%            | *0.7%            | 22.5%     | 0.0%                    |             | 63.0%    |           | *16.5%    |            |            |            |           |
| Weekly Nutrient Guideline          |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/22/2024

Reimbursable Meal Total 200

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999479 Yogurt, Cups, Assorted - OKI | 1MMA         | 200       | 80                       | 0.00                   | 75                     | 12               | 7                | 0.00      | 0.00                    | 0           | 15.00    | 0.00      | 3.00      | *N/A*      | 320.0      | *N/A*      | 0.00      |
| 990723 Granola, WG, 1BG- OKI        | 1BG          | 200       | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0        | *N/A*      | 0.70      |
| 990653 Applesauce, Cup - OKI        | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *N/A*            | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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              |              |           | 329                      | 0.81                   | 243                    | 39               | *10              | 5.34      | 0.00                    | 10          | 55.12    | 3.00      | 12.82     | *341       | 529.5      | *0.26      | 0.73      |
| % of Calories                       |              |           |                          | 2.22%                  |                        | 47.4%            | *12.2%           | 14.6%     | 0.0%                    |             | 67.0%    |           | 15.6%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Monday - 11/25/2024                 |              | Reimbursable Meal Total 200 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |
|-------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
|                                     | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
| 991059 Bagel, Cinnamon Raisin - OKI | 2BG          | 200                         | 171                      | 0.00                   | 282                    | 7                | 2                | 1.01      | 0.00                    | 0           | 37.22    | 3.02      | 5.03      | *N/A*      | 50.3       | *N/A*      | 2.01      |
| 990645 ORANGE, Fresh 138CT, - OKI   | 1/2c         | 200                         | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990784 Cream Cheese, Cup - OKI      | 1            | 200                         | 70                       | 4.01                   | 115                    | 1                | *N/A*            | 7.01      | 0.00                    | 20          | 1.00     | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990668 Milk, 1/2PNT, 1% - OKI       | 1c           | 100                         | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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              |              |                             | 375                      | 4.83                   | 504                    | 28               | *2               | 9.47      | 0.00                    | 30          | 60.63    | 5.32      | 14.76     | *557       | *293.2     | *51.33     | *2.14     |
| % of Calories                       |              |                             |                          | 11.59 %                |                        | 29.9%            | *2.1%            | 22.7%     | 0.0%                    |             | 64.7%    |           | 15.7%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |                             | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Tuesday - 11/26/2024                   |              | Reimbursable Meal Total 200 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |  |
|----------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|--|
|                                        | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |  |
| 991060 Egg, Bites, Sunny Fresh- OKI    | 1.5MMA       | 200                         | 119                      | 2.49                   | 189                    | 1                | *N/A*            | 8.95      | 0.00                    | 129         | 2.98     | 1.00      | 5.97      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |  |
| 991546 Muffin, Cornbread, IW, WG - OKI | 1BG          | 200                         | 150                      | 0.50                   | 90                     | 9                | *9               | 5.00      | 0.00                    | 15          | 23.01    | 0.00      | 3.00      | *N/A*      | 21.0       | *N/A*      | 1.00      |  |
| 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      |  |
| 999647 Ketchup, Pkt - OKI              | 1            | 200                         | 11                       | 0.00                   | 96                     | 2                | 2                | 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                         | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |  |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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                      | 3.82                   | 483                    | 29               | *11              | 15.47     | *0.00                   | 154         | 47.52    | 2.48      | 17.03     | *372       | *229.8     | *2.86      | *1.13     |
| % of Calories                   |              |           |                          | 8.62%                  |                        | 29.1%            | *11.0%           | 34.9%     | *0.0%                   |             | 47.6%    |           | 17.1%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 393                      | 3                      | 429                    | 35               | 9                | 11.63     | *0.00                   | 46          | 58.58    | 4.17      | *15.79    | *414       | *317.2     | *11.42     | *4.88     |
| % of Calories     |  |                          | 7.03%                  |                        | 35.6%            | *9.2%            | 26.6%     | *0.0%                   |             | 59.6%    |           | *16.1%    |            |            |            |           |

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990653   | Applesauce, Cup - OKI        |             |
| 999504   | Cereal, Assorted, Fall - OKI | Wheat       |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 990677   | Sunflower Seeds, IW- OKI     |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 991461   | Fruit, Cups, Assorted - OKI  |             |
| 990723   | Granola, WG, 1BG- OKI        |             |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 999479   | Yogurt, Cups, Assorted - OKI | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990653   | Applesauce, Cup - OKI        |             |
| 999504   | Cereal, Assorted, Fall - OKI | Wheat       |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 990677   | Sunflower Seeds, IW- OKI     |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 991059   | Bagel, Cinnamon Raisin - OKI | Wheat       |
| 990784   | Cream Cheese, Cup - OKI      | Milk        |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI   |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 991153   | Apple, Slices, 1/2c - OKI    |             |
| 999504   | Cereal, Assorted, Fall - OKI | Wheat       |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 990677   | Sunflower Seeds, IW- OKI     |             |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                      | Allergen(s)                |
|----------|----------------------------------|----------------------------|
| 990653   | Applesauce, Cup - OKI            |                            |
| 999424   | Bread, Breakfast, Assorted - OKI | Egg, Milk, Soy, Wheat, Egg |
| 990668   | Milk, 1/2PNT, 1% - OKI           | Milk                       |
| 990669   | Milk, 1/2PNT, Skim - OKI         | Milk                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name                      | Allergen(s)                |
|----------|----------------------------------|----------------------------|
| 999424   | Bread, Breakfast, Assorted - OKI | Egg, Milk, Soy, Wheat, Egg |
| 991461   | Fruit, Cups, Assorted - OKI      |                            |
| 990668   | Milk, 1/2PNT, 1% - OKI           | Milk                       |
| 990669   | Milk, 1/2PNT, Skim - OKI         | Milk                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990653   | Applesauce, Cup - OKI        |             |
| 999504   | Cereal, Assorted, Fall - OKI | Wheat       |
| 999656   | Egg, Hard Boiled, 1MMA - OKI | Egg         |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                    | Allergen(s)      |
|----------|--------------------------------|------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI     |                  |
| 991669   | Waffle, WG, Cinn, Snackn - OKI | Egg, Milk, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                        | Allergen(s) |
|----------|------------------------------------|-------------|
| 991153   | Apple, Slices, 1/2c - OKI          |             |
| 991397   | Chips, Tortilla, WG, IW, 1BG - OKI |             |
| 991548   | Egg, Scramble, Fiesta - OKI        | Egg         |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 990653   | Applesauce, Cup - OKI           |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI        | Milk                  |
| 999480   | Muffin, Assorted, 1BG, BC - OKI | Milk, Soy, Wheat, Egg |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                   | Allergen(s)           |
|----------|-------------------------------|-----------------------|
| 991461   | Fruit, Cups, Assorted - OKI   |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI        | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI      | Milk                  |
| 991309   | Pancakes, Bacon, Turkey - OKI | Egg, Milk, Soy, Wheat |
| 999658   | Syrup, PKT - OKI              |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990653   | Applesauce, Cup - OKI        |             |
| 990723   | Granola, WG, 1BG- OKI        |             |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 999479   | Yogurt, Cups, Assorted - OKI | Milk        |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 991059   | Bagel, Cinnamon Raisin - OKI | Wheat       |
| 990784   | Cream Cheese, Cup - OKI      | Milk        |
| 990668   | Milk, 1/2PNT, 1% - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI     | Milk        |
| 990645   | ORANGE, Fresh 138CT, - OKI   |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast Pre-k' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 991153   | Apple, Slices, 1/2c - OKI       |                       |
| 991060   | Egg, Bites, Sunny Fresh- OKI    | Milk, Egg             |
| 999647   | Ketchup, Pkt - OKI              |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI        | Milk                  |
| 991546   | Muffin, Cornbread, IW, WG - OKI | Milk, Soy, Wheat, Egg |

**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 or treating medical conditions.

Menu Name:

Cicero Elementary k-8 Lunch

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 11/01/2024

Reimbursable Meal Total 500

|                                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999484 Chicken, Drum, Honey, LemPep, Rice, White - OKI | 2BG, 2MMA    | 500       | 241                      | 0.00                   | 838                    | 5                | *N/A*            | 0.00      | 0.00                    | 0           | 53.33    | 2.00      | 4.01      | *0         | *0.0       | *0.00      | *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     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI                  | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                                 |              |           | 655                      | 0.41                   | 1690                   | 32               | *11              | 2.89      | 0.00                    | 7           | 132.37   | 14.22     | 23.91     | *191       | *329.1     | *6.84      | *2.34     |
| % of Calories                                          |              |           |                          | 0.56%                  |                        | 19.5%            | *6.7%            | 4.0%      | 0.0%                    |             | 80.8%    |           | 14.6%     |            |            |            |           |
| Weekly Nutrient Guideline                              |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/06/2024

Reimbursable Meal Total 500

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991343 Sandwich, Turkey Ham, Swiss, Bun - OKI | 2BG, 2MMA    | 1         | 1                        | 0.01                   | 1                      | 0                | *0               | 0.02      | 0.00                    | 0           | 0.06     | 0.00      | 0.04      | *N/A*      | 0.6        | *N/A*      | 0.00      |
| 991113 Celery, Fresh, Sticks, 3/4c - OKI      | 3/4c         | 500       | 14                       | 0.04                   | 79                     | 1                | *N/A*            | 0.17      | 0.00                    | 0           | 2.95     | 1.59      | 0.68      | 446        | 39.7       | 3.08       | 0.20      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990645 ORANGE, Fresh 138CT, - OKI     | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990678 Sauce, Ranch, PKT - OKI        | 1            | 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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      |
| 999657 Mayo, PKT - OKI                | 1            | 1         | 0                        | 0.00                   | 0                      | 0                | *N/A*            | 0.01      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| 990679 Mustard, PKT - OKI             | 1            | 1         | 0                        | 0.00                   | 0                      | 0                | 0                | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| Weighted Daily Average                |              |           | 171                      | 0.40                   | 376                    | 27               | *11              | 0.86      | 0.00                    | 7           | 32.37    | 4.13      | 9.15      | *803       | 341.0      | *54.25     | 0.39      |
| % of Calories                         |              |           |                          | 2.11%                  |                        | 63.2%            | *25.7%           | 4.5%      | 0.0%                    |             | 75.7%    |           | 21.4%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/07/2024

Reimbursable Meal Total 500

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999566 Barbacoa, Turkey, Cheese - OKI      | 2MMA         | 500       | 176                      | 6.51                   | 646                    | 0                | *0               | 11.05     | 0.00                    | 56          | 6.02     | 0.00      | 13.66     | *N/A*      | 223.0      | *N/A*      | 0.56      |
| 999650 Chips, tortilla, WG, IW- OKI        | 2BG          | 500       | 200                      | 1.00                   | 160                    | 0                | 0                | 7.00      | 0.00                    | 0           | 29.00    | 3.00      | 3.00      | *N/A*      | 40.0       | *N/A*      | 0.60      |
| 990655 Tomatoes, Cherry, 3/4 cup - OKI     | 3/4c         | 500       | 18                       | 0.03                   | 5                      | 3                | *N/A*            | 0.20      | *N/A*                   | 0           | 3.82     | 1.18      | 0.86      | 818        | 9.8        | 13.46      | 0.26      |
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      | 44         | 26.5       | 0.11       | 0.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                      | 7.87                   | 982                    | 34               | *11              | 18.78     | *0.00                   | 63          | 70.70    | 4.18      | 25.85     | *960       | *528.6     | *13.56     | *1.50     |
| % of Calories                         |              |           |                          | 12.76 %                |                        | 24.5%            | *7.9%            | 30.5%     | *0.0%                   |             | 51.0%    |           | 18.6%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 500

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991962 Pizza, Deep Dish, Pepperoni - OKI | 2BG, 2MMA    | 500       | 310                      | 5.00                   | 510                    | 8                | 2                | 13.00     | 0.00                    | 35          | 33.00    | 3.00      | 17.00     | *N/A*      | 240.0      | *N/A*      | 2.20      |
| 999649 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     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI    | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                   |              |           | 854                      | 8.22                   | 1246                   | 40               | *13              | 36.28     | *0.00                   | 42          | 100.96   | 15.62     | 37.49     | *402       | *592.6     | *19.20     | *4.20     |
| % of Calories                            |              |           |                          | 8.66%                  |                        | 18.7%            | *6.1%            | 38.2%     | *0.0%                   |             | 47.3%    |           | 17.6%     |            |            |            |           |
| Weekly Nutrient Guideline                |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 500

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999695 Chicken, Teriyaki, Rice, White- OKI | 2MMA, 2BG    | 500       | 336                      | 1.16                   | 555                    | 8                | *8               | 3.88      | 0.00                    | 43          | 52.22    | 2.00      | 18.62     | *N/A*      | *3.4       | *N/A*      | *1.06     |
| 991423 Broccoli, Hot, 3/4c - OKI           | 3/4c         | 500       | 33                       | 0.11                   | 32                     | 2                | *N/A*            | 0.36      | 0.00                    | 0           | 6.49     | 2.54      | 2.76      | 609        | 46.0       | 87.24      | 0.71      |
| 999478 Applesauce, Cup, Assort - OKI       | 1/2c         | 500       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI      | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                     |              |           | 521                      | 1.60                   | 757                    | 37               | *19              | 4.78      | 0.00                    | 50          | 88.54    | 5.54      | 28.71     | *751       | *310.2     | *87.35     | *1.85     |
| % of Calories                              |              |           |                          | 2.76%                  |                        | 28.4%            | *14.6%           | 8.3%      | 0.0%                    |             | 68.0%    |           | 22.0%     |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/12/2024

Reimbursable Meal Total 500

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999726 Chicken, Tenders, Waffles - OKI | 2BG, 2MMA    | 500       | 320                      | 2.00                   | 535                    | 4                | 3                | 14.00     | 0.00                    | 50          | 26.00    | 3.00      | 22.00     | *N/A*      | 12.0       | *N/A*      | 2.60      |
| 999686 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      |
| 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI  | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 635                      | 2.97                   | 953                    | 34               | *14              | 19.68     | 0.00                    | 57          | 83.62    | 9.70      | 31.06     | *141       | *280.0     | *5.96      | *2.92     |
| % of Calories                   |              |           |                          | 4.21%                  |                        | 21.4%            | *8.8%            | 27.9%     | 0.0%                    |             | 52.7%    |           | 19.6%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/13/2024                      Reimbursable Meal Total 500

