



MONTHLY DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7 Egg & Cheese Bagel Assorted Fruit Cups Apple	Jan 8 Stuffed Mini Bagels Strawberry Cream Cheese Craisins Pear	Jan 9 Turkey-Sausage Biscuit Applesauce Cup Orange	Jan 10 WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors
Jan 13 Cinnamon Toast Crunch Bar Orange Apple Juice	Jan 14 Breakfast Wrap Apple Assorted Fruit Cups	Jan 15 WG Granola Bar Assorted Flavors String Cheese Pear Craisins	Jan 16 Colby jack Omelet Applesauce Cup Orange Salsa Cup	Jan 17 Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors
Jan 20	Jan 21 Breakfast Bowl Apple Assorted Fruit Cups	Jan 22 Pull-a-Part Donut Pear Craisins	Jan 23 Pancakes & Turkey Bacon Applesauce Cup Orange	Jan 24 Cinnamon Roll Pear Applesauce Cup Assorted Flavors
Jan 27 Yogurt Cup Assorted Flavors Granola Orange Apple Juice	Jan 28 French Toast Sticks Apple Assorted Fruit Cups	Jan 29 WG Granola Bar Assorted Flavors String Cheese Pear Craisins	Jan 30 Caramel Cinnis Applesauce Cup Orange	Jan 31 Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors

Chicken products are No Antibiotic Ever (NAE) or No Antibiotics Important to Human Medicine (NAIHM).

All menus are pork-free.

Grain/bread items served are Whole Grain Rich.

Our milk options include 1% and Skim.

Not all offerings may be available in all buildings and menu offerings may change with little to no notice.

This institution is an equal opportunity provider.



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Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7 Egg & Cheese Bagel Apple Slices	Jan 8 Stuffed Mini Bagels Strawberry Cream Cheese Applesauce Cup	Jan 9 Croissant Egg Sandwich Orange	Jan 10 WG Muffin Assorted Flavors Applesauce Cup
Jan 13 Yogurt Cup Assorted Flavors Granola Orange	Jan 14 Breakfast Wrap Apple Slices	Jan 15 WG Cereal Assorted Flavors Applesauce Cup	Jan 16 Colby jack Omelet Assorted Fruit Cups	Jan 17 Assorted Breakfast Bread Applesauce Cup
Jan 20	Jan 21 Whole Grain Toast Breakfast Bowl Apple Slices	Jan 22 Stuffed Mini Bagels Strawberry Cream Cheese Applesauce Cup	Jan 23 Pancakes & Turkey Bacon Assorted Fruit Cups	Jan 24 WG Muffin Assorted Flavors Applesauce Cup
Jan 27 Yogurt Cup Assorted Flavors Granola Orange	Jan 28 French Toast Sticks Apple Slices	Jan 29 WG Cereal Assorted Flavors Applesauce Cup	Jan 30 WG Cereal Assorted Flavors Assorted Fruit Cups	Jan 31 Assorted Breakfast Bread Applesauce Cup