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (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*     |
| 999685 Carrots, Fresh, Baby, 3/4c - OKI              | 3/4c         | 500       | 35                       | 0.02                   | 77                     | 5                | *N/A*            | 0.13      | 0.00                    | 0           | 8.18     | 2.88      | 0.64      | 13683      | 31.8       | 2.58       | 0.88      |
| 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*     |
| 990645 ORANGE, Fresh 138CT, - OKI                    | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                        | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI                | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                               |              |           | 551                      | *8.34                  | 1058                   | *32              | *12              | 17.24     | *0.00                   | *47         | 70.29    | *7.18     | 28.82     | *14040     | *325.9     | *53.75     | *1.05     |
| % of Calories                                        |              |           |                          | *13.62 %               |                        | *23.2%           | *8.7%            | 28.2%     | *0.0%                   |             | 51.0%    |           | 20.9%     |            |            |            |           |
| Weekly Nutrient Guideline                            |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/14/2024                      Reimbursable Meal Total 500

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991211 Hot Dog, Beef, Vienna - OKI         | 2BG, 2MMA    | 500       | 280                      | 4.00                   | 870                    | 4                | *3               | 12.50     | 0.00                    | 30          | 29.00    | 3.00      | 14.00     | *N/A*      | *80.0      | *N/A*      | *1.40     |
| 991212 Pickle, Spears - OKI                | 3/4c         | 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      |
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI      | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                     |              |           | 460                      | 4.33                   | 2054                   | 35               | *14              | 13.04     | 0.00                    | 37          | 128.35   | 3.00      | 22.33     | *141       | *377.0     | *0.11      | *1.47     |
| % of Calories                              |              |           |                          | 8.47%                  |                        | 30.4%            | *12.2%           | 25.5%     | 0.0%                    |             | 111.6%   |           | 19.4%     |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 500

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999698 Chicken, Drumstick, Rice, Wild - OKI | 2BG, 2MMA    | 500       | 728                      | 2.85                   | 273                    | *58              | *0               | 11.12     | *0.00                   | 102         | 124.55   | *9.17     | 32.44     | *1         | *38.2      | *70.07     | *2.96     |
| 991348 Lentils, Southwestern - OKI          | 1c           | 500       | 177                      | 0.15                   | *812                   | 4                | *N/A*            | 0.60      | *0.00                   | 0           | 39.63    | 2.16      | 4.39      | *509       | *28.3      | *26.85     | *0.62     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI       | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |



|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 1075                     | 3.41                   | *1255                  | *87              | *11              | 12.52     | *0.00                   | 109         | 197.71   | *13.34    | 45.00     | *700       | *326.1     | *103.77    | *3.85     |
| % of Calories                   |              |           |                          | 2.85%                  |                        | *32.4%           | *4.1%            | 10.5%     | *0.0%                   |             | 73.6%    |           | 16.7%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024

Reimbursable Meal Total 500

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991178 Potsticker, Chicken, Vegetable - OKI | 2MMA/2BG     | 500       | 263                      | 0.51                   | 783                    | 7                | 5                | 7.08      | 0.00                    | 35          | 36.06    | 2.02      | 17.52     | *N/A*      | 37.1       | *N/A*      | 3.18      |
| 991174 Edamame, 3/4c - OKI                  | 3/4c         | 500       | 140                      | 0.00                   | 6                      | 3                | *N/A*            | 5.74      | 0.00                    | 0           | 11.48    | 6.38      | 12.75     | *N/A*      | 76.5       | *N/A*      | 2.55      |
| 999478 Applesauce, Cup, Assort - OKI        | 1/2c         | 500       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI       | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                      | 0.83                   | 959                    | 37               | *16              | 13.35     | 0.00                    | 42          | 77.37    | 9.40      | 37.59     | *141       | 374.4      | *0.11      | 5.80      |
| % of Calories                               |              |           |                          | 1.35%                  |                        | 26.7%            | *11.5%           | 21.6%     | 0.0%                    |             | 55.8%    |           | 27.1%     |            |            |            |           |
| Weekly Nutrient Guideline                   |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/19/2024

Reimbursable Meal Total 500

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999760 Chicken, Popcorn, BBQ - OKI    | 2MMA         | 500       | 396                      | 3.67                   | 913                    | 0                | *0               | 18.90     | 0.00                    | 42          | 40.17    | 2.10      | 15.75     | *N/A*      | 15.8       | *0.00      | 2.10      |
| 999430 Crackers, Chili Lime, WG - OKI | 1BG          | 500       | 90                       | 0.00                   | 200                    | 2                | 2                | 3.00      | 0.00                    | 0           | 15.00    | 1.00      | 1.00      | *N/A*      | 13.0       | *N/A*      | 1.00      |
| 999684 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*     |
| 990652 Pear, Fresh, 150ct, - OKI      | 1/2c         | 500       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                |              |           | 764                      | 4.03                   | 1285                   | 35               | *13              | 24.10     | 0.00                    | 49          | 115.35   | 10.27     | 27.52     | *141       | *296.8     | *5.96      | *3.42     |
| % of Calories                         |              |           |                          | 4.75%                  |                        | 18.3%            | *6.8%            | 28.4%     | 0.0%                    |             | 60.4%    |           | 14.4%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/20/2024

Reimbursable Meal Total 500

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999631 Pizza, Turkey Sausage, - OKI          | 2BG, 2MMA    | 500       | 280                      | 4.00                   | 450                    | 8                | 2                | 10.00     | 0.00                    | 30          | 33.00    | 5.00      | 2.00      | 50         | 220.0      | 0.00       | 2.60      |
| 991115 Pepper, Fresh, Red, Strip, 3/4c - OKI | 3/4c         | 500       | 18                       | 0.04                   | 3                      | 3                | *N/A*            | 0.20      | 0.00                    | 0           | 4.10     | 1.43      | 0.67      | 2130       | 4.8        | 86.89      | 0.29      |
| 990645 ORANGE, Fresh 138CT, - OKI            | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI        | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 444                      | 4.38                   | 622                    | 35               | *13              | 10.86     | 0.00                    | 37          | 64.23    | 8.73      | 10.90     | 2538       | 519.0      | *138.06    | 3.06      |
| % of Calories                   |              |           |                          | 8.88%                  |                        | 31.5%            | *11.7%           | 22.0%     | 0.0%                    |             | 57.9%    |           | 9.8%      |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024                      Reimbursable Meal Total 500

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991152 Turkey, Roast, Gravy - OKI          | 2MMA         | 500       | 94                       | 0.00                   | 516                    | 1                | *0               | 1.27      | 0.00                    | 35          | 3.71     | 0.00      | 17.00     | *0         | *0.1       | *0.00      | *0.00     |
| 991627 Roll, Dinner, Schubert, 2BG - OKI   | 2BG          | 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      |
| 999700 Beans, Green, Casserole 3/4c - OKI  | 3/4c         | 500       | 67                       | 0.99                   | 316                    | 1                | *0               | 3.35      | *0.00                   | 3           | 7.34     | 1.84      | 2.38      | *0         | *27.2      | *0.00      | *0.14     |
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI      | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                     |              |           | 492                      | 1.31                   | 1213                   | 38               | *15              | 7.15      | *0.00                   | 50          | 74.90    | 4.84      | 32.71     | *141       | *283.1     | *0.11      | *1.91     |
| % of Calories                              |              |           |                          | 2.40%                  |                        | 30.9%            | *12.2%           | 13.1%     | *0.0%                   |             | 60.9%    |           | 26.6%     |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/22/2024                      Reimbursable Meal Total 500

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991240 Penne, Meatball, Marinara - OKI        | 2BG, 2MMA    | 500       | 340                      | 3.50                   | 236                    | 5                | *1               | 11.52     | 0.00                    | 36          | 41.37    | 6.55      | 19.08     | *250       | *69.0      | *1.80      | *1.36     |
| 999651 Greens, Mixed, Raw, Chopped 3/4c - OKI | 1.5c         | 500       | 9                        | 0.01                   | 15                     | 1                | *N/A*            | 0.07      | 0.00                    | 0           | 1.75     | 0.68      | 0.58      | 3955       | 15.8       | 3.86       | 0.34      |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI         | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                        |              |           | 519                      | 3.92                   | 421                    | 30               | *12              | 12.39     | 0.00                    | 43          | 76.65    | 9.25      | 27.82     | *4396      | *344.5     | *12.50     | *1.98     |
| % of Calories                                 |              |           |                          | 6.80%                  |                        | 23.1%            | *9.2%            | 21.5%     | 0.0%                    |             | 59.1%    |           | 21.4%     |            |            |            |           |
| Weekly Nutrient Guideline                     |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/25/2024

Reimbursable Meal Total 500

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991325 Taco, Beef, Cheese, Shredded, 6in Tort - OKI | 2BG, 2MMA    | 500       | 355                      | 9.37                   | 603                    | 2                | *N/A*            | 18.49     | 0.52                    | 46          | 31.19    | 0.75      | 16.74     | *N/A*      | *119.0     | *N/A*      | *1.50     |
| 991447 Corn, Jalapeno, Blend, 3/4c - OKI            | 3/4c         | 500       | 203                      | 0.92                   | 250                    | 15               | 0                | 6.47      | 0.00                    | 0           | 35.12    | 5.55      | 5.55      | *N/A*      | 0.0        | *N/A*      | 0.92      |
| 999478 Applesauce, Cup, Assort - OKI                | 1/2c         | 500       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI               | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 709                      | 10.62                  | 1022                   | 44               | *11              | 25.50     | 0.52                    | 53          | 96.14    | 7.29      | 29.62     | *141       | *379.8     | *0.11      | *2.50     |
| % of Calories                   |              |           |                          | 13.48 %                |                        | 24.8%            | *6.2%            | 32.4%     | 0.7%                    |             | 54.2%    |           | 16.7%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/26/2024

Reimbursable Meal Total 500

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999627 Sandwich, Hamburger - OKI      | 2BG, 2MMA    | 500       | 266                      | 2.70                   | 490                    | 3                | *3               | 8.99      | 0.00                    | 29          | 27.86    | 2.99      | 17.97     | *N/A*      | 91.7       | *N/A*      | 3.39      |
| 991212 Pickle, Spears - OKI           | 3/4c         | 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      |
| 990652 Pear, Fresh, 150ct, - OKI      | 1/2c         | 500       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                |              |           | 464                      | 3.06                   | 1673                   | 32               | *14              | 9.72      | 0.00                    | 36          | 131.94   | 7.21      | 25.79     | *141       | 401.0      | *5.96      | 3.71      |
| % of Calories                         |              |           |                          | 5.94%                  |                        | 27.6%            | *12.1%           | 18.9%     | 0.0%                    |             | 113.7%   |           | 22.2%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 650                | <10                    | 1110                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 589                      | *4.11                  | *1098                  | *38              | *13              | 14.32     | *0.03                   | *46         | 96.34    | *8.37     | 27.77     | *1610      | *375.6     | *31.72     | *2.62     |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|               |  |  |        |  |        |       |       |       |  |       |  |       |  |  |  |
|---------------|--|--|--------|--|--------|-------|-------|-------|--|-------|--|-------|--|--|--|
| % of Calories |  |  | *6.28% |  | *25.8% | *8.8% | 21.9% | *0.0% |  | 65.4% |  | 18.9% |  |  |  |
|---------------|--|--|--------|--|--------|-------|-------|-------|--|-------|--|-------|--|--|--|

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                                     | Allergen(s) |
|----------|-------------------------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI                      |             |
| 990662   | Bean, BBQ, Salad, 3/4 c- OKI                    | Soy         |
| 999484   | Chicken, Drum, Honey, LemPep, Rice, White - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI                          | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI                  | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI                        | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Wednesday, November 6, 2024

| Recipe # | Recipe Name                            | Allergen(s) |
|----------|----------------------------------------|-------------|
| 991113   | Celery, Fresh, Sticks, 3/4c - OKI      |             |
| 999657   | Mayo, PKT - OKI                        | Egg         |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI         | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk        |
| 990679   | Mustard, PKT - OKI                     |             |
| 990645   | ORANGE, Fresh 138CT, - OKI             |             |
| 991343   | Sandwich, Turkey Ham, Swiss, Bun - OKI | Wheat, Milk |
| 990678   | Sauce, Ranch, PKT - OKI                | Milk        |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 999566   | Barbacoa, Turkey, Cheese - OKI      | Milk        |
| 999650   | Chips, tortilla, WG, IW- OKI        |             |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk        |
| 990655   | Tomatoes, Cherry, 3/4 cup - OKI     |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                       | Allergen(s)      |
|----------|-----------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI        |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI            | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI    | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI          | Milk             |
| 991962   | Pizza, Deep Dish, Pepperoni - OKI | Milk, Soy, Wheat |
| 999649   | Salad, Lemon Chickpea, 3/4c - OKI |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 999478   | Applesauce, Cup, Assort - OKI       |             |
| 991423   | Broccoli, Hot, 3/4c - OKI           |             |
| 999695   | Chicken, Teriyaki, Rice, White- OKI | Soy, Wheat  |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 999726   | Chicken, Tenders, Waffles - OKI | Milk, Soy, Wheat, Egg |
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI  | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI        | Milk                  |
| 990652   | Pear, Fresh, 150ct, - OKI       |                       |
| 999686   | Tater, Tots, 3/4c - OKI         |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                                   | Allergen(s)      |
|----------|-----------------------------------------------|------------------|
| 999685   | Carrots, Fresh, Baby, 3/4c - OKI              |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                        | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI                | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                      | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI                    |                  |
| 991832   | Pizza, Cheese, Garlic, French Bread, WG - OKI | Milk, Soy, Wheat |
| 990807   | Sauce, Marinara, PC - OKI                     |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 991211   | Hot Dog, Beef, Vienna - OKI         | Wheat       |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk        |
| 991212   | Pickle, Spears - OKI                |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                          | Allergen(s) |
|----------|--------------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI           |             |
| 999698   | Chicken, Drumstick, Rice, Wild - OKI |             |
| 991348   | Lentils, Southwestern - OKI          |             |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                          | Allergen(s)        |
|----------|--------------------------------------|--------------------|
| 999478   | Applesauce, Cup, Assort - OKI        |                    |
| 991174   | Edamame, 3/4c - OKI                  | Soy                |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk               |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI       | Milk               |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk               |
| 991178   | Potsticker, Chicken, Vegetable - OKI | Soy, Wheat, Sesame |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                    | Allergen(s) |
|----------|--------------------------------|-------------|
| 999760   | Chicken, Popcorn, BBQ - OKI    | Soy, Wheat  |
| 999684   | Corn, 3/4c - OKI               |             |
| 999430   | Crackers, Chili Lime, WG - OKI | Wheat       |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk        |
| 990652   | Pear, Fresh, 150ct, - OKI      |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                           | Allergen(s)      |
|----------|---------------------------------------|------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI                | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI        | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI              | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI            |                  |
| 991115   | Pepper, Fresh, Red, Strip, 3/4c - OKI |                  |
| 999631   | Pizza, Turkey Sausage, - OKI          | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                         | Allergen(s)      |
|----------|-------------------------------------|------------------|
| 999700   | Beans, Green, Casserole 3/4c - OKI  | Milk, Soy, Wheat |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk             |
| 991627   | Roll, Dinner, Schubert, 2BG - OKI   | Milk, Wheat, Egg |
| 991152   | Turkey, Roast, Gravy - OKI          | Milk, Soy        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                            | Allergen(s)      |
|----------|----------------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI             |                  |
| 999651   | Greens, Mixed, Raw, Chopped 3/4c - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI         | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk             |
| 991240   | Penne, Meatball, Marinara - OKI        | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                                  | Allergen(s)      |
|----------|----------------------------------------------|------------------|
| 999478   | Applesauce, Cup, Assort - OKI                |                  |
| 991447   | Corn, Jalapeno, Blend, 3/4c - OKI            |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                       | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI               | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                     | Milk             |
| 991325   | Taco, Beef, Cheese, Shredded, 6in Tort - OKI | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                    | Allergen(s) |
|----------|--------------------------------|-------------|
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk        |
| 990652   | Pear, Fresh, 150ct, - OKI      |             |
| 991212   | Pickle, Spears - OKI           |             |
| 999627   | Sandwich, Hamburger - OKI      | Soy, Wheat  |