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MONTHLY DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7 Chicken Tenders & Waffles Seasoned Diced Potatoes Pear	Jan 8 Turkey Sloppy Joe Hamburger Bun Baby Carrots Orange	Jan 9 Chicken Egg Rolls Sweet & Sour Sauce Edamame Grape Juice	Jan 10 BBQ Turkey Sandwich Pretzel Roll Mixed Greens Salad Banana
Jan 13 Buffalo Cheese Bites Baby Carrots Applesauce Cup Assorted Flavors	Jan 14 Philly Cheesesteak Hoagie Roll Roasted Peppers & Onions Pear	Jan 15 Breakfast for Lunch Turkey Sausage & Eggs Whole Grain Bagel Tater Tots Orange	Jan 16 Lemon Pepper Drumstick Sister Schubert's Roll Hot Broccoli Grape Juice	Jan 17 Galaxy Pizza Turkey & Beef Pepperoni Lemon Chickpea Salad Banana
Jan 20	Jan 21 Hamburger Hot Broccoli Pear	Jan 22 Barbacoa & Cheese Tortilla Chips Corn Jalapeno Blend Orange	Jan 23 Orange Chicken & Rice Edamame Grape Juice	Jan 24 Bolognese Bianco Diced Carrots Banana
Jan 27 Pepperoni Pizza Wild Mike's Celery Sticks Applesauce Cup Assorted Flavors	Jan 28 Chicken Nuggets Pizza Crackers Emoticon Potatoes Pear	Jan 29 Penne Meatball Marinara Lemon Chickpea Salad Orange	Jan 30 Thai Chili Drumstick Sister Schubert's Roll Mixed Greens Salad Grape Juice	Jan 31 Beef Gyro WG Pita Tomato Wedges Banana Tzatziki Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7	Jan 8	Jan 9	Jan 10
	Chicken Tenders & Waffles Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Seasoned Diced Potatoes Pear	Veggie Burger Chicken Chef Salad Crunchy Corn Buffalo Ranch Veggie Crackers Baby Carrots Orange	Chicken Egg Rolls Sweet & Sour Sauce Vegetable Potstickers Edamame Grape Juice	BBQ Turkey Sandwich Pretzel Roll Mac & Cheese Mixed Greens Salad Banana
Jan 13	Jan 14	Jan 15	Jan 16	Jan 17
Buffalo Cheese Bites Turkey Coins & Cheese Veggie Crackers Baby Carrots Applesauce Cup Assorted Flavors	Philly Cheesesteak Hoagie Roll Veggie Burger Roasted Peppers & Onions Pear	Breakfast for Lunch Turkey Sausage & Eggs Whole Grain Bagel Chicken Chef Salad Crunchy Corn Buffalo Ranch Veggie Crackers Tater Tots Orange	Lemon Pepper Drumstick Sister Schubert's Roll Cinnamon Bagel Yogurt & Wowbutter Cream Cheese Cup Hot Broccoli Grape Juice	Galaxy Pizza Turkey & Beef Pepperoni Galaxy Pizza Cheese Lemon Chickpea Salad Banana
Jan 20	Jan 21	Jan 22	Jan 23	Jan 24
	Hamburger Veggie Chicken Sandwich Hot Broccoli Pear	Barbacoa & Cheese Tortilla Chips Cheese Quesadilla Corn Jalapeno Blend Orange	Orange Chicken & Rice Cinnamon Bagel Yogurt & Wowbutter Cream Cheese Cup Edamame Grape Juice	Bolognese Bianco Breaded Ravioli Diced Carrots Banana
Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Pepperoni Pizza Wild Mike's Wild Mike's Cheese Pizza Celery Sticks Applesauce Cup Assorted Flavors	Chicken Nuggets Pizza Crackers Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Emoticon Potatoes Pear	Penne Meatball Marinara Chicken Chef Salad Veggie Crackers Lemon Chickpea Salad Orange	Thai Chili Drumstick Sister Schubert's Roll Cinnamon Bagel Yogurt & Wowbutter Cream Cheese Cup Mixed Greens Salad Grape Juice	Beef Gyro WG Pita Falafel Sandwich WG Pita Tomato Wedges Banana Tzatziki Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7 Chicken Tenders & Waffles Tater Tots Assorted Fruit Cups	Jan 8 Turkey Sloppy Joe Hamburger Bun Diced Carrots Orange	Jan 9 Chicken Egg Rolls Sweet & Sour Sauce Red Pepper Strips Apple Slices	Jan 10 BBQ Turkey Sandwich Pretzel Roll Mixed Greens Salad Banana
Jan 13 Cheese Quesadilla Diced Celery Applesauce Cup Assorted Flavors	Jan 14 Philly Cheesesteak Hoagie Roll Roasted Peppers & Onions Assorted Fruit Cups	Jan 15 Breakfast for Lunch Turkey Sausage & Eggs Whole Grain Bagel Seasoned Diced Potatoes Orange	Jan 16 BBQ Diced Chicken Sister Schubert's Roll Hot Broccoli Apple Slices	Jan 17 Galaxy Pizza Turkey & Beef Pepperoni Mixed Greens Salad Banana
Jan 20	Jan 21 Hamburger Hot Broccoli Assorted Fruit Cups	Jan 22 Barbacoa & Cheese Tortilla Chips Salsa Cup Orange	Jan 23 Orange Chicken & Rice Shredded Carrots Apple Slices	Jan 24 Bolognese Bianco Cauliflower Banana
Jan 27 Deep Dish Pizza Turkey & Beef Pepperoni Broccoli Applesauce Cup Assorted Flavors	Jan 28 Chicken Nuggets Pizza Crackers Tater Tots Assorted Fruit Cups	Jan 29 Penne Meatball Marinara Cucumber Slices Orange	Jan 30 Teriyaki Ginger Chicken Sister Schubert's Roll Mixed Greens Salad Apple Slices	Jan 31 Beef Gyro WG Pita Tomato Wedges Banana Tzatziki Sauce

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MONTHLY DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6	Jan 7 Tortilla Chips Fruit Punch Juice Salsa Cup	Jan 8 Broccoli Cheddar Cheese Cup	Jan 9 Blueberry Lemon Bites 1% Milk	Jan 10 Yogurt Cup Assorted Flavors Granola
Jan 13 Goldfish 1% Milk	Jan 14 Celery Sticks Wowbutter	Jan 15 String Cheese Crackers, Assorted, 1BG - OKI	Jan 16 WG Muffin Assorted Flavors Sunflower Seeds	Jan 17 Crunchy Corn Buffalo Ranch Fruit Punch Juice
Jan 20	Jan 21 Yogurt Cup Assorted Flavors Granola	Jan 22 Educational Grahams Wowbutter	Jan 23 Cucumber Slices Hummus Cup Ranch Dressing	Jan 24 Crackers, Assorted, 1BG - OKI Fruit Punch Juice
Jan 27 Goldfish Fruit Punch Juice	Jan 28 WG Muffin Assorted Flavors Sunflower Seeds	Jan 29 String Cheese Crackers, Assorted, 1BG - OKI	Jan 30 Cucumber Slices Sea Salt Cobbers Ranch Dressing	Jan 31 Educational Grahams 1% Milk

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Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Hot Breakfast K-12

Include Cost: No

Site:

Use Alternate Menu Name: No

Tuesday - 01/07/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991654 Bagel, Breakfast, Egg, Cheese, Tony's - OKI	1MMA, 1.25BG	200	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30
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
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
Weighted Daily Average			307	3.03	381	31	*1	6.20	*0.00	55	55.32	5.77	*9.51	*105	*214.6	*5.50	*1.70
% of Calories				8.88%		40.4%	*1.3%	18.2%	*0.0%		72.1%		*12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/08/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999764 Bagels, Mini, Stuffed, Strawberry, IW - OKI	2BG	200	230	2.00	190	13	12	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			418	2.03	191	50	*12	6.19	0.00	10	89.72	8.22	6.49	*N/A*	42.2	*5.85	1.84
% of Calories				4.37%		47.8%	*11.5%	13.3%	0.0%		85.9%		6.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/09/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991234 Biscuit, WG, Turkey Sausage - OKI	1BG, 1MMA	1	1	0.01	1	0	*0	0.04	0.00	0	0.08	0.00	0.04	*N/A*	*0.6	*N/A*	*0.00
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
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
Weighted Daily Average			96	0.02	1	21	*0	0.15	0.00	0	25.36	3.31	0.94	*216	*44.0	*51.07	*0.10
% of Calories				0.19%		87.5%	*0%	1.4%	0.0%		105.7%		3.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/10/2025

Reimbursable Meal Total 200

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			362	4.78	307	38	*12	11.06	0.00	35	62.17	5.72	8.99	*N/A*	233.2	*5.85	1.24
% of Calories				11.88 %		42.0%	*13.3%	27.5%	0.0%		68.7%		9.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 01/13/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	200	264	2.53	294	15	13	8.11	0.00	5	41.56	3.04	6.08	*N/A*	30.4	*N/A*	1.62
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*
Weighted Daily Average			369	2.55	299	37	*13	8.22	0.00	5	65.84	5.34	6.98	*216	*68.8	*51.07	*1.72
% of Calories				6.22%		40.1%	*14.1%	20.0%	0.0%		71.4%		7.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991233 Wrap, Breakfast, Egg, Turkey Scramble - OKI	1BG, 1MMA	200	181	3.80	405	1	*N/A*	7.99	0.00	59	19.47	0.00	7.50	*N/A*	*71.0	*N/A*	*0.50
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
Weighted Daily Average			308	3.83	406	27	*0	8.20	*0.00	59	51.79	3.77	*8.01	*65	*85.6	*5.50	*0.90
% of Calories				11.19 %		35.1%	*0%	24.0%	*0.0%		67.3%		*10.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/15/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			408	4.66	280	47	*8	10.69	0.00	25	72.73	7.22	8.74	*N/A*	220.5	*5.85	1.24
% of Calories				10.28 %		46.1%	*7.8%	23.6%	0.0%		71.3%		8.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991668 Omelet, Colby Jack, Tortilla - OKI	1BG, 2MMA	200	200	5.00	420	1	*0	10.49	0.00	165	15.97	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
999646 Salsa Cup - OKI	1/4c Veg	200	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			310	5.01	520	24	*0	10.61	0.00	165	44.25	4.30	11.90	*216	*43.4	*51.07	*0.10
% of Calories				14.55 %		31.0%	*0%	30.8%	0.0%		57.1%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/17/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			387	1.53	245	49	*23	8.19	0.00	0	79.03	7.55	5.49	*N/A*	124.2	*5.85	1.60
% of Calories				3.56%		50.6%	*23.8%	19.0%	0.0%		81.7%		5.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999837 Scramble, Tater Tots, Eggs - OKI	2MMA	200	227	7.34	406	1	*N/A*	14.64	0.00	157	12.59	1.30	10.70	*N/A*	*218.7	*N/A*	*0.51
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
Weighted Daily Average			354	7.37	408	26	*0	14.85	*0.00	157	44.91	5.07	*11.21	*65	*233.3	*5.50	*0.90
% of Calories				18.74 %		29.4%	*0%	37.8%	*0.0%		50.7%		*12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/22/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			428	4.53	301	45	*8	11.19	0.00	0	78.72	8.22	4.49	*N/A*	36.2	*5.85	1.24
% of Calories				9.53%		42.1%	*7.5%	23.5%	0.0%		73.6%		4.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991309 Pancakes, Bacon, Turkey - OKI	2BG	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
Weighted Daily Average			355	2.01	890	28	*1	12.12	0.00	41	52.28	5.30	14.90	*216	*43.4	*51.07	*0.50
% of Calories				5.10%		31.5%	*1.1%	30.7%	0.0%		58.9%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/24/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999835 Roll, Cinnamon, IW, BC - OKI	2.5BG	200	210	0.00	190	10	9	0.50	0.00	0	40.00	3.00	6.00	*N/A*	20.0	*N/A*	1.70
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
Weighted Daily Average			337	0.03	191	35	*9	0.69	0.00	0	74.70	8.22	6.49	*N/A*	37.2	*5.85	1.94
% of Calories				0.08%		41.5%	*10.7%	1.8%	0.0%		88.7%		7.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 01/27/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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*
Weighted Daily Average			295	0.01	140	38	*10	4.12	0.00	0	54.28	4.30	5.90	*216	*358.4	*51.07	*0.80
% of Calories				0.03%		51.5%	*13.6%	12.6%	0.0%		73.6%		8.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991118 Toast, French, Sticks, WG - OKI	2BG	200	240	1.00	260	12	*N/A*	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	*N/A*	0.60
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
Weighted Daily Average			367	1.03	261	37	*0	7.20	*0.00	10	70.32	5.77	*6.51	*65	*35.6	*5.50	*1.00
% of Calories				2.53%		40.3%	*0%	17.7%	*0.0%		76.6%		*7.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			408	4.66	280	47	*8	10.69	0.00	25	72.73	7.22	8.74	*N/A*	220.5	*5.85	1.24
% of Calories				10.28 %		46.1%	*7.8%	23.6%	0.0%		71.3%		8.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			305	1.02	280	31	*8	6.12	0.00	0	60.31	5.31	5.91	*216	73.4	*51.07	1.60
% of Calories				3.01%		40.7%	*10.5%	18.1%	0.0%		79.1%		7.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/31/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			387	1.53	245	49	*23	8.19	0.00	0	79.03	7.55	5.49	*N/A*	124.2	*5.85	1.60
% of Calories				3.56%		50.6%	*23.8%	19.0%	0.0%		81.7%		5.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	344	3	313	37	8	8.04	*0.00	33	62.97	6.01	*7.59	*89	*124.4	*20.85	*1.18
% of Calories		7.22%		43.0%	*9.3%	21.0%	*0.0%		73.2%		*8.8%				

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

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Hot Breakfast Pre-k **Include Cost:** No
Site:
Use Alternate Menu Name: No