**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 or treating medical conditions.

Menu Name:

Cicero Jr High 6-8 Lunch 2 Entree

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 11/01/2024

Reimbursable Meal Total 500

|                                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999484 Chicken, Drum, Honey, LemPep, Rice, White - OKI | 2BG, 2MMA    | 400       | 193                      | 0.00                   | 670                    | 4                | *N/A*            | 0.00      | 0.00                    | 0           | 42.67    | 1.60      | 3.21      | *0         | *0.0       | *0.00      | *0.00     |
| 999435 Wrap, Veggie, Chickpea, Cheese - OKI            | 2BG, 2MMA    | 50        | 33                       | 0.85                   | 41                     | 0                | *N/A*            | 1.44      | 0.00                    | 3           | 3.76     | 0.54      | 1.28      | *N/A*      | *23.9      | *N/A*      | *0.14     |
| 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     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI                  | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                                 |              |           | 640                      | 1.26                   | 1563                   | 32               | *11              | 4.33      | 0.00                    | 10          | 125.46   | 14.36     | 24.39     | *191       | *353.0     | *6.84      | *2.48     |
| % of Calories                                          |              |           |                          | 1.77%                  |                        | 20.0%            | *6.9%            | 6.1%      | 0.0%                    |             | 78.4%    |           | 15.2%     |            |            |            |           |
| Weekly Nutrient Guideline                              |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/06/2024

Reimbursable Meal Total 500

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991343 Sandwich, Turkey Ham, Swiss, Bun - OKI | 2BG, 2MMA    | 1         | 1                        | 0.01                   | 1                      | 0                | *0               | 0.02      | 0.00                    | 0           | 0.06     | 0.00      | 0.04      | *N/A*      | 0.6        | *N/A*      | 0.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991113 Celery, Fresh, Sticks, 3/4c - OKI | 3/4c         | 500       | 14                       | 0.04                   | 79                     | 1                | *N/A*            | 0.17      | 0.00                    | 0           | 2.95     | 1.59      | 0.68      | 446        | 39.7       | 3.08       | 0.20      |
| 990645 ORANGE, Fresh 138CT, - OKI        | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990678 Sauce, Ranch, PKT - OKI           | 1            | 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI    | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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      |
| 999657 Mayo, PKT - OKI                   | 1            | 1         | 0                        | 0.00                   | 0                      | 0                | *N/A*            | 0.01      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| 990679 Mustard, PKT - OKI                | 1            | 1         | 0                        | 0.00                   | 0                      | 0                | 0                | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| Weighted Daily Average                   |              |           | 171                      | 0.40                   | 376                    | 27               | *11              | 0.86      | 0.00                    | 7           | 32.37    | 4.13      | 9.15      | *803       | 341.0      | *54.25     | 0.39      |
| % of Calories                            |              |           |                          | 2.11%                  |                        | 63.2%            | *25.7%           | 4.5%      | 0.0%                    |             | 75.7%    |           | 21.4%     |            |            |            |           |
| Weekly Nutrient Guideline                |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/07/2024

Reimbursable Meal Total 500

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999566 Barbacoa, Turkey, Cheese - OKI  | 2MMA         | 400       | 141                      | 5.21                   | 517                    | 0                | *0               | 8.84      | 0.00                    | 44          | 4.82     | 0.00      | 10.93     | *N/A*      | 178.4      | *N/A*      | 0.45      |
| 991122 Cheese, Sauce, 2MMA - OKI       | 2MMA         | 50        | 26                       | 1.20                   | 80                     | 0                | *N/A*            | 1.80      | 0.00                    | 6           | 1.00     | 0.00      | 1.40      | *N/A*      | 44.6       | *N/A*      | 0.00      |
| 999650 Chips, tortilla, WG, IW- OKI    | 2BG          | 450       | 180                      | 0.90                   | 144                    | 0                | 0                | 6.30      | 0.00                    | 0           | 26.10    | 2.70      | 2.70      | *N/A*      | 36.0       | *N/A*      | 0.54      |
| 990655 Tomatoes, Cherry, 3/4 cup - OKI | 3/4c         | 500       | 18                       | 0.03                   | 5                      | 3                | *N/A*            | 0.20      | *N/A*                   | 0           | 3.82     | 1.18      | 0.86      | 818        | 9.8        | 13.46      | 0.26      |



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI      | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                     |              |           | 526                      | 7.66                   | 917                    | 34               | *11              | 17.67     | *0.00                   | 57          | 67.59    | 3.88      | 24.22     | *960       | *524.6     | *13.56     | *1.33     |
| % of Calories                              |              |           |                          | 13.11 %                |                        | 25.9%            | *8.4%            | 30.2%     | *0.0%                   |             | 51.4%    |           | 18.4%     |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 500

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991962 Pizza, Deep Dish, Pepperoni - OKI | 2BG, 2MMA    | 400       | 248                      | 4.00                   | 408                    | 6                | 2                | 10.40     | 0.00                    | 28          | 26.40    | 2.40      | 13.60     | *N/A*      | 192.0      | *N/A*      | 1.76      |
| 991961 Pizza, Deep Dish, Cheese - OKI    | 2BG, 2MMA    | 50        | 31                       | 0.60                   | 44                     | 1                | 0                | 1.30      | 0.00                    | 3           | 3.30     | 0.30      | 1.60      | *N/A*      | 28.0       | *N/A*      | 0.21      |
| 999649 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     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI    | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 823                      | 7.82                   | 1188                   | 40               | *13              | 34.98     | *0.00                   | 38          | 97.66    | 15.32     | 35.69     | *402       | *572.6     | *19.20     | *3.97     |
| % of Calories                   |              |           |                          | 8.55%                  |                        | 19.4%            | *6.3%            | 38.3%     | *0.0%                   |             | 47.5%    |           | 17.3%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 500

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999695 Chicken, Teriyaki, Rice, White- OKI     | 2MMA, 2BG    | 400       | 269                      | 0.93                   | 444                    | 7                | *6               | 3.10      | 0.00                    | 34          | 41.77    | 1.60      | 14.90     | *N/A*      | *2.7       | *N/A*      | *0.85     |
| 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      |
| 991131 Crackers, Veggie, Darlington, 2BG - OKI | 2BG          | 50        | 21                       | 0.10                   | 25                     | 0                | 0                | 0.70      | 0.00                    | 0           | 3.40     | 0.40      | *N/A*     | 0          | 1.8        | *N/A*      | 0.20      |
| 991423 Broccoli, Hot, 3/4c - OKI               | 3/4c         | 500       | 33                       | 0.11                   | 32                     | 2                | *N/A*            | 0.36      | 0.00                    | 0           | 6.49     | 2.54      | 2.76      | 609        | 46.0       | 87.24      | 0.71      |
| 999478 Applesauce, Cup, Assort - OKI           | 1/2c         | 500       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI          | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                         |              |           | 491                      | 2.13                   | 715                    | 36               | *17              | 5.71      | 0.00                    | 47          | 81.60    | 5.54      | *26.69    | *751       | *331.6     | *87.35     | *1.84     |
| % of Calories                                  |              |           |                          | 3.90%                  |                        | 29.3%            | *13.8%           | 10.5%     | 0.0%                    |             | 66.5%    |           | *21.7%    |            |            |            |           |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Tuesday - 11/12/2024                   |              | Reimbursable Meal Total 500 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |
|----------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
|                                        | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
| 999726 Chicken, Tenders, Waffles - OKI | 2BG, 2MMA    | 400                         | 256                      | 1.60                   | 428                    | 3                | 2                | 11.20     | 0.00                    | 40          | 20.80    | 2.40      | 17.60     | *N/A*      | 9.6        | *N/A*      | 2.08      |
| 991392 Bagel, Pizza, Pepperoni - OKI   | 2BG, 2MMA    | 50                          | 30                       | 0.59                   | 70                     | 1                | *0               | 1.13      | 0.00                    | 4           | 2.81     | 0.20      | 1.89      | *N/A*      | 35.1       | *N/A*      | 0.18      |
| 990807 Sauce, Marinara, PC - OKI       | 1/4c         | 50                          | 3                        | *N/A*                  | 26                     | *N/A*            | *N/A*            | 0.05      | *N/A*                   | *N/A*       | 0.61     | *N/A*     | 0.10      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 999686 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      |
| 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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI  | 1c           | 300                         | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                 |              |                             | 604                      | *3.16                  | 942                    | *34              | *13              | 18.06     | *0.00                   | *51         | 81.84    | *9.30     | 28.65     | *141       | *312.8     | *5.96      | *2.58     |
| % of Calories                          |              |                             |                          | *4.71%                 |                        | *22.5%           | *8.6%            | 26.9%     | *0.0%                   |             | 54.2%    |           | 19.0%     |            |            |            |           |
| Weekly Nutrient Guideline              |              |                             | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Wednesday - 11/13/2024                               |               | Reimbursable Meal Total 500 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |
|------------------------------------------------------|---------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
|                                                      | Portion Size  | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (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*     |
| 999436 Salad, Chef, Chicken, Cheese - OKI            | 2MMA, 1/2cVeg | 50                          | 17                       | 0.66                   | 25                     | 0                | *0               | 1.10      | 0.00                    | 5           | 0.25     | 0.05      | 1.35      | *277       | *21.2      | *0.34      | 0.07      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991131 Crackers, Veggie, Darlington, 2BG - OKI | 2BG          | 50        | 21                       | 0.10                   | 25                     | 0                | 0                | 0.70      | 0.00                    | 0           | 3.40     | 0.40      | *N/A*     | 0          | 1.8        | *N/A*      | 0.20      |
| 999685 Carrots, Fresh, Baby, 3/4c - OKI        | 3/4c         | 500       | 35                       | 0.02                   | 77                     | 5                | *N/A*            | 0.13      | 0.00                    | 0           | 8.18     | 2.88      | 0.64      | 13683      | 31.8       | 2.58       | 0.88      |
| 990807 Sauce, Marinara, PC - OKI               | 1/4c         | 450       | 27                       | *N/A*                  | 237                    | *N/A*            | *N/A*            | 0.46      | *N/A*                   | *N/A*       | 5.47     | *N/A*     | 0.91      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990645 ORANGE, Fresh 138CT, - OKI              | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                  | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI          | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                         |              |           | 551                      | *8.30                  | 1027                   | *32              | *12              | 17.39     | *0.00                   | *48         | 70.44    | *7.43     | *28.17    | *14318     | *349.0     | *54.10     | *1.32     |
| % of Calories                                  |              |           |                          | *13.56 %               |                        | *23.2%           | *8.7%            | 28.4%     | *0.0%                   |             | 51.1%    |           | *20.5%    |            |            |            |           |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/14/2024

Reimbursable Meal Total 500

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991211 Hot Dog, Beef, Vienna - OKI          | 2BG, 2MMA    | 400       | 224                      | 3.20                   | 696                    | 3                | *2               | 10.00     | 0.00                    | 24          | 23.20    | 2.40      | 11.20     | *N/A*      | *64.0      | *N/A*      | *1.12     |
| 991206 Bagel, Wowbutter, Yogurt, Pack - OKI | 2BG, 2MMA    | 50        | 46                       | 0.30                   | 43                     | 2                | 1                | 1.59      | 0.00                    | 0           | 6.42     | 0.60      | 1.50      | *N/A*      | 38.0       | *N/A*      | 0.30      |
| 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      |
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI  | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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*     |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                |              |           | 457                      | 4.22                   | 1934                   | 37               | *15              | 12.83     | 0.00                    | 33          | 129.07   | 3.00      | 21.13     | *141       | *399.0     | *0.11      | *1.49     |
| % of Calories                         |              |           |                          | 8.31%                  |                        | 32.4%            | *13.1%           | 25.3%     | 0.0%                    |             | 113.0%   |           | 18.5%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 500