Tuesday - 01/07/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991654 Bagel, Breakfast, Egg, Cheese, Tony's - OKI	1MMA, 1.25BG	200	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
Weighted Daily Average			209	3.02	381	12	*1	6.10	*0.00	55	30.80	3.36	9.15	71	203.4	*2.60	1.37
% of Calories				13.00 %		23.0%	*1.9%	26.3%	*0.0%		58.9%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/08/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999764 Bagels, Mini, Stuffed, Strawberry, IW - OKI	2BG	200	230	2.00	190	13	12	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
Weighted Daily Average			280	2.00	190	25	*12	6.00	0.00	10	56.00	3.00	6.00	*N/A*	35.0	*N/A*	1.60
% of Calories				6.43%		35.7%	*17.1%	19.3%	0.0%		80.0%		8.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/09/2025 Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991833 Sandwich, Egg, Croissant, Breakfast - OKI	1 MMA, 2.5 BG	200	311	6.01	471	7	*4	13.56	0.00	111	37.01	4.00	10.04	*N/A*	228.4	*N/A*	1.80
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
Weighted Daily Average			356	6.03	471	16	*4	13.67	0.00	111	48.29	6.30	10.94	*216	266.8	*51.07	1.90
% of Calories				15.24 %		18.0%	*4.5%	34.6%	0.0%		54.3%		12.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/10/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			205	0.75	106	24	*12	4.87	0.00	15	39.47	1.50	2.50	*N/A*	23.0	*N/A*	1.00
% of Calories				3.29%		46.8%	*23.4%	21.4%	0.0%		77.0%		4.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 01/13/2025

Reimbursable Meal Total 200

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			235	0.01	135	25	*10	4.12	0.00	0	41.28	4.30	5.90	*216	358.4	*51.07	0.80
% of Calories				0.04%		42.6%	*17.0%	15.8%	0.0%		70.3%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991233 Wrap, Breakfast, Egg, Turkey Scramble - OKI	1BG, 1MMA	200	181	3.80	405	1	*N/A*	7.99	0.00	59	19.47	0.00	7.50	*N/A*	*71.0	*N/A*	*0.50
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
Weighted Daily Average			211	3.81	406	7	*N/A*	8.09	*0.00	59	27.27	1.36	7.64	*31	*74.4	*2.60	*0.57
% of Calories				16.25 %		13.3%	*N/A*	34.5%	*0.0%		51.7%		14.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/15/2025

Reimbursable Meal Total 200

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			158	0.00	168	17	*5	1.51	0.00	0	36.57	3.00	2.50	*2	*26.5	*1.52	*14.09
% of Calories				0.00%		43.0%	*12.7%	8.6%	0.0%		92.6%		6.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991668 Omelet, Colby Jack, Tortilla - OKI	1BG, 2MMA	200	200	5.00	420	1	*0	10.49	0.00	165	15.97	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*
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
Weighted Daily Average			264	5.00	420	14	*0	10.49	0.00	165	31.77	0.90	*10.20	*N/A*	*7.4	*N/A*	*0.25
% of Calories				17.05 %		21.2%	*0%	35.8%	0.0%		48.1%		*15.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/17/2025

Reimbursable Meal Total 200

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

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			310	1.50	243	35	*23	8.00	0.00	0	58.33	3.33	5.00	*N/A*	112.0	*N/A*	1.36
% of Calories				4.35%		45.2%	*29.7%	23.2%	0.0%		75.3%		6.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990787 Bread, Sandwich, WG, Toast- OKI	1BG	200	70	0.00	110	1	1	1.00	0.00	0	14.00	2.00	3.00	*N/A*	32.0	*N/A*	1.00
999837 Scramble, Tater Tots, Eggs - OKI	2MMA	200	227	7.34	406	1	*N/A*	14.64	0.00	157	12.59	1.30	10.70	*N/A*	*218.7	*N/A*	*0.51
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
Weighted Daily Average			327	7.35	517	8	*1	15.74	*0.00	157	34.39	4.66	13.85	*31	*254.1	*2.60	*1.57
% of Calories				20.23 %		9.8%	*1.2%	43.3%	*0.0%		42.1%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/22/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999764 Bagels, Mini, Stuffed, Strawberry, IW - OKI	2BG	200	230	2.00	190	13	12	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			280	2.00	190	25	*12	6.00	0.00	10	56.00	3.00	6.00	*N/A*	35.0	*N/A*	1.60
% of Calories				6.43%		35.7%	*17.1%	19.3%	0.0%		80.0%		8.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			325	2.00	890	20	*1	12.00	0.00	41	42.80	2.90	*14.20	*N/A*	*7.4	*N/A*	*0.65
% of Calories				5.54%		24.6%	*1.2%	33.2%	0.0%		52.7%		*17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/24/2025

Reimbursable Meal Total 200

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			205	0.75	106	24	*12	4.87	0.00	15	39.47	1.50	2.50	*N/A*	23.0	*N/A*	1.00
% of Calories				3.29%		46.8%	*23.4%	21.4%	0.0%		77.0%		4.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 01/27/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			235	0.01	135	25	*10	4.12	0.00	0	41.28	4.30	5.90	*216	358.4	*51.07	0.80
% of Calories				0.04%		42.6%	*17.0%	15.8%	0.0%		70.3%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991118 Toast, French, Sticks, WG - OKI	2BG	200	240	1.00	260	12	*N/A*	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	*N/A*	0.60

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			269	1.02	261	18	*N/A*	7.10	*0.00	10	45.80	3.36	6.15	*31	24.4	*2.60	0.67
% of Calories				3.41%		26.8%	*N/A*	23.8%	*0.0%		68.1%		9.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			158	0.00	168	17	*5	1.51	0.00	0	36.57	3.00	2.50	*2	*26.5	*1.52	*14.09
% of Calories				0.00%		43.0%	*12.7%	8.6%	0.0%		92.6%		6.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 200