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999698 Chicken, Drumstick, Rice, Wild - OKI | 2BG, 2MMA    | 400       | 582                      | 2.28                   | 218                    | *46              | *0               | 8.90      | *0.00                   | 81          | 99.64    | *7.33     | 25.95     | *1         | *30.5      | *56.06     | *2.36     |
| 999701 Beans, Pinto, Rice, Wild - OKI       | 2BG, 2MMA    | 50        | 69                       | 0.01                   | 28                     | 6                | *0               | 0.24      | *0.00                   | 0           | 15.10    | 1.80      | 2.13      | *0         | *11.8      | *7.01      | 0.43      |
| 991348 Lentils, Southwestern - OKI          | 1c           | 500       | 177                      | 0.15                   | *812                   | 4                | *N/A*            | 0.60      | *0.00                   | 0           | 39.63    | 2.16      | 4.39      | *509       | *28.3      | *26.85     | *0.62     |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI       | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 999                      | 2.85                   | *1228                  | *81              | *11              | 10.53     | *0.00                   | 88          | 187.90   | *13.31    | 40.64     | *700       | *330.3     | *96.76     | *3.68     |
| % of Calories                   |              |           |                          | 2.57%                  |                        | *32.4%           | *4.4%            | 9.5%      | *0.0%                   |             | 75.2%    |           | 16.3%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024

Reimbursable Meal Total 500

|                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991178 Potsticker, Chicken, Vegetable - OKI    | 2MMA/2BG     | 400       | 211                      | 0.40                   | 627                    | 6                | 4                | 5.66      | 0.00                    | 28          | 28.85    | 1.62      | 14.01     | *N/A*      | 29.7       | *N/A*      | 2.54      |
| 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      |
| 991131 Crackers, Veggie, Darlington, 2BG - OKI | 2BG          | 50        | 21                       | 0.10                   | 25                     | 0                | 0                | 0.70      | 0.00                    | 0           | 3.40     | 0.40      | *N/A*     | 0          | 1.8        | *N/A*      | 0.20      |
| 991174 Edamame, 3/4c - OKI                     | 3/4c         | 500       | 140                      | 0.00                   | 6                      | 3                | *N/A*            | 5.74      | 0.00                    | 0           | 11.48    | 6.38      | 12.75     | *N/A*      | 76.5       | *N/A*      | 2.55      |
| 999478 Applesauce, Cup, Assort - OKI           | 1/2c         | 500       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI          | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                      | 1.49                   | 871                    | 36               | *15              | 13.65     | 0.00                    | 41          | 73.65    | 9.39      | *35.80    | *142       | 389.1      | *0.11      | 5.36      |
| % of Calories                                  |              |           |                          | 2.49%                  |                        | 26.7%            | *11.1%           | 22.8%     | 0.0%                    |             | 54.7%    |           | *26.6%    |            |            |            |           |
| Weekly Nutrient Guideline                      |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Tuesday - 11/19/2024                  |              | Reimbursable Meal Total 500 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |  |
|---------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|--|
|                                       | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |  |
| 999760 Chicken, Popcorn, BBQ - OKI    | 2MMA         | 400                         | 317                      | 2.94                   | 731                    | 0                | *0               | 15.12     | 0.00                    | 34          | 32.14    | 1.68      | 12.60     | *N/A*      | 12.6       | *0.00      | 1.68      |  |
| 999430 Crackers, Chili Lime, WG - OKI | 1BG          | 400                         | 72                       | 0.00                   | 160                    | 2                | 2                | 2.40      | 0.00                    | 0           | 12.00    | 0.80      | 0.80      | *N/A*      | 10.4       | *N/A*      | 0.80      |  |
| 991392 Bagel, Pizza, Pepperoni - OKI  | 2BG, 2MMA    | 50                          | 30                       | 0.59                   | 70                     | 1                | *0               | 1.13      | 0.00                    | 4           | 2.81     | 0.20      | 1.89      | *N/A*      | 35.1       | *N/A*      | 0.18      |  |
| 990807 Sauce, Marinara, PC - OKI      | 1/4c         | 50                          | 3                        | *N/A*                  | 26                     | *N/A*            | *N/A*            | 0.05      | *N/A*                   | *N/A*       | 0.61     | *N/A*     | 0.10      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |  |
| 999684 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*     |  |
| 990652 Pear, Fresh, 150ct, - OKI      | 1/2c         | 500                         | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |  |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100                         | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |  |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300                         | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |  |
| 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                |              |                             | 699                      | *3.88                  | 1159                   | *35              | *13              | 20.90     | *0.00                   | *44         | 107.73   | *9.85     | 26.16     | *141       | *326.2     | *5.96      | *2.98     |  |
| % of Calories                         |              |                             |                          | *5.00%                 |                        | *20.0%           | *7.4%            | 26.9%     | *0.0%                   |             | 61.6%    |           | 15.0%     |            |            |            |           |  |
| Weekly Nutrient Guideline             |              |                             | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |  |

Wednesday - 11/20/2024

Reimbursable Meal Total 500

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999631 Pizza, Turkey Sausage, - OKI | 2BG, 2MMA    | 400       | 224                      | 3.20                   | 360                    | 6                | 2                | 8.00      | 0.00                    | 24          | 26.40    | 4.00      | 1.60      | 40         | 176.0      | 0.00       | 2.08      |

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990624 Pizza, Cheese, 4x6, Schwans - OKI     | 2BG, 2MMA    | 50        | 28                       | 0.35                   | 47                     | 1                | 0                | 1.10      | 0.00                    | 2           | 3.30     | 0.40      | 1.60      | *N/A*      | 31.0       | *N/A*      | 0.25      |
| 991115 Pepper, Fresh, Red, Strip, 3/4c - OKI | 3/4c         | 500       | 18                       | 0.04                   | 3                      | 3                | *N/A*            | 0.20      | 0.00                    | 0           | 4.10     | 1.43      | 0.67      | 2130       | 4.8        | 86.89      | 0.29      |
| 990645 ORANGE, Fresh 138CT, - OKI            | 1/2c         | 500       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI        | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                       |              |           | 416                      | 3.93                   | 579                    | 34               | *13              | 9.96      | 0.00                    | 32          | 60.93    | 8.13      | 12.10     | *2528      | 506.0      | *138.06    | 2.79      |
| % of Calories                                |              |           |                          | 8.50%                  |                        | 32.7%            | *12.5%           | 21.5%     | 0.0%                    |             | 58.6%    |           | 11.6%     |            |            |            |           |
| Weekly Nutrient Guideline                    |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024

Reimbursable Meal Total 500

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991152 Turkey, Roast, Gravy - OKI          | 2MMA         | 400       | 75                       | 0.00                   | 413                    | 1                | *0               | 1.02      | 0.00                    | 28          | 2.97     | 0.00      | 13.60     | *0         | *0.1       | *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      |
| 999635 Pasta, Macaroni & Cheese - OKI      | 2BG, 2MMA    | 50        | 44                       | 1.20                   | 70                     | 0                | *N/A*            | 2.00      | 0.00                    | 6           | 4.44     | 0.61      | 1.96      | *N/A*      | *43.4      | *N/A*      | *0.00     |
| 999700 Beans, Green, Casserole 3/4c - OKI  | 3/4c         | 500       | 67                       | 0.99                   | 316                    | 1                | *0               | 3.35      | *0.00                   | 3           | 7.34     | 1.84      | 2.38      | *0         | *27.2      | *0.00      | *0.14     |
| 999429 Juice, Grape, Citrus Sun, 4oz - OKI | 1/2c         | 500       | 60                       | 0.00                   | 2                      | 16               | *N/A*            | 0.00      | 0.00                    | 0           | 16.00    | 0.00      | 1.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      | 44         | 26.5       | 0.11       | 0.00      |



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                |              |           | 483                      | 2.51                   | 1138                   | 37               | *14              | 8.50      | *0.00                   | 48          | 72.21    | 4.85      | 30.27     | *141       | *326.4     | *0.11      | *1.57     |
| % of Calories                         |              |           |                          | 4.68%                  |                        | 30.6%            | *11.6%           | 15.8%     | *0.0%                   |             | 59.8%    |           | 25.1%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/22/2024

Reimbursable Meal Total 500

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991240 Penne, Meatball, Marinara - OKI        | 2BG, 2MMA    | 400       | 272                      | 2.80                   | 189                    | 4                | *1               | 9.22      | 0.00                    | 29          | 33.10    | 5.24      | 15.26     | *200       | *55.2      | *1.44      | *1.09     |
| 999435 Wrap, Veggie, Chickpea, Cheese - OKI   | 2BG, 2MMA    | 50        | 33                       | 0.85                   | 41                     | 0                | *N/A*            | 1.44      | 0.00                    | 3           | 3.76     | 0.54      | 1.28      | *N/A*      | *23.9      | *N/A*      | *0.14     |
| 999651 Greens, Mixed, Raw, Chopped 3/4c - OKI | 1.5c         | 500       | 9                        | 0.01                   | 15                     | 1                | *N/A*            | 0.07      | 0.00                    | 0           | 1.75     | 0.68      | 0.58      | 3955       | 15.8       | 3.86       | 0.34      |
| 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           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI         | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                        |              |           | 484                      | 4.07                   | 415                    | 30               | *12              | 11.53     | 0.00                    | 39          | 72.14    | 8.47      | 25.29     | *4346      | *354.6     | *12.14     | *1.85     |
| % of Calories                                 |              |           |                          | 7.57%                  |                        | 24.8%            | *9.9%            | 21.4%     | 0.0%                    |             | 59.6%    |           | 20.9%     |            |            |            |           |
| Weekly Nutrient Guideline                     |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

| Monday - 11/25/2024                                 |              | Reimbursable Meal Total 500 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |  |
|-----------------------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|--|
|                                                     | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |  |
| 991325 Taco, Beef, Cheese, Shredded, 6in Tort - OKI | 2BG, 2MMA    | 400                         | 284                      | 7.49                   | 483                    | 2                | *N/A*            | 14.79     | 0.42                    | 37          | 24.95    | 0.60      | 13.39     | *N/A*      | *95.2      | *N/A*      | *1.20     |  |
| 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      |  |
| 991131 Crackers, Veggie, Darlington, 2BG - OKI      | 2BG          | 50                          | 21                       | 0.10                   | 25                     | 0                | 0                | 0.70      | 0.00                    | 0           | 3.40     | 0.40      | *N/A*     | 0          | 1.8        | *N/A*      | 0.20      |  |
| 991447 Corn, Jalapeno, Blend, 3/4c - OKI            | 3/4c         | 500                         | 203                      | 0.92                   | 250                    | 15               | 0                | 6.47      | 0.00                    | 0           | 35.12    | 5.55      | 5.55      | *N/A*      | 0.0        | *N/A*      | 0.92      |  |
| 999478 Applesauce, Cup, Assort - OKI                | 1/2c         | 500                         | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *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      | 44         | 26.5       | 0.11       | 0.00      |  |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI               | 1c           | 300                         | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |  |
| 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                              |              |                             | 676                      | 9.50                   | 970                    | 44               | *11              | 23.51     | 0.42                    | 50          | 93.40    | 7.54      | *27.98    | *142       | *378.1     | *0.11      | *2.40     |  |
| % of Calories                                       |              |                             |                          | 12.65 %                |                        | 26.0%            | *6.5%            | 31.3%     | 0.6%                    |             | 55.3%    |           | *16.6%    |            |            |            |           |  |
| Weekly Nutrient Guideline                           |              |                             | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |  |

| Tuesday - 11/26/2024                 |              | Reimbursable Meal Total 500 |                          |                        |                        |                  |                  |           |                         |             |          |           |           |            |            |            |           |
|--------------------------------------|--------------|-----------------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
|                                      | Portion Size | Reimb Qty                   | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
| 999627 Sandwich, Hamburger - OKI     | 2BG, 2MMA    | 400                         | 213                      | 2.16                   | 392                    | 2                | *2               | 7.19      | 0.00                    | 23          | 22.29    | 2.39      | 14.37     | *N/A*      | 73.4       | *N/A*      | 2.71      |
| 991392 Bagel, Pizza, Pepperoni - OKI | 2BG, 2MMA    | 50                          | 30                       | 0.59                   | 70                     | 1                | *0               | 1.13      | 0.00                    | 4           | 2.81     | 0.20      | 1.89      | *N/A*      | 35.1       | *N/A*      | 0.18      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990807 Sauce, Marinara, PC - OKI      | 1/4c         | 50        | 3                        | *N/A*                  | 26                     | *N/A*            | *N/A*            | 0.05      | *N/A*                   | *N/A*       | 0.61     | *N/A*     | 0.10      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      |
| 990652 Pear, Fresh, 150ct, - OKI      | 1/2c         | 500       | 78                       | 0.03                   | 1                      | 13               | *N/A*            | 0.19      | 0.00                    | 0           | 20.72    | 4.22      | 0.49      | *N/A*      | 12.2       | 5.85       | 0.24      |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 20                       | 0.30                   | 24                     | 2                | *N/A*            | 0.50      | 0.00                    | 3           | 2.20     | 0.00      | 1.60      | 44         | 26.5       | 0.11       | 0.00      |
| 990670 Milk, 1/2PNT, Choc, Skim - OKI | 1c           | 300       | 66                       | 0.00                   | 126                    | 11               | *11              | 0.00      | 0.00                    | 3           | 11.40    | 0.00      | 4.20      | 5          | 174.0      | *N/A*      | 0.06      |
| 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                |              |           | 444                      | *3.10                  | 1671                   | *31              | *13              | 9.09      | *0.00                   | *34         | 129.78   | *6.81     | 24.19     | *141       | *417.8     | *5.96      | *3.21     |
| % of Calories                         |              |           |                          | *6.28%                 |                        | *27.9%           | *11.7%           | 18.4%     | *0.0%                   |             | 116.9%   |           | 21.8%     |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 563                      | *4.14                  | *1043                  | *38              | *13              | 13.72     | *0.03                   | *42         | 92.74    | *8.21     | *26.28    | *1624      | *388.3     | *31.29     | *2.45     |
| % of Calories     |  |                          | *6.62%                 |                        | *27.0%           | *9.2%            | 21.9%     | *0.0%                   |             | 65.9%    |           | *18.7%    |            |            |            |           |