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			172	0.00	168	18	*5	1.51	0.00	0	38.37	2.90	*2.70	*2	*28.9	*1.52	*14.34
% of Calories				0.00%		41.9%	*11.6%	7.9%	0.0%		89.2%		*6.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/31/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			310	1.50	243	35	*23	8.00	0.00	0	58.33	3.33	5.00	*N/A*	112.0	*N/A*	1.36
% of Calories				4.35%		45.2%	*29.7%	23.2%	0.0%		75.3%		6.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	250	2	289	20	8	6.87	*0.00	36	42.38	3.11	*6.59	*45	*109.8	*9.34	*3.28
% of Calories		7.34%		32.0%	*12.8%	24.7%	*0.0%		67.8%		*10.5%				

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

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Elementary k-8 Lunch

Include Cost: No

Site:

Use Alternate Menu Name: No

Tuesday - 01/07/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999726 Chicken, Tenders, Waffles - OKI	2BG, 2MMA	500	460	3.50	710	13	12	20.00	0.00	80	46.00	4.00	25.00	*N/A*	*0.0	*N/A*	*1.60
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	500	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
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
Weighted Daily Average			720	3.53	848	26	*12	24.74	0.00	80	98.57	11.25	28.52	*N/A*	*27.4	*5.85	*2.76
% of Calories				4.41%		14.4%	*6.7%	30.9%	0.0%		54.8%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 01/08/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990842 Sloppy Joe, Turkey - OKI	4 oz	500	138	1.50	594	1	*N/A*	6.01	*0.00	45	8.96	0.54	12.51	*13	4.6	*3.11	0.46
999648 Bun, Hamburger, WG - OKI	2BG	500	149	0.00	259	3	3	1.99	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			367	1.54	930	18	*3	8.25	*0.00	45	54.27	7.71	20.01	*13913	124.5	*56.75	2.83
% of Calories				3.78%		19.6%	*3.3%	20.2%	*0.0%		59.1%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 01/09/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999770 Egg Roll, Chicken, WG - OKI	2MMA, 2BG	400	256	1.60	624	3	2	8.00	0.00	56	30.40	4.80	16.00	80	64.0	11.20	2.56
999806 Sauce, Sweet & Sour, PC - OKI	1each	400	8	0.00	12	2	2	0.00	0.00	0	1.92	0.00	0.00	*N/A*	0.4	*N/A*	0.00
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
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*
Weighted Daily Average			464	1.60	644	23	*3	13.74	0.00	56	59.80	11.18	29.75	*80	*140.9	*11.20	*5.11
% of Calories				3.10%		19.8%	*2.6%	26.7%	0.0%		51.6%		25.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 01/10/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999766 Sandwich, Turkey, BBQ, Pretzel - OKI	2BG, 2MMA	500	340	2.12	396	15	13	7.58	0.05	75	46.83	3.48	21.61	*11	34.9	*0.00	3.40