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                                     | Allergen(s) |
|----------|-------------------------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI                      |             |
| 990662   | Bean, BBQ, Salad, 3/4 c- OKI                    | Soy         |
| 999484   | Chicken, Drum, Honey, LemPep, Rice, White - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI                          | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI                  | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI                        | Milk        |
| 999435   | Wrap, Veggie, Chickpea, Cheese - OKI            | Milk, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Wednesday, November 6, 2024

| Recipe # | Recipe Name                            | Allergen(s) |
|----------|----------------------------------------|-------------|
| 991113   | Celery, Fresh, Sticks, 3/4c - OKI      |             |
| 999657   | Mayo, PKT - OKI                        | Egg         |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI         | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk        |
| 990679   | Mustard, PKT - OKI                     |             |
| 990645   | ORANGE, Fresh 138CT, - OKI             |             |
| 991343   | Sandwich, Turkey Ham, Swiss, Bun - OKI | Wheat, Milk |
| 990678   | Sauce, Ranch, PKT - OKI                | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 999566   | Barbacoa, Turkey, Cheese - OKI      | Milk        |
| 991122   | Cheese, Sauce, 2MMA - OKI           | Milk        |
| 999650   | Chips, tortilla, WG, IW- OKI        |             |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk        |
| 990655   | Tomatoes, Cherry, 3/4 cup - OKI     |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                       | Allergen(s)      |
|----------|-----------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI        |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI            | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI    | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI          | Milk             |
| 991961   | Pizza, Deep Dish, Cheese - OKI    | Milk, Soy, Wheat |
| 991962   | Pizza, Deep Dish, Pepperoni - OKI | Milk, Soy, Wheat |
| 999649   | Salad, Lemon Chickpea, 3/4c - OKI |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                             | Allergen(s)      |
|----------|-----------------------------------------|------------------|
| 999478   | Applesauce, Cup, Assort - OKI           |                  |
| 991423   | Broccoli, Hot, 3/4c - OKI               |                  |
| 991395   | Cheese, Mini, Turkey, Coins, Pack - OKI | Milk             |
| 999695   | Chicken, Teriyaki, Rice, White- OKI     | Soy, Wheat       |
| 991131   | Crackers, Veggie, Darlington, 2BG - OKI | Milk, Soy, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI                  | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI          | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                | Milk             |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 991392   | Bagel, Pizza, Pepperoni - OKI   | Milk, Wheat           |
| 999726   | Chicken, Tenders, Waffles - OKI | Milk, Soy, Wheat, Egg |
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI  | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI        | Milk                  |
| 990652   | Pear, Fresh, 150ct, - OKI       |                       |
| 990807   | Sauce, Marinara, PC - OKI       |                       |
| 999686   | Tater, Tots, 3/4c - OKI         |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                                   | Allergen(s)      |
|----------|-----------------------------------------------|------------------|
| 999685   | Carrots, Fresh, Baby, 3/4c - OKI              |                  |
| 991131   | Crackers, Veggie, Darlington, 2BG - OKI       | Milk, Soy, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI                        | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI                | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                      | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI                    |                  |
| 991832   | Pizza, Cheese, Garlic, French Bread, WG - OKI | Milk, Soy, Wheat |
| 999436   | Salad, Chef, Chicken, Cheese - OKI            | Milk             |
| 990807   | Sauce, Marinara, PC - OKI                     |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name                          | Allergen(s)      |
|----------|--------------------------------------|------------------|
| 991206   | Bagel, Wowbutter, Yogurt, Pack - OKI | Milk, Soy, Wheat |
| 990784   | Cream Cheese, Cup - OKI              | Milk             |
| 991211   | Hot Dog, Beef, Vienna - OKI          | Wheat            |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI  |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI       | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk             |
| 991212   | Pickle, Spears - OKI                 |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                          | Allergen(s) |
|----------|--------------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI           |             |
| 999701   | Beans, Pinto, Rice, Wild - OKI       |             |
| 999698   | Chicken, Drumstick, Rice, Wild - OKI |             |
| 991348   | Lentils, Southwestern - OKI          |             |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI       | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                             | Allergen(s)        |
|----------|-----------------------------------------|--------------------|
| 999478   | Applesauce, Cup, Assort - OKI           |                    |
| 991395   | Cheese, Mini, Turkey, Coins, Pack - OKI | Milk               |
| 991131   | Crackers, Veggie, Darlington, 2BG - OKI | Milk, Soy, Wheat   |
| 991174   | Edamame, 3/4c - OKI                     | Soy                |
| 990668   | Milk, 1/2PNT, 1% - OKI                  | Milk               |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI          | Milk               |
| 990669   | Milk, 1/2PNT, Skim - OKI                | Milk               |
| 991178   | Potsticker, Chicken, Vegetable - OKI    | Soy, Wheat, Sesame |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                    | Allergen(s) |
|----------|--------------------------------|-------------|
| 991392   | Bagel, Pizza, Pepperoni - OKI  | Milk, Wheat |
| 999760   | Chicken, Popcorn, BBQ - OKI    | Soy, Wheat  |
| 999684   | Corn, 3/4c - OKI               |             |
| 999430   | Crackers, Chili Lime, WG - OKI | Wheat       |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk        |
| 990652   | Pear, Fresh, 150ct, - OKI      |             |
| 990807   | Sauce, Marinara, PC - OKI      |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                           | Allergen(s)      |
|----------|---------------------------------------|------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI                | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI        | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI              | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI            |                  |
| 991115   | Pepper, Fresh, Red, Strip, 3/4c - OKI |                  |
| 990624   | Pizza, Cheese, 4x6, Schwans - OKI     | Soy, Wheat, Milk |
| 999631   | Pizza, Turkey Sausage, - OKI          | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                         | Allergen(s)      |
|----------|-------------------------------------|------------------|
| 999700   | Beans, Green, Casserole 3/4c - OKI  | Milk, Soy, Wheat |
| 999429   | Juice, Grape, Citrus Sun, 4oz - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI              | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI      | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI            | Milk             |
| 999635   | Pasta, Macaroni & Cheese - OKI      | Milk, Wheat      |
| 991627   | Roll, Dinner, Schubert, 2BG - OKI   | Milk, Wheat, Egg |
| 991152   | Turkey, Roast, Gravy - OKI          | Milk, Soy        |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                            | Allergen(s)      |
|----------|----------------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI             |                  |
| 999651   | Greens, Mixed, Raw, Chopped 3/4c - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI         | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk             |
| 991240   | Penne, Meatball, Marinara - OKI        | Milk, Soy, Wheat |
| 999435   | Wrap, Veggie, Chickpea, Cheese - OKI   | Milk, Wheat      |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                                  | Allergen(s)      |
|----------|----------------------------------------------|------------------|
| 999478   | Applesauce, Cup, Assort - OKI                |                  |
| 991395   | Cheese, Mini, Turkey, Coins, Pack - OKI      | Milk             |
| 991447   | Corn, Jalapeno, Blend, 3/4c - OKI            |                  |
| 991131   | Crackers, Veggie, Darlington, 2BG - OKI      | Milk, Soy, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI                       | Milk             |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI               | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                     | Milk             |
| 991325   | Taco, Beef, Cheese, Shredded, 6in Tort - OKI | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                    | Allergen(s) |
|----------|--------------------------------|-------------|
| 991392   | Bagel, Pizza, Pepperoni - OKI  | Milk, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk        |
| 990670   | Milk, 1/2PNT, Choc, Skim - OKI | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk        |
| 990652   | Pear, Fresh, 150ct, - OKI      |             |
| 991212   | Pickle, Spears - OKI           |             |
| 999627   | Sandwich, Hamburger - OKI      | Soy, Wheat  |
| 990807   | Sauce, Marinara, PC - OKI      |             |

**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 or treating medical conditions.

Menu Name:

Cicero Pre-K Lunch

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Friday - 11/01/2024

Reimbursable Meal Total 200

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protrn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------|------------|-----------|
| 990917 Chicken, Diced, BBQ & Rice, PREK - OKI | 1BG, 2MMA    | 200       | 235                      | 1.16                   | 225                    | 0                | *0               | 4.89      | 0.00                    | 43          | 29.66    | 1.01      | 16.00      | *N/A*      | *0.0       | *N/A*      | *0.78     |
| 990757 Cucumber, Fresh, Slices, 1/2c - OKI    | 1/2c         | 200       | 11                       | 0.03                   | 1                      | 1                | *N/A*            | 0.08      | 0.00                    | 0           | 2.57     | 0.35      | 0.46       | 74         | 11.3       | 1.98       | 0.20      |
| 990651 BANANAS, Fresh 150ct - OKI             | 1/2c         | 200       | 69                       | 0.09                   | 1                      | 9                | *N/A*            | 0.26      | 0.00                    | 0           | 17.68    | 2.01      | 0.84       | 50         | 3.9        | 6.73       | 0.20      |
| 990668 Milk, 1/2PNT, 1% - OKI                 | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00       | 110        | 66.1       | 0.26       | 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                        |              |           | 403                      | 2.09                   | 335                    | 22               | *0               | 6.57      | 0.00                    | 52          | 61.04    | 3.38      | 25.12      | *465       | *219.7     | *8.98      | *1.21     |
| % of Calories                                 |              |           |                          | 4.67%                  |                        | 21.8%            | *0%              | 14.7%     | 0.0%                    |             | 60.6%    |           | 24.9%      |            |            |            |           |
| Weekly Nutrient Guideline                     |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |            |            |            |            |           |

Thursday - 11/07/2024

Reimbursable Meal Total 200

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protrn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------|------------|-----------|
| 999566 Barbacoa, Turkey, Cheese - OKI     | 2MMA         | 200       | 176                      | 6.51                   | 646                    | 0                | *0               | 11.05     | 0.00                    | 56          | 6.02     | 0.00      | 13.66      | *N/A*      | 223.0      | *N/A*      | 0.56      |
| 991397 Chips, Tortilla, WG, IW, 1BG - OKI | 1BG          | 200       | 120                      | 0.50                   | 100                    | 0                | *0               | 4.50      | 0.00                    | 0           | 18.00    | 2.00      | 2.00       | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 991227 Tomatoes, Diced, 1/2c - OKI        | 1/2c         | 200       | 21                       | 0.03                   | 6                      | 3                | *N/A*            | 0.23      | *N/A*                   | 0           | 4.54     | 1.40      | 1.03       | 972        | 11.7       | 15.99      | 0.32      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991153 Apple, Slices, 1/2c - OKI | 1/2 c        | 200       | 29                       | 0.02                   | 1                      | 6                | *N/A*            | 0.10      | *N/A*                   | 0           | 7.80     | 1.36      | 0.15      | 31         | 3.4        | 2.60       | 0.07      |
| 990668 Milk, 1/2PNT, 1% - OKI    | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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           |              |           | 435                      | 7.87                   | 860                    | 20               | *0               | 17.22     | *0.00                   | 65          | 47.49    | 4.76      | 24.66     | *1344      | *442.5     | *18.85     | *0.98     |
| % of Calories                    |              |           |                          | 16.28 %                |                        | 18.4%            | *0%              | 35.6%     | *0.0%                   |             | 43.7%    |           | 22.7%     |            |            |            |           |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 200

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991962 Pizza, Deep Dish, Pepperoni - OKI  | 2BG, 2MMA    | 200       | 310                      | 5.00                   | 510                    | 8                | 2                | 13.00     | 0.00                    | 35          | 33.00    | 3.00      | 17.00     | *N/A*      | 240.0      | *N/A*      | 2.20      |
| 991433 Cauliflower, Fresh, 1/2c, IW - OKI | 1/2c         | 200       | 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      |
| 990651 BANANAS, Fresh 150ct - OKI         | 1/2c         | 200       | 69                       | 0.09                   | 1                      | 9                | *N/A*            | 0.26      | 0.00                    | 0           | 17.68    | 2.01      | 0.84      | 50         | 3.9        | 6.73       | 0.20      |
| 990668 Milk, 1/2PNT, 1% - OKI             | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                    |              |           | 485                      | 5.99                   | 640                    | 30               | *2               | 14.79     | 0.00                    | 45          | 65.32    | 6.43      | 27.03     | *391       | 463.9      | *41.16     | 2.73      |
| % of Calories                             |              |           |                          | 11.12 %                |                        | 24.7%            | *1.6%            | 27.4%     | 0.0%                    |             | 53.9%    |           | 22.3%     |            |            |            |           |
| Weekly Nutrient Guideline                 |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 200

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999695 Chicken, Teriyaki, Rice, White- OKI   | 2MMA, 2BG    | 200       | 336                      | 1.16                   | 555                    | 8                | *8               | 3.88      | 0.00                    | 43          | 52.22    | 2.00      | 18.62     | *N/A*      | *3.4       | *N/A*      | *1.06     |
| 991098 Pepper, Fresh, Red, Strip, 1/2c - OKI | 1/2c         | 200       | 12                       | 0.03                   | 2                      | 2                | *N/A*            | 0.14      | 0.00                    | 0           | 2.74     | 0.95      | 0.45      | 1420       | 3.2        | 57.92      | 0.20      |
| 999478 Applesauce, Cup, Assort - OKI         | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI                | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                       |              |           | 487                      | 2.00                   | 665                    | 33               | *8               | 5.36      | 0.00                    | 52          | 80.05    | 3.95      | 26.89     | *1762      | *216.1     | *58.19     | *1.29     |
| % of Calories                                |              |           |                          | 3.70%                  |                        | 27.1%            | *6.6%            | 9.9%      | 0.0%                    |             | 65.7%    |           | 22.1%     |            |            |            |           |
| Weekly Nutrient Guideline                    |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/12/2024

Reimbursable Meal Total 200

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999726 Chicken, Tenders, Waffles - OKI       | 2BG, 2MMA    | 200       | 320                      | 2.00                   | 535                    | 4                | 3                | 14.00     | 0.00                    | 50          | 26.00    | 3.00      | 22.00     | *N/A*      | 12.0       | *N/A*      | 2.60      |
| 991109 Potatoes, Diced, Seasoned, 1/2c - OKI | 1/2c         | 200       | 121                      | 0.00                   | 90                     | 0                | *N/A*            | 3.02      | 0.00                    | 0           | 21.11    | 2.01      | 2.01      | *N/A*      | 10.1       | *N/A*      | 0.60      |
| 991461 Fruit, Cups, Assorted - OKI           | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI                | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 594                      | 2.81                   | 733                    | 28               | *3               | 18.36     | 0.00                    | 60          | 74.04    | 5.91      | *32.03    | *341       | *233.9     | *0.26      | *3.49     |
| % of Calories                   |              |           |                          | 4.26%                  |                        | 18.9%            | *2.0%            | 27.8%     | 0.0%                    |             | 49.9%    |           | *21.6%    |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/13/2024                      Reimbursable Meal Total 200

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991832 Pizza, Cheese, Garlic, French Bread, WG - OKI | 2MMA, 2BG    | 200       | 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*     |
| 990807 Sauce, Marinara, PC - OKI                     | 1/4c         | 200       | 30                       | *N/A*                  | 263                    | *N/A*            | *N/A*            | 0.51      | *N/A*                   | *N/A*       | 6.07     | *N/A*     | 1.01      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 990645 ORANGE, Fresh 138CT, - OKI                    | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                        | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                               |              |           | 503                      | *8.80                  | 919                    | *23              | *1               | 17.91     | *0.00                   | *50         | 57.39    | *4.30     | 28.68     | *557       | *242.9     | *51.33     | *0.13     |
| % of Calories                                        |              |           |                          | *15.75 %               |                        | *18.3%           | *0.8%            | 32.0%     | *0.0%                   |             | 45.6%    |           | 22.8%     |            |            |            |           |
| Weekly Nutrient Guideline                            |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/14/2024                      Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999627 Sandwich, Hamburger - OKI | 2BG, 2MMA    | 200       | 266                      | 2.70                   | 490                    | 3                | *3               | 8.99      | 0.00                    | 29          | 27.86    | 2.99      | 17.97     | *N/A*      | 91.7       | *N/A*      | 3.39      |
| 991216 Pickle, Spears - OKI      | 1/2c         | 200       | 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      |
| 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                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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           |              |           | 397                      | 3.53                   | 1273                   | 20               | *3               | 10.43     | *0.00                   | 39          | 91.79    | 4.34      | 25.94     | *372       | 327.1      | *2.86      | 3.50      |
| % of Calories                    |              |           |                          | 8.00%                  |                        | 20.2%            | *3.0%            | 23.6%     | *0.0%                   |             | 92.5%    |           | 26.1%     |            |            |            |           |
| Weekly Nutrient Guideline        |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 200

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999728 Chicken, Diced, Rice, Wild - OKI  | 2BG, 2MMA    | 200       | 290                      | 1.24                   | 370                    | *1               | *0               | 4.46      | 0.00                    | 43          | 40.49    | *3.29     | 21.78     | *N/A*      | *14.0      | *N/A*      | *1.91     |
| 991361 Lentils, Southwestern, 1/2c - OKI | 1/2c         | 200       | 89                       | 0.08                   | *406                   | 2                | *N/A*            | 0.30      | *0.00                   | 0           | 19.82    | 1.08      | 2.19      | *254       | *14.1      | *13.43     | *0.31     |
| 990651 BANANAS, Fresh 150ct - OKI        | 1/2c         | 200       | 69                       | 0.09                   | 1                      | 9                | *N/A*            | 0.26      | 0.00                    | 0           | 17.68    | 2.01      | 0.84      | 50         | 3.9        | 6.73       | 0.20      |
| 990668 Milk, 1/2PNT, 1% - OKI            | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 536                      | 2.22                   | *884                   | *24              | *0               | 6.35      | *0.00                   | 52          | 89.11    | *6.38     | 32.64     | *645       | *236.5     | *20.42     | *2.46     |
| % of Calories                   |              |           |                          | 3.73%                  |                        | *17.9%           | *0%              | 10.7%     | *0.0%                   |             | 66.5%    |           | 24.4%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024

Reimbursable Meal Total 200

|                                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991178 Potsticker, Chicken, Vegetable - OKI | 2MMA/2BG     | 200       | 263                      | 0.51                   | 783                    | 7                | 5                | 7.08      | 0.00                    | 35          | 36.06    | 2.02      | 17.52     | *N/A*      | 37.1       | *N/A*      | 3.18      |
| 991433 Cauliflower, Fresh, 1/2c, IW - OKI   | 1/2c         | 200       | 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      |
| 999478 Applesauce, Cup, Assort - OKI        | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI               | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                      |              |           | 420                      | 1.41                   | 912                    | 32               | *5               | 8.62      | 0.00                    | 45          | 64.69    | 4.44      | 26.70     | *341       | 262.2      | *34.43     | 3.51      |
| % of Calories                               |              |           |                          | 3.02%                  |                        | 30.5%            | *4.8%            | 18.5%     | 0.0%                    |             | 61.6%    |           | 25.4%     |            |            |            |           |
| Weekly Nutrient Guideline                   |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/19/2024

Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999760 Chicken, Popcorn, BBQ - OKI    | 2MMA         | 200       | 396                      | 3.67                   | 913                    | 0                | *0               | 18.90     | 0.00                    | 42          | 40.17    | 2.10      | 15.75     | *N/A*      | 15.8       | *0.00      | 2.10      |
| 999430 Crackers, Chili Lime, WG - OKI | 1BG          | 200       | 90                       | 0.00                   | 200                    | 2                | 2                | 3.00      | 0.00                    | 0           | 15.00    | 1.00      | 1.00      | *N/A*      | 13.0       | *N/A*      | 1.00      |
| 991149 Celery, Diced, 1/2c - OKI      | 1/2c         | 200       | 10                       | 0.03                   | 56                     | 1                | *N/A*            | 0.12      | 0.00                    | 0           | 2.09     | 1.12      | 0.48      | 316        | 28.1       | 2.18       | 0.14      |
| 991461 Fruit, Cups, Assorted - OKI    | 1/2c         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                |              |           | 649                      | 4.52                   | 1277                   | 27               | *2               | 23.36     | 0.00                    | 52          | 84.18    | 5.12      | *25.26    | *657       | *268.8     | *2.44      | *3.53     |
| % of Calories                         |              |           |                          | 6.27%                  |                        | 16.6%            | *1.2%            | 32.4%     | 0.0%                    |             | 51.9%    |           | *15.6%    |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/20/2024

Reimbursable Meal Total 200

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999631 Pizza, Turkey Sausage, - OKI          | 2BG, 2MMA    | 200       | 280                      | 4.00                   | 450                    | 8                | 2                | 10.00     | 0.00                    | 30          | 33.00    | 5.00      | 2.00      | 50         | 220.0      | 0.00       | 2.60      |
| 991098 Pepper, Fresh, Red, Strip, 1/2c - OKI | 1/2c         | 200       | 12                       | 0.03                   | 2                      | 2                | *N/A*            | 0.14      | 0.00                    | 0           | 2.74     | 0.95      | 0.45      | 1420       | 3.2        | 57.92      | 0.20      |
| 990645 ORANGE, Fresh 138CT, - OKI            | 1/2c         | 200       | 45                       | 0.01                   | 0                      | 9                | *N/A*            | 0.12      | 0.00                    | 0           | 11.28    | 2.30      | 0.90      | 216        | 38.4       | 51.07      | 0.10      |
| 990668 Milk, 1/2PNT, 1% - OKI                | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 425                      | 4.85                   | 559                    | 30               | *2               | 11.59     | 0.00                    | 40          | 58.14    | 8.26      | 11.17     | 2028       | 466.1      | 109.26     | 2.92      |
| % of Calories                   |              |           |                          | 10.27 %                |                        | 28.2%            | *1.9%            | 24.5%     | 0.0%                    |             | 54.7%    |           | 10.5%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024

Reimbursable Meal Total 200

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991152 Turkey, Roast, Gravy - OKI         | 2MMA         | 200       | 94                       | 0.00                   | 516                    | 1                | *0               | 1.27      | 0.00                    | 35          | 3.71     | 0.00      | 17.00     | *0         | *0.1       | *0.00      | *0.00     |
| 991627 Roll, Dinner, Schubert, 2BG - OKI  | 2BG          | 200       | 170                      | 0.00                   | 210                    | 5                | 4                | 2.00      | 0.00                    | 5           | 32.00    | 3.00      | 5.00      | *N/A*      | 0.0        | *N/A*      | 1.70      |
| 999700 Beans, Green, Casserole 3/4c - OKI | 3/4c         | 200       | 67                       | 0.99                   | 316                    | 1                | *0               | 3.35      | *0.00                   | 3           | 7.34     | 1.84      | 2.38      | *0         | *27.2      | *0.00      | *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                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                    |              |           | 449                      | 1.82                   | 1150                   | 24               | *4               | 8.06      | *0.00                   | 53          | 61.98    | 6.20      | 32.35     | *372       | *235.1     | *2.86      | *1.94     |
| % of Calories                             |              |           |                          | 3.65%                  |                        | 21.4%            | *3.6%            | 16.2%     | *0.0%                   |             | 55.2%    |           | 28.8%     |            |            |            |           |
| Weekly Nutrient Guideline                 |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/22/2024

Reimbursable Meal Total 200

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991240 Penne, Meatball, Marinara - OKI        | 2BG, 2MMA    | 200       | 340                      | 3.50                   | 236                    | 5                | *1               | 11.52     | 0.00                    | 36          | 41.37    | 6.55      | 19.08     | *250       | *69.0      | *1.80      | *1.36     |
| 999673 Greens, Mixed, Raw, Chopped 1/2c - OKI | 1c           | 200       | 5                        | 0.01                   | 9                      | 0                | *N/A*            | 0.04      | 0.00                    | 0           | 1.04     | 0.42      | 0.36      | 2393       | 9.9        | 2.45       | 0.22      |
| 990651 BANANAS, Fresh 150ct - OKI             | 1/2c         | 200       | 69                       | 0.09                   | 1                      | 9                | *N/A*            | 0.26      | 0.00                    | 0           | 17.68    | 2.01      | 0.84      | 50         | 3.9        | 6.73       | 0.20      |
| 990668 Milk, 1/2PNT, 1% - OKI                 | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                        |              |           | 502                      | 4.40                   | 354                    | 26               | *1               | 13.17     | 0.00                    | 46          | 71.21    | 8.98      | 28.10     | *3034      | *287.3     | *11.24     | *1.82     |
| % of Calories                                 |              |           |                          | 7.89%                  |                        | 20.7%            | *0.8%            | 23.6%     | 0.0%                    |             | 56.7%    |           | 22.4%     |            |            |            |           |
| Weekly Nutrient Guideline                     |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/25/2024

Reimbursable Meal Total 200

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991325 Taco, Beef, Cheese, Shredded, 6in Tort - OKI | 2BG, 2MMA    | 200       | 355                      | 9.37                   | 603                    | 2                | *N/A*            | 18.49     | 0.52                    | 46          | 31.19    | 0.75      | 16.74     | *N/A*      | *119.0     | *N/A*      | *1.50     |
| 991098 Pepper, Fresh, Red, Strip, 1/2c - OKI        | 1/2c         | 200       | 12                       | 0.03                   | 2                      | 2                | *N/A*            | 0.14      | 0.00                    | 0           | 2.74     | 0.95      | 0.45      | 1420       | 3.2        | 57.92      | 0.20      |
| 999478 Applesauce, Cup, Assort - OKI                | 1/2c         | 200       | 50                       | 0.00                   | 0                      | 12               | *0               | 0.00      | 0.00                    | 0           | 13.98    | 1.00      | 0.00      | *N/A*      | 5.0        | *N/A*      | 0.00      |
| 990668 Milk, 1/2PNT, 1% - OKI                       | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 0.00      |

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990669 Milk, 1/2PNT, Skim - OKI | 1c           | 100       | 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          |              |           | 505                      | 10.21                  | 713                    | 27               | *0               | 19.97     | 0.52                    | 56          | 59.02    | 2.70      | 25.01     | *1762      | *331.7     | *58.19     | *1.73     |
| % of Calories                   |              |           |                          | 18.20 %                |                        | 21.4%            | *0%              | 35.6%     | 0.9%                    |             | 46.7%    |           | 19.8%     |            |            |            |           |
| Weekly Nutrient Guideline       |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/26/2024

Reimbursable Meal Total 200

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999564 Pasta, Mac, Cheeseburger - OKI | 1.5c         | 200       | 343                      | 7.85                   | 430                    | 0                | *N/A*            | 17.15     | 0.54                    | 54          | 28.56    | 4.79      | 19.13     | *N/A*      | *183.0     | *N/A*      | *1.54     |
| 991216 Pickle, Spears - OKI           | 1/2c         | 200       | 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         | 200       | 65                       | 0.00                   | 0                      | 13               | *0               | 0.00      | 0.00                    | 0           | 15.80    | 0.90      | *0.20     | *N/A*      | *7.4       | *N/A*      | *0.25     |
| 990668 Milk, 1/2PNT, 1% - OKI         | 1c           | 100       | 50                       | 0.75                   | 60                     | 6                | *N/A*            | 1.25      | 0.00                    | 8           | 5.50     | 0.00      | 4.00      | 110        | 66.1       | 0.26       | 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                |              |           | 508                      | 8.66                   | 1213                   | 24               | *0               | 18.49     | 0.54                    | 64          | 100.48   | 5.69      | *27.16    | *341       | *422.4     | *0.26      | *1.82     |
| % of Calories                         |              |           |                          | 15.34 %                |                        | 18.9%            | *0%              | 32.8%     | 1.0%                    |             | 79.1%    |           | *21.4%    |            |            |            |           |
| Weekly Nutrient Guideline             |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 487                      | *4.75                  | *832                   | *26              | *2               | 13.35     | *0.07                   | *51         | 71.06    | *5.39     | *26.58    | *961       | *310.4     | *28.05     | *2.20     |
| % of Calories     |  |                          | *8.78%                 |                        | *21.4%           | *1.6%            | 24.7%     | *0.1%                   |             | 58.4%    |           | *21.8%    |            |            |            |           |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - denotes required nutrient values*  
*<sup>2</sup> - 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.*