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			418	2.21	413	25	*13	7.91	0.05	75	66.26	6.18	23.03	*4015	54.6	*10.59	3.94
% of Calories				4.76%		23.9%	*12.4%	17.0%	0.1%		63.4%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 01/13/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999768 Bites, Cheese, Buffalo - OKI	2BG, 2MMA	500	307	4.96	486	5	4	10.91	0.00	25	36.69	0.99	15.87	*N/A*	294.5	*N/A*	1.98
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
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
Weighted Daily Average			392	4.98	563	22	*4	11.04	0.00	25	58.85	4.87	16.50	*13683	331.3	*2.58	2.87
% of Calories				11.43 %		22.4%	*4.1%	25.3%	0.0%		60.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991299 Cheesesteak, Philly, Filling - OKI	2MMA	500	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991589 Roll, Hoagie, WG - OKI	2BG	500	150	0.00	105	1	1	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991680 Peppers, Onions, Roasted, Frz, 3/4c - OKI	3/4c	500	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
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
Weighted Daily Average			464	4.34	511	25	*1	11.08	0.00	46	68.22	10.72	22.88	*N/A*	*83.2	*5.85	*2.58
% of Calories				8.42%		21.6%	*0.9%	21.5%	0.0%		58.8%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 01/15/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991544 Egg, Patty, Sausage, Turkey - OKI	2MMA	500	110	2.00	215	0	*0	7.50	0.00	130	0.00	0.00	9.00	*N/A*	*N/A*	*N/A*	*N/A*
990768 Bagel, WG, IW - OKI	2BG	500	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
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*
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
Weighted Daily Average			441	2.63	733	13	*0	13.57	0.00	130	61.33	7.78	16.14	*216	*68.4	*51.07	*1.90
% of Calories				5.37%		11.8%	*0%	27.7%	0.0%		55.6%		14.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991314 Chicken, Drumstick, Lemon Pepper - OKI	2MMA	500	178	2.72	395	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	0	8.8	0.00	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	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
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
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*
Weighted Daily Average			441	2.83	639	23	*4	12.53	0.00	107	54.62	5.54	28.75	*609	*54.8	*87.24	*3.20
% of Calories				5.78%		20.9%	*3.6%	25.6%	0.0%		49.5%		26.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 01/17/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991950 Pizza, Galaxy, Pepperoni - OKI	2BG, 2MMA	500	290	6.00	490	8	2	13.00	0.00	35	28.00	3.00	16.00	*N/A*	260.0	*N/A*	1.90
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
Weighted Daily Average			732	8.89	1057	25	*2	35.75	*0.00	35	80.11	15.62	29.16	*260	*356.8	*19.09	*3.83
% of Calories				10.93 %		13.7%	*1.1%	44.0%	*0.0%		43.8%		15.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
Weighted Daily Average			377	2.84	523	18	*3	9.54	0.00	29	55.08	9.75	21.22	*609	150.0	*93.09	4.35
% of Calories				6.78%		19.1%	*3.2%	22.8%	0.0%		58.4%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 01/22/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
Weighted Daily Average			625	8.45	1055	24	*0	24.63	0.00	56	81.43	10.85	23.11	*216	301.4	*51.07	2.18
% of Calories				12.17 %		15.4%	*0%	35.5%	0.0%		52.1%		14.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999881 Chicken, Orange, Diced, Rice, White - OKI	2BG, 2MMA	500	337	1.16	266	10	*10	3.91	0.00	43	53.15	2.23	18.03	*N/A*	*3.1	*N/A*	*0.78
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
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*
Weighted Daily Average			538	1.16	275	29	*10	9.65	0.00	43	80.63	8.60	31.78	*N/A*	*79.6	*N/A*	*3.33
% of Calories				1.94%		21.6%	*7.4%	16.1%	0.0%		59.9%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 01/24/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999844 Bolognese, Beef, Bianco, Pasta - OKI	2BG, 2MMA	500	310	4.21	201	0	*0	12.24	*0.50	35	36.23	4.94	*16.74	*12	*64.6	*0.23	*1.44
991356 Carrots, Diced, 3/4c - OKI	3/4c	500	39	0.00	77	3	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51
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
Weighted Daily Average			418	4.30	279	13	*0	12.50	*0.50	35	62.91	10.81	*18.86	*62	*107.0	*6.96	*2.16
% of Calories				9.26%		12.4%	*0%	26.9%	*1.1%		60.2%		*18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 01/27/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991244 Pizza, Pepperoni, Beef, Wild Mikes, IW - OKI	2BG, 2MMA	500	410	8.00	630	5	*N/A*	17.00	0.00	40	36.00	1.00	19.00	*N/A*	368.0	*N/A*	2.00
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
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
Weighted Daily Average			474	8.04	709	18	*0	17.17	0.00	40	52.92	3.59	19.68	*446	412.7	*3.08	2.20
% of Calories				15.27 %		15.2%	*0%	32.6%	0.0%		44.7%		16.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	500	240	2.50	440	1	0	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991398 Crackers, Pizza - OKI	1BG	500	80	0.00	180	2	*0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
999767 Potatoes, Emoticon, 3/4c - OKI	3/4c	500	169	1.21	115	0	0	6.05	0.00	0	27.85	2.42	24.21	*N/A*	12.1	*N/A*	0.85
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
Weighted Daily Average			567	3.74	737	16	*0	22.25	0.00	25	79.58	11.64	40.71	*372	73.4	*8.85	5.99
% of Calories				5.94%		11.3%	*0%	35.3%	0.0%		56.1%		28.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	500	340	3.50	236	5	*1	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
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
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
Weighted Daily Average			758	6.32	802	22	*1	34.13	*0.00	36	87.09	19.46	32.29	*677	*200.3	*65.23	*3.19
% of Calories				7.50%		11.6%	*0.5%	40.5%	*0.0%		46.0%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991281 Drumstick, Thai, Chili - OKI	1 each	500	222	2.72	428	11	*11	10.17	0.00	102	11.02	0.12	20.10	*0	14.6	*0.00	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	500	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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*
Weighted Daily Average			461	2.73	655	32	*15	12.24	0.00	107	60.77	3.80	26.68	*3955	*30.4	*3.86	*2.83
% of Calories				5.33%		27.8%	*13.0%	23.9%	0.0%		52.7%		23.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 01/31/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991769 Sandwich, Gyro, Pita, WG - OKI	2MMA, 1.5BG	500	342	6.04	563	0	0	18.10	0.00	111	22.02	1.01	19.11	*N/A*	*56.0	*N/A*	*2.00
999880 Tomato, Wedges, Fresh, 3/4c - OKI	3/4c	500	23	0.04	6	3	*N/A*	0.25	*N/A*	0	4.86	1.50	1.10	1041	12.5	17.13	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
991773 Sauce, Tzatziki, Bulk - OKI	2 Tbsp	500	61	4.05	162	1	0	4.56	0.00	0	3.04	0.00	1.01	*N/A*	2.0	*N/A*	0.00
Weighted Daily Average			494	10.22	732	14	*0	23.17	*0.00	111	47.59	4.52	22.07	*1091	*74.4	*23.86	*2.54
% of Calories				18.62 %		11.3%	*0%	42.2%	*0.0%		38.5%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	508	4	672	21	4	16.88	*0.03	60	67.22	9.10	*25.06	*2234	*148.4	*28.12	*3.21
% of Calories		7.90%		16.5%	*3.1%	29.9%	*0.1%		52.9%		*19.7%				

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Jr High 6-8 Lunch 2 Entree

Include Cost: No

Site:

Use Alternate Menu Name: No

Tuesday - 01/07/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999726 Chicken, Tenders, Waffles - OKI	2BG, 2MMA	400	368	2.80	568	10	10	16.00	0.00	64	36.80	3.20	20.00	*N/A*	*0.0	*N/A*	*1.28
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*
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	500	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
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
Weighted Daily Average			661	*3.42	802	*24	*10	21.92	*0.00	*68	92.78	*10.65	25.52	*N/A*	*62.5	*5.85	*2.62
% of Calories				*4.66%		*14.5%	*6.1%	29.8%	*0.0%		56.1%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/08/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999637 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	50	28	0.00	70	0	0	0.69	0.00	0	3.37	0.79	1.98	*N/A*	11.9	*N/A*	0.32
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
999368 Corn, Crunch, Buffalo, Ranch, IW - OKI	1BG	1	0	0.00	0	0	0	0.01	0.00	0	0.03	0.00	0.00	*N/A*	0.0	*N/A*	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	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
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
Weighted Daily Average			145	0.80	198	14	*0	2.74	0.00	5	26.50	6.42	*4.86	*14177	*105.1	*53.99	1.57
% of Calories				4.97%		38.6%	*0%	17.0%	0.0%		73.1%		*13.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/09/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999770 Egg Roll, Chicken, WG - OKI	2MMA, 2BG	400	256	1.60	624	3	2	8.00	0.00	56	30.40	4.80	16.00	80	64.0	11.20	2.56
999806 Sauce, Sweet & Sour, PC - OKI	1each	400	8	0.00	12	2	2	0.00	0.00	0	1.92	0.00	0.00	*N/A*	0.4	*N/A*	0.00
991540 Potsticker, Vegetable- OKI	2BG, 2MMA	50	29	0.00	94	1	1	0.52	0.00	0	4.50	0.45	1.73	*N/A*	6.4	*N/A*	0.37
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
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*
Weighted Daily Average			494	1.60	738	25	*4	14.26	0.00	56	64.29	11.62	31.48	*80	*147.3	*11.20	*5.48
% of Calories				2.91%		20.2%	*3.2%	26.0%	0.0%		52.1%		25.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/10/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999766 Sandwich, Turkey, BBQ, Pretzel - OKI	2BG, 2MMA	400	272	1.70	317	12	11	6.06	0.04	60	37.46	2.78	17.29	*8	27.9	*0.00	2.72
999800 Pasta, Macaroni & Cheese, JTM - OKI	2BG, 2MMA	50	41	0.98	78	0	*0	2.00	0.00	5	4.04	0.61	1.81	*N/A*	*40.8	*N/A*	*0.00
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
Weighted Daily Average			391	2.77	411	22	*11	8.40	0.04	65	60.94	6.09	20.51	*4013	*88.4	*10.59	*3.26
% of Calories				6.38%		22.5%	*11.3%	19.3%	0.1%		62.3%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 01/13/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999768 Bites, Cheese, Buffalo - OKI	2BG, 2MMA	400	246	3.97	389	4	3	8.73	0.00	20	29.36	0.79	12.69	*N/A*	235.6	*N/A*	1.59
991399 Kit, Turkey, Coins, Cheese, Cubes - OKI	2MMA	50	14	0.50	43	0	*0	0.80	0.00	4	0.00	0.00	1.70	*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
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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			366	4.59	534	21	*3	10.36	0.00	24	54.91	5.07	*15.03	*13684	294.6	*2.58	2.67
% of Calories				11.29 %		23.0%	*3.3%	25.5%	0.0%		60.0%		*16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991299 Cheesesteak, Philly, Filling - OKI	2MMA	400	117	3.44	312	0	*N/A*	7.11	0.00	36	0.40	0.00	11.51	*N/A*	*N/A*	*N/A*	*N/A*
991589 Roll, Hoagie, WG - OKI	2BG	400	120	0.00	84	1	1	1.60	0.00	0	23.20	1.60	4.00	*N/A*	20.8	*N/A*	1.15
999637 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	50	28	0.00	70	0	0	0.69	0.00	0	3.37	0.79	1.98	*N/A*	11.9	*N/A*	0.32
991680 Peppers, Onions, Roasted, Frz, 3/4c - OKI	3/4c	500	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
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
Weighted Daily Average			433	3.47	482	25	*1	9.59	0.00	36	65.70	11.11	20.98	*N/A*	*89.9	*5.85	*2.61
% of Calories				7.21%		23.1%	*0.9%	19.9%	0.0%		60.7%		19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/15/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991544 Egg, Patty, Sausage, Turkey - OKI	2MMA	400	88	1.60	172	0	*0	6.00	0.00	104	0.00	0.00	7.20	*N/A*	*N/A*	*N/A*	*N/A*
990768 Bagel, WG, IW - OKI	2BG	450	135	0.00	243	3	*N/A*	0.90	0.00	0	26.10	2.70	4.50	*N/A*	27.0	*N/A*	1.62
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
999368 Corn, Crunch, Buffalo, Ranch, IW - OKI	1BG	1	0	0.00	0	0	0	0.01	0.00	0	0.03	0.00	0.00	*N/A*	0.0	*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
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*
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
Weighted Daily Average			442	2.99	713	13	*0	13.77	0.00	109	62.10	7.93	*15.19	*493	*88.5	*51.41	*1.99
% of Calories				6.09%		11.8%	*0%	28.0%	0.0%		56.2%		*13.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991314 Chicken, Drumstick, Lemon Pepper - OKI	2MMA	400	142	2.17	316	0	*N/A*	8.14	0.00	81	0.10	0.00	15.99	0	7.1	0.00	0.63
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	450	153	0.00	189	4	4	1.80	0.00	4	28.80	2.70	4.50	*N/A*	0.0	*N/A*	1.53
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	45	0.30	46	2	1	1.59	0.00	0	6.02	0.60	1.50	*N/A*	41.0	*N/A*	0.30
990784 Cream Cheese, Cup - OKI	1	1	0	0.01	0	0	*N/A*	0.01	0.00	0	0.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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*
Weighted Daily Average			434	2.59	585	24	*5	11.90	0.00	86	57.41	5.84	25.75	*609	*94.0	*87.24	*3.17
% of Calories				5.37%		22.1%	*4.6%	24.7%	0.0%		52.9%		23.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/17/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991950 Pizza, Galaxy, Pepperoni - OKI	2BG, 2MMA	400	232	4.80	392	6	2	10.40	0.00	28	22.40	2.40	12.80	*N/A*	208.0	*N/A*	1.52
991951 Pizza, Galaxy, Cheese - OKI	2BG, 2MMA	50	28	0.60	41	1	0	1.20	0.00	3	2.80	0.30	1.50	*N/A*	28.0	*N/A*	0.17
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
Weighted Daily Average			702	8.29	1000	24	*2	34.35	*0.00	31	77.31	15.32	27.46	*260	*332.8	*19.09	*3.62
% of Calories				10.63 %		13.7%	*1.1%	44.0%	*0.0%		44.1%		15.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 500