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                            | Allergen(s) |
|----------|----------------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI             |             |
| 990917   | Chicken, Diced, BBQ & Rice, PREK - OKI | Soy         |
| 990757   | Cucumber, Fresh, Slices, 1/2c - OKI    |             |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                        | Allergen(s) |
|----------|------------------------------------|-------------|
| 991153   | Apple, Slices, 1/2c - OKI          |             |
| 999566   | Barbacoa, Turkey, Cheese - OKI     | Milk        |
| 991397   | Chips, Tortilla, WG, IW, 1BG - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk        |
| 991227   | Tomatoes, Diced, 1/2c - OKI        |             |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                        | Allergen(s)      |
|----------|------------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI         |                  |
| 991433   | Cauliflower, Fresh, 1/2c, IW - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk             |
| 991962   | Pizza, Deep Dish, Pepperoni - OKI  | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                           | Allergen(s) |
|----------|---------------------------------------|-------------|
| 999478   | Applesauce, Cup, Assort - OKI         |             |
| 999695   | Chicken, Teriyaki, Rice, White- OKI   | Soy, Wheat  |
| 990668   | Milk, 1/2PNT, 1% - OKI                | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI              | Milk        |
| 991098   | Pepper, Fresh, Red, Strip, 1/2c - OKI |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                           | Allergen(s)           |
|----------|---------------------------------------|-----------------------|
| 999726   | Chicken, Tenders, Waffles - OKI       | Milk, Soy, Wheat, Egg |
| 991461   | Fruit, Cups, Assorted - OKI           |                       |
| 990668   | Milk, 1/2PNT, 1% - OKI                | Milk                  |
| 990669   | Milk, 1/2PNT, Skim - OKI              | Milk                  |
| 991109   | Potatoes, Diced, Seasoned, 1/2c - OKI |                       |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                                   | Allergen(s)      |
|----------|-----------------------------------------------|------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI                        | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                      | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI                    |                  |
| 991832   | Pizza, Cheese, Garlic, French Bread, WG - OKI | Milk, Soy, Wheat |
| 990807   | Sauce, Marinara, PC - OKI                     |                  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name               | Allergen(s) |
|----------|---------------------------|-------------|
| 991153   | Apple, Slices, 1/2c - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI    | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI  | Milk        |
| 991216   | Pickle, Spears - OKI      |             |
| 999627   | Sandwich, Hamburger - OKI | Soy, Wheat  |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                       | Allergen(s) |
|----------|-----------------------------------|-------------|
| 990651   | BANANAS, Fresh 150ct - OKI        |             |
| 999728   | Chicken, Diced, Rice, Wild - OKI  |             |
| 991361   | Lentils, Southwestern, 1/2c - OKI |             |
| 990668   | Milk, 1/2PNT, 1% - OKI            | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI          | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                          | Allergen(s)        |
|----------|--------------------------------------|--------------------|
| 999478   | Applesauce, Cup, Assort - OKI        |                    |
| 991433   | Cauliflower, Fresh, 1/2c, IW - OKI   |                    |
| 990668   | Milk, 1/2PNT, 1% - OKI               | Milk               |
| 990669   | Milk, 1/2PNT, Skim - OKI             | Milk               |
| 991178   | Potsticker, Chicken, Vegetable - OKI | Soy, Wheat, Sesame |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                    | Allergen(s) |
|----------|--------------------------------|-------------|
| 991149   | Celery, Diced, 1/2c - OKI      |             |
| 999760   | Chicken, Popcorn, BBQ - OKI    | Soy, Wheat  |
| 999430   | Crackers, Chili Lime, WG - OKI | Wheat       |
| 991461   | Fruit, Cups, Assorted - OKI    |             |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk        |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk        |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                           | Allergen(s)      |
|----------|---------------------------------------|------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI                | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI              | Milk             |
| 990645   | ORANGE, Fresh 138CT, - OKI            |                  |
| 991098   | Pepper, Fresh, Red, Strip, 1/2c - OKI |                  |
| 999631   | Pizza, Turkey Sausage, - OKI          | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                        | Allergen(s)      |
|----------|------------------------------------|------------------|
| 991153   | Apple, Slices, 1/2c - OKI          |                  |
| 999700   | Beans, Green, Casserole 3/4c - OKI | Milk, Soy, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI           | Milk             |
| 991627   | Roll, Dinner, Schubert, 2BG - OKI  | Milk, Wheat, Egg |
| 991152   | Turkey, Roast, Gravy - OKI         | Milk, Soy        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                            | Allergen(s)      |
|----------|----------------------------------------|------------------|
| 990651   | BANANAS, Fresh 150ct - OKI             |                  |
| 999673   | Greens, Mixed, Raw, Chopped 1/2c - OKI |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                 | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI               | Milk             |
| 991240   | Penne, Meatball, Marinara - OKI        | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                                  | Allergen(s)      |
|----------|----------------------------------------------|------------------|
| 999478   | Applesauce, Cup, Assort - OKI                |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI                       | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI                     | Milk             |
| 991098   | Pepper, Fresh, Red, Strip, 1/2c - OKI        |                  |
| 991325   | Taco, Beef, Cheese, Shredded, 6in Tort - OKI | Milk, Soy, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                    | Allergen(s)      |
|----------|--------------------------------|------------------|
| 991461   | Fruit, Cups, Assorted - OKI    |                  |
| 990668   | Milk, 1/2PNT, 1% - OKI         | Milk             |
| 990669   | Milk, 1/2PNT, Skim - OKI       | Milk             |
| 999564   | Pasta, Mac, Cheeseburger - OKI | Milk, Soy, Wheat |
| 991216   | Pickle, Spears - OKI           |                  |

**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 or treating medical conditions.

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

Friday - 11/01/2024

Reimbursable Meal Total 1

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999725 Crackers, Assorted, 1BG - OKI             | 1BG          | 1         | 88                       | 0.00                   | 182                    | 2                | 1                | 2.62      | 0.00                    | 0           | 14.75    | 1.50      | 1.50      | *93        | 11.8       | *0.75      | 2.50      |
| 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                           |              |           | 188                      | 0.00                   | 182                    | 25               | 1                | 2.62      | 0.00                    | 0           | 38.75    | 1.50      | 1.50      | *93        | 11.8       | *0.75      | 2.50      |
| % of Calories                                    |              |           |                          | 0.00%                  |                        | 53.2%            | 2.1%             | 12.5%     | 0.0%                    |             | 82.4%    |           | 3.2%      |            |            |            |           |
| Weekly Nutrient Guideline                        |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/04/2024

Reimbursable Meal Total 1

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999655 Cheese, String - OKI              | 1MMA         | 1         | 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      |
| 999569 Crackers, Pretzel, Goldfish - OKI | 1BG          | 1         | 90                       | 0.00                   | 200                    | 0                | 0                | 1.50      | 0.00                    | 0           | 16.00    | 1.00      | 2.00      | *N/A*      | 10.0       | *N/A*      | 0.70      |
| Weighted Daily Average                   |              |           | 170                      | 4.00                   | 400                    | 1                | *0               | 7.50      | 0.00                    | 20          | 18.00    | 1.00      | 8.00      | *N/A*      | 208.0      | *N/A*      | 0.70      |
| % of Calories                            |              |           |                          | 21.18 %                |                        | 2.4%             | *0%              | 39.7%     | 0.0%                    |             | 42.4%    |           | 18.8%     |            |            |            |           |
| Weekly Nutrient Guideline                |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/05/2024

Reimbursable Meal Total 1

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999479 Yogurt, Cups, Assorted - OKI | 1MMA         | 1         | 80                       | 0.00                   | 75                     | 12               | 7                | 0.00      | 0.00                    | 0           | 15.00    | 0.00      | 3.00      | *N/A*      | 320.0      | *N/A*      | 0.00      |
| 990723 Granola, WG, 1BG- OKI        | 1BG          | 1         | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0        | *N/A*      | 0.70      |
| Weighted Daily Average              |              |           | 190                      | 0.00                   | 135                    | 16               | *10              | 4.00      | 0.00                    | 0           | 30.00    | 2.00      | 5.00      | *N/A*      | 320.0      | *N/A*      | 0.70      |
| % of Calories                       |              |           |                          | 0.00%                  |                        | 33.7%            | *21.1%           | 18.9%     | 0.0%                    |             | 63.2%    |           | 10.5%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/06/2024

Reimbursable Meal Total 1

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999656 Egg, Hard Boiled, 1MMA - OKI | 1MMA         | 1         | 70                       | 1.50                   | 55                     | 1                | *N/A*            | 5.00      | 0.00                    | 170         | 1.00     | 0.00      | 6.00      | *N/A*      | 23.0       | *N/A*      | 1.00      |
| 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      |
| Weighted Daily Average              |              |           | 150                      | 1.50                   | 235                    | 3                | *0               | 7.00      | 0.00                    | 170         | 16.00    | 2.00      | 8.00      | *372       | 42.0       | *3.00      | 4.00      |
| % of Calories                       |              |           |                          | 9.00%                  |                        | 8.0%             | *0%              | 42.0%     | 0.0%                    |             | 42.7%    |           | 21.3%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/07/2024

Reimbursable Meal Total 1

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990847 Cucumber, Fresh, Slices, 3/4c - OKI | 3/4c         | 1         | 15                       | 0.04                   | 2                      | 2                | *N/A*            | 0.11      | 0.00                    | 0           | 3.60     | 0.50      | 0.64      | 104        | 15.9       | 2.78       | 0.28      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991674 Crackers, Herb - OKI    | 1BG          | 1         | 90                       | 0.00                   | 190                    | 2                | 2                | 3.00      | 0.00                    | 0           | 15.00    | 1.00      | 1.00      | *N/A*      | 7.0        | *N/A*      | 2.00      |
| 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         |              |           | 114                      | 0.04                   | 318                    | 5                | *2               | 3.11      | 0.00                    | 0           | 20.84    | 1.73      | 1.83      | *104       | 29.4       | *2.78      | 2.30      |
| % of Calories                  |              |           |                          | 0.32%                  |                        | 17.5%            | *7.0%            | 24.6%     | 0.0%                    |             | 73.1%    |           | 6.4%      |            |            |            |           |
| Weekly Nutrient Guideline      |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/08/2024

Reimbursable Meal Total 1

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991136 Crackers, Educational Snacks - OKI | 1BG          | 1         | 120                      | 0.00                   | 65                     | 6                | *N/A*            | 4.00      | 0.00                    | 0           | 22.00    | 2.00      | 2.00      | *N/A*      | 4.0        | *N/A*      | 1.00      |
| 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      | 220        | 132.3      | 0.53       | 0.00      |
| Weighted Daily Average                    |              |           | 220                      | 1.50                   | 185                    | 17               | *N/A*            | 6.50      | 0.00                    | 15          | 33.00    | 2.00      | 10.00     | *220       | 136.3      | *0.53      | 1.00      |
| % of Calories                             |              |           |                          | 6.14%                  |                        | 30.9%            | *N/A*            | 26.6%     | 0.0%                    |             | 60.0%    |           | 18.2%     |            |            |            |           |
| Weekly Nutrient Guideline                 |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/11/2024

Reimbursable Meal Total 1

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999480 Muffin, Assorted, 1BG, BC - OKI | 1BG          | 1         | 155                      | 0.75                   | 106                    | 12               | 12               | 4.87      | 0.00                    | 15          | 25.47    | 0.50      | 2.50      | *N/A*      | 18.0       | *N/A*      | 1.00      |



Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990668 Milk, 1/2PNT, 1% - OKI | 1c           | 1         | 100                      | 1.50                   | 120                    | 11               | *N/A*            | 2.50      | 0.00                    | 15          | 11.00    | 0.00      | 8.00      | 220        | 132.3      | 0.53       | 0.00      |
| Weighted Daily Average        |              |           | 255                      | 2.25                   | 226                    | 23               | *12              | 7.37      | 0.00                    | 30          | 36.47    | 0.50      | 10.50     | *220       | 150.2      | *0.53      | 1.00      |
| % of Calories                 |              |           |                          | 7.94%                  |                        | 36.1%            | *18.8%           | 26.0%     | 0.0%                    |             | 57.2%    |           | 16.5%     |            |            |            |           |
| Weekly Nutrient Guideline     |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/12/2024

Reimbursable Meal Total 1

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991397 Chips, Tortilla, WG, IW, 1BG - OKI        | 1BG          | 1         | 120                      | 0.50                   | 100                    | 0                | *0               | 4.50      | 0.00                    | 0           | 18.00    | 2.00      | 2.00      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |
| 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      |
| 999646 Salsa Cup - OKI                           | 1/4c Veg     | 1         | 15                       | 0.00                   | 100                    | 2                | 0                | 0.00      | 0.00                    | 0           | 3.00     | 1.00      | 1.00      | *N/A*      | 0.0        | *N/A*      | 0.00      |
| Weighted Daily Average                           |              |           | 235                      | 0.50                   | 200                    | 25               | *0               | 4.50      | 0.00                    | 0           | 45.00    | 3.00      | 3.00      | *N/A*      | *0.0       | *N/A*      | *0.00     |
| % of Calories                                    |              |           |                          | 1.91%                  |                        | 42.6%            | *0%              | 17.2%     | 0.0%                    |             | 76.6%    |           | 5.1%      |            |            |            |           |
| Weekly Nutrient Guideline                        |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/13/2024

Reimbursable Meal Total 1

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999479 Yogurt, Cups, Assorted - OKI | 1MMA         | 1         | 80                       | 0.00                   | 75                     | 12               | 7                | 0.00      | 0.00                    | 0           | 15.00    | 0.00      | 3.00      | *N/A*      | 320.0      | *N/A*      | 0.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990723 Granola, WG, 1BG- OKI | 1BG          | 1         | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0        | *N/A*      | 0.70      |
| Weighted Daily Average       |              |           | 190                      | 0.00                   | 135                    | 16               | *10              | 4.00      | 0.00                    | 0           | 30.00    | 2.00      | 5.00      | *N/A*      | 320.0      | *N/A*      | 0.70      |
| % of Calories                |              |           |                          | 0.00%                  |                        | 33.7%            | *21.1%           | 18.9%     | 0.0%                    |             | 63.2%    |           | 10.5%     |            |            |            |           |
| Weekly Nutrient Guideline    |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/14/2024

Reimbursable Meal Total 1

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990847 Cucumber, Fresh, Slices, 3/4c - OKI | 3/4c         | 1         | 15                       | 0.04                   | 2                      | 2                | *N/A*            | 0.11      | 0.00                    | 0           | 3.60     | 0.50      | 0.64      | 104        | 15.9       | 2.78       | 0.28      |
| 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      |
| 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                     |              |           | 134                      | 0.04                   | 228                    | 7                | *N/A*            | 2.11      | 0.00                    | 0           | 23.84    | 5.73      | 6.83      | *104       | 55.4       | *2.78      | 2.30      |
| % of Calories                              |              |           |                          | 0.27%                  |                        | 20.9%            | *N/A*            | 14.2%     | 0.0%                    |             | 71.2%    |           | 20.4%     |            |            |            |           |
| Weekly Nutrient Guideline                  |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/15/2024

Reimbursable Meal Total 1

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991442 Broccoli, Fresh, 3/4c, IW - OKI | 3/4c         | 1         | 29                       | 0.12                   | 28                     | 1                | *N/A*            | 0.31      | 0.00                    | 0           | 5.65     | 2.21      | 2.40      | 530        | 40.0       | 75.86      | 0.62      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-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      |
| Weighted Daily Average            |              |           | 219                      | 6.12                   | 598                    | 11               | *N/A*            | 10.31     | 0.00                    | 30          | 19.65    | 2.21      | 12.40     | *530       | 373.0      | *75.86     | 0.62      |
| % of Calories                     |              |           |                          | 25.15 %                |                        | 20.1%            | *N/A*            | 42.4%     | 0.0%                    |             | 35.9%    |           | 22.6%     |            |            |            |           |
| Weekly Nutrient Guideline         |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/18/2024                      Reimbursable Meal Total 1

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990791 Cracker, Goldfish, WG - OKI | 1BG          | 1         | 101                      | 0.51                   | 172                    | 0                | *N/A*            | 3.54      | 0.00                    | 0           | 14.17    | 1.01      | 2.02      | *N/A*      | 20.2       | *N/A*      | 0.71      |
| 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      | 220        | 132.3      | 0.53       | 0.00      |
| Weighted Daily Average             |              |           | 201                      | 2.01                   | 292                    | 11               | *N/A*            | 6.04      | 0.00                    | 15          | 25.17    | 1.01      | 10.02     | *220       | 152.5      | *0.53      | 0.71      |
| % of Calories                      |              |           |                          | 9.00%                  |                        | 21.9%            | *N/A*            | 27.0%     | 0.0%                    |             | 50.1%    |           | 19.9%     |            |            |            |           |
| Weekly Nutrient Guideline          |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/19/2024                      Reimbursable Meal Total 1

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991113 Celery, Fresh, Sticks, 3/4c - OKI | 3/4c         | 1         | 14                       | 0.04                   | 79                     | 1                | *N/A*            | 0.17      | 0.00                    | 0           | 2.95     | 1.59      | 0.68      | 446        | 39.7       | 3.08       | 0.20      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990769 Wowbutter, PC - OKI | 1MMA         | 1         | 198                      | 2.98                   | 99                     | 3                | 2                | 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                   | 179                    | 4                | *2               | 15.05     | 0.00                    | 0           | 10.88    | 4.56      | 7.63      | *446       | 79.4       | *3.08      | 1.19      |
| % of Calories              |              |           |                          | 12.82 %                |                        | 7.5%             | *3.8%            | 63.9%     | 0.0%                    |             | 20.5%    |           | 14.4%     |            |            |            |           |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/20/2024      Reimbursable Meal Total 1

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999480 Muffin, Assorted, 1BG, BC - OKI | 1BG          | 1         | 155                      | 0.75                   | 106                    | 12               | 12               | 4.87      | 0.00                    | 15          | 25.47    | 0.50      | 2.50      | *N/A*      | 18.0       | *N/A*      | 1.00      |
| 990668 Milk, 1/2PNT, 1% - OKI          | 1c           | 1         | 100                      | 1.50                   | 120                    | 11               | *N/A*            | 2.50      | 0.00                    | 15          | 11.00    | 0.00      | 8.00      | 220        | 132.3      | 0.53       | 0.00      |
| Weighted Daily Average                 |              |           | 255                      | 2.25                   | 226                    | 23               | *12              | 7.37      | 0.00                    | 30          | 36.47    | 0.50      | 10.50     | *220       | 150.2      | *0.53      | 1.00      |
| % of Calories                          |              |           |                          | 7.94%                  |                        | 36.1%            | *18.8%           | 26.0%     | 0.0%                    |             | 57.2%    |           | 16.5%     |            |            |            |           |
| Weekly Nutrient Guideline              |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 11/21/2024      Reimbursable Meal Total 1

|                                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991115 Pepper, Fresh, Red, Strip, 3/4c - OKI | 3/4c         | 1         | 18                       | 0.04                   | 3                      | 3                | *N/A*            | 0.20      | 0.00                    | 0           | 4.10     | 1.43      | 0.67      | 2130       | 4.8        | 86.89      | 0.29      |
| 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 Values

Nov 1, 2024 thru Nov 30, 2024

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990678 Sauce, Ranch, PKT - OKI | 1            | 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         |              |           | 137                      | 0.04                   | 229                    | 8                | *N/A*            | 2.21      | 0.00                    | 0           | 24.34    | 6.66      | 6.86      | *2130      | 44.3       | *86.89     | 2.31      |
| % of Calories                  |              |           |                          | 0.26%                  |                        | 23.4%            | *N/A*            | 14.5%     | 0.0%                    |             | 71.1%    |           | 20.0%     |            |            |            |           |
| Weekly Nutrient Guideline      |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Friday - 11/22/2024

Reimbursable Meal Total 1

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 999725 Crackers, Assorted, 1BG - OKI             | 1BG          | 1         | 88                       | 0.00                   | 182                    | 2                | 1                | 2.62      | 0.00                    | 0           | 14.75    | 1.50      | 1.50      | *93        | 11.8       | *0.75      | 2.50      |
| 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                           |              |           | 188                      | 0.00                   | 182                    | 25               | 1                | 2.62      | 0.00                    | 0           | 38.75    | 1.50      | 1.50      | *93        | 11.8       | *0.75      | 2.50      |
| % of Calories                                    |              |           |                          | 0.00%                  |                        | 53.2%            | 2.1%             | 12.5%     | 0.0%                    |             | 82.4%    |           | 3.2%      |            |            |            |           |
| Weekly Nutrient Guideline                        |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Monday - 11/25/2024

Reimbursable Meal Total 1

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990791 Cracker, Goldfish, WG - OKI | 1BG          | 1         | 101                      | 0.51                   | 172                    | 0                | *N/A*            | 3.54      | 0.00                    | 0           | 14.17    | 1.01      | 2.02      | *N/A*      | 20.2       | *N/A*      | 0.71      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990668 Milk, 1/2PNT, 1% - OKI | 1c           | 1         | 100                      | 1.50                   | 120                    | 11               | *N/A*            | 2.50      | 0.00                    | 15          | 11.00    | 0.00      | 8.00      | 220        | 132.3      | 0.53       | 0.00      |
| Weighted Daily Average        |              |           | 201                      | 2.01                   | 292                    | 11               | *N/A*            | 6.04      | 0.00                    | 15          | 25.17    | 1.01      | 10.02     | *220       | 152.5      | *0.53      | 0.71      |
| % of Calories                 |              |           |                          | 9.00%                  |                        | 21.9%            | *N/A*            | 27.0%     | 0.0%                    |             | 50.1%    |           | 19.9%     |            |            |            |           |
| Weekly Nutrient Guideline     |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 11/26/2024 Reimbursable Meal Total 1

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991113 Celery, Fresh, Sticks, 3/4c - OKI | 3/4c         | 1         | 14                       | 0.04                   | 79                     | 1                | *N/A*            | 0.17      | 0.00                    | 0           | 2.95     | 1.59      | 0.68      | 446        | 39.7       | 3.08       | 0.20      |
| 990769 Wowbutter, PC - OKI               | 1MMA         | 1         | 198                      | 2.98                   | 99                     | 3                | 2                | 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                   | 179                    | 4                | *2               | 15.05     | 0.00                    | 0           | 10.88    | 4.56      | 7.63      | *446       | 79.4       | *3.08      | 1.19      |
| % of Calories                            |              |           |                          | 12.82 %                |                        | 7.5%             | *3.8%            | 63.9%     | 0.0%                    |             | 20.5%    |           | 14.4%     |            |            |            |           |
| Weekly Nutrient Guideline                |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

Wednesday - 11/27/2024 Reimbursable Meal Total 1

|                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991136 Crackers, Educational Snacks - OKI | 1BG          | 1         | 120                      | 0.00                   | 65                     | 6                | *N/A*            | 4.00      | 0.00                    | 0           | 22.00    | 2.00      | 2.00      | *N/A*      | 4.0        | *N/A*      | 1.00      |

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

|                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990769 Wowbutter, PC - OKI | 1MMA         | 1         | 198                      | 2.98                   | 99                     | 3                | 2                | 14.88     | 0.00                    | 0           | 7.94     | 2.98      | 6.95      | *N/A*      | 39.7       | *N/A*      | 0.99      |
| Weighted Daily Average     |              |           | 318                      | 2.98                   | 164                    | 9                | *2               | 18.88     | 0.00                    | 0           | 29.94    | 4.98      | 8.95      | *N/A*      | 43.7       | *N/A*      | 1.99      |
| % of Calories              |              |           |                          | 8.43%                  |                        | 11.3%            | *2.5%            | 53.4%     | 0.0%                    |             | 37.7%    |           | 11.3%     |            |            |            |           |
| Weekly Nutrient Guideline  |              |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |  | 199                      | 2                      | 241                    | 13               | 3                | 6.96      | 0.00                    | 17          | 27.01    | 2.55      | 7.11      | *285       | *124.2     | *9.56      | *1.44     |
| % of Calories     |  |                          | 7.46%                  |                        | 26.1%            | *6.0%            | 31.5%     | 0.0%                    |             | 54.3%    |           | 14.3%     |            |            |            |           |

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.

# Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Friday, November 1, 2024

| Recipe # | Recipe Name                               | Allergen(s) |
|----------|-------------------------------------------|-------------|
| 999725   | Crackers, Assorted, 1BG - OKI             | Wheat       |
| 991861   | Juice, Fruit Punch, Citrus Sun, 6oz - OKI |             |

*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 or treating medical conditions.*



## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Monday, November 4, 2024

| Recipe # | Recipe Name                       | Allergen(s) |
|----------|-----------------------------------|-------------|
| 999655   | Cheese, String - OKI              | Milk        |
| 999569   | Crackers, Pretzel, Goldfish - OKI | Milk, Wheat |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Tuesday, November 5, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990723   | Granola, WG, 1BG- OKI        |             |
| 999479   | Yogurt, Cups, Assorted - OKI | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Wednesday, November 6, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 991398   | Crackers, Pizza - OKI        | Wheat       |
| 999656   | Egg, Hard Boiled, 1MMA - OKI | Egg         |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Thursday, November 7, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 991674   | Crackers, Herb - OKI                | Wheat       |
| 990847   | Cucumber, Fresh, Slices, 3/4c - OKI |             |
| 990678   | Sauce, Ranch, PKT - OKI             | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Friday, November 8, 2024

| Recipe # | Recipe Name                        | Allergen(s)     |
|----------|------------------------------------|-----------------|
| 991136   | Crackers, Educational Snacks - OKI | Soy, Wheat, Egg |
| 990668   | Milk, 1/2PNT, 1% - OKI             | Milk            |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Monday, November 11, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 999480   | Muffin, Assorted, 1BG, BC - OKI | Milk, Soy, Wheat, Egg |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Tuesday, November 12, 2024

| Recipe # | Recipe Name                               | Allergen(s) |
|----------|-------------------------------------------|-------------|
| 991397   | Chips, Tortilla, WG, IW, 1BG - OKI        |             |
| 991861   | Juice, Fruit Punch, Citrus Sun, 6oz - OKI |             |
| 999646   | Salsa Cup - OKI                           |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Wednesday, November 13, 2024

| Recipe # | Recipe Name                  | Allergen(s) |
|----------|------------------------------|-------------|
| 990723   | Granola, WG, 1BG- OKI        |             |
| 999479   | Yogurt, Cups, Assorted - OKI | Milk        |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Thursday, November 14, 2024

| Recipe # | Recipe Name                         | Allergen(s) |
|----------|-------------------------------------|-------------|
| 990847   | Cucumber, Fresh, Slices, 3/4c - OKI |             |
| 991005   | Hummus, PC, 1.5MMA - OKI            |             |
| 990678   | Sauce, Ranch, PKT - OKI             | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Friday, November 15, 2024

| Recipe # | Recipe Name                     | Allergen(s) |
|----------|---------------------------------|-------------|
| 991442   | Broccoli, Fresh, 3/4c, IW - OKI |             |
| 991739   | Cheese, Cup, Cheddar - OKI      | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Monday, November 18, 2024

| Recipe # | Recipe Name                 | Allergen(s)         |
|----------|-----------------------------|---------------------|
| 990791   | Cracker, Goldfish, WG - OKI | Gluten, Milk, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI      | Milk                |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Tuesday, November 19, 2024

| Recipe # | Recipe Name                       | Allergen(s) |
|----------|-----------------------------------|-------------|
| 991113   | Celery, Fresh, Sticks, 3/4c - OKI |             |
| 990769   | Wowbutter, PC - OKI               | Soy         |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Wednesday, November 20, 2024

| Recipe # | Recipe Name                     | Allergen(s)           |
|----------|---------------------------------|-----------------------|
| 990668   | Milk, 1/2PNT, 1% - OKI          | Milk                  |
| 999480   | Muffin, Assorted, 1BG, BC - OKI | Milk, Soy, Wheat, Egg |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Thursday, November 21, 2024

| Recipe # | Recipe Name                           | Allergen(s) |
|----------|---------------------------------------|-------------|
| 991005   | Hummus, PC, 1.5MMA - OKI              |             |
| 991115   | Pepper, Fresh, Red, Strip, 3/4c - OKI |             |
| 990678   | Sauce, Ranch, PKT - OKI               | Milk        |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Friday, November 22, 2024

| Recipe # | Recipe Name                               | Allergen(s) |
|----------|-------------------------------------------|-------------|
| 999725   | Crackers, Assorted, 1BG - OKI             | Wheat       |
| 991861   | Juice, Fruit Punch, Citrus Sun, 6oz - OKI |             |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Monday, November 25, 2024

| Recipe # | Recipe Name                 | Allergen(s)         |
|----------|-----------------------------|---------------------|
| 990791   | Cracker, Goldfish, WG - OKI | Gluten, Milk, Wheat |
| 990668   | Milk, 1/2PNT, 1% - OKI      | Milk                |

**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 or treating medical conditions.



## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Tuesday, November 26, 2024

| Recipe # | Recipe Name                       | Allergen(s) |
|----------|-----------------------------------|-------------|
| 991113   | Celery, Fresh, Sticks, 3/4c - OKI |             |
| 990769   | Wowbutter, PC - OKI               | Soy         |

**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 or treating medical conditions.

## Open Kitchens Inc

Allergen List - for menu 'Afterschool Snack' From: 11/1/2024 To: 11/30/2024

Wednesday, November 27, 2024

| Recipe # | Recipe Name                        | Allergen(s)     |
|----------|------------------------------------|-----------------|
| 991136   | Crackers, Educational Snacks - OKI | Soy, Wheat, Egg |
| 990769   | Wowbutter, PC - OKI                | Soy             |

**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 or treating medical conditions.