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991771 Sandwich, Veggie, Chicken - OKI	2BG, 2MMA	50	37	0.20	62	0	0	1.50	0.00	0	3.99	0.50	1.90	*N/A*	11.0	*N/A*	0.34
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
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
Weighted Daily Average			361	2.50	487	18	*3	9.24	0.00	23	53.50	9.65	19.52	*609	142.6	*93.09	4.01
% of Calories				6.23%		19.9%	*3.3%	23.0%	0.0%		59.3%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/22/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
999650 Chips, tortilla, WG, IW- OKI	2BG	400	160	0.80	128	0	0	5.60	0.00	0	23.20	2.40	2.40	*N/A*	32.0	*N/A*	0.48
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	50	32	0.69	40	0	*N/A*	1.40	0.00	3	3.22	0.44	1.68	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Weighted Daily Average			582	7.64	935	24	*0	22.42	0.00	48	77.64	10.69	21.46	*216	*248.8	*51.07	*1.95
% of Calories				11.81 %		16.5%	*0%	34.7%	0.0%		53.4%		14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999881 Chicken, Orange, Diced, Rice, White - OKI	2BG, 2MMA	400	270	0.93	213	8	*8	3.13	0.00	34	42.52	1.78	14.42	*N/A*	*2.5	*N/A*	*0.62
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	45	0.30	46	2	1	1.59	0.00	0	6.02	0.60	1.50	*N/A*	41.0	*N/A*	0.30
990784 Cream Cheese, Cup - OKI	1	50	7	0.40	12	0	*N/A*	0.70	0.00	2	0.10	0.00	0.10	*N/A*	*N/A*	*N/A*	*N/A*
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
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*
Weighted Daily Average			522	1.63	279	29	*9	11.16	0.00	36	76.11	8.76	29.77	*N/A*	*120.0	*N/A*	*3.47
% of Calories				2.81%		22.2%	*6.9%	19.2%	0.0%		58.3%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/24/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999844 Bolognese, Beef, Bianco, Pasta - OKI	2BG, 2MMA	400	248	3.37	161	0	*0	9.79	*0.40	28	28.99	3.95	*13.39	*10	*51.7	*0.18	*1.15
991684 Ravioli, Breaded, WG, Marinara - OKI	3.5BG, 2MMA	50	40	0.15	105	1	*0	0.40	*0.00	1	7.14	0.94	2.10	*19	*18.0	*0.34	*0.45
991356 Carrots, Diced, 3/4c - OKI	3/4c	500	39	0.00	77	3	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990651 BANANAS, Fresh 150ct - OKI	1/2c	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
Weighted Daily Average			395	3.61	344	14	*0	10.45	*0.40	28	62.80	10.76	*17.62	*79	*112.1	*7.26	*2.32
% of Calories				8.23%		14.2%	*0%	23.8%	*0.9%		63.6%		*17.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 01/27/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991244 Pizza, Pepperoni, Beef, Wild Mikes, IW - OKI	2BG, 2MMA	400	328	6.40	504	4	*N/A*	13.60	0.00	32	28.80	0.80	15.20	*N/A*	294.4	*N/A*	1.60
991243 Pizza, Cheese, Wild Mike, IW - OKI	2BG, 2MMA	50	40	0.80	54	0	*N/A*	1.50	0.00	4	3.60	0.10	1.90	*N/A*	41.6	*N/A*	0.20
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
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
Weighted Daily Average			432	7.24	637	18	*0	15.27	0.00	36	49.32	3.49	17.78	*446	380.7	*3.08	2.00
% of Calories				15.08 %		16.7%	*0%	31.8%	0.0%		45.7%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	400	192	2.00	352	1	0	11.21	0.00	20	12.81	2.40	11.21	*N/A*	24.0	*N/A*	1.52

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991398 Crackers, Pizza - OKI	1BG	400	64	0.00	144	2	*0	1.60	0.00	0	12.00	1.60	1.60	298	15.2	2.40	2.40
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*
999767 Potatoes, Emoticon, 3/4c - OKI	3/4c	500	169	1.21	115	0	0	6.05	0.00	0	27.85	2.42	24.21	*N/A*	12.1	*N/A*	0.85
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
Weighted Daily Average			536	*3.83	709	*16	*0	20.23	*0.00	*24	76.79	*10.84	39.50	*298	*98.7	*8.25	*5.19
% of Calories				*6.43%		*11.9%	*0%	34.0%	*0.0%		57.3%		29.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	400	272	2.80	189	4	*1	9.22	0.00	29	33.10	5.24	15.26	*200	*55.2	*1.44	*1.09
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
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			728	6.38	805	21	*1	33.63	*0.00	34	82.46	18.60	*29.83	*904	*209.6	*65.21	*3.18
% of Calories				7.89%		11.5%	*0.5%	41.6%	*0.0%		45.3%		*16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991281 Drumstick, Thai, Chili - OKI	1 each	400	178	2.17	342	9	*9	8.14	0.00	81	8.82	0.09	16.08	*0	11.7	*0.00	0.63
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	450	153	0.00	189	4	4	1.80	0.00	4	28.80	2.70	4.50	*N/A*	0.0	*N/A*	1.53
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	45	0.30	46	2	1	1.59	0.00	0	6.02	0.60	1.50	*N/A*	41.0	*N/A*	0.30
990784 Cream Cheese, Cup - OKI	1	50	7	0.40	12	0	*N/A*	0.70	0.00	2	0.10	0.00	0.10	*N/A*	*N/A*	*N/A*	*N/A*
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
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*
Weighted Daily Average			451	2.88	606	32	*13	12.30	0.00	88	61.48	4.08	23.76	*3955	*68.5	*3.86	*2.80
% of Calories				5.75%		28.4%	*11.5%	24.5%	0.0%		54.5%		21.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/31/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991769 Sandwich, Gyro, Pita, WG - OKI	2MMA, 1.5BG	400	273	4.84	450	0	0	14.48	0.00	89	17.61	0.81	15.29	*N/A*	*44.8	*N/A*	*1.60
991774 Sandwich, Falafel, Pita, WG - OKI	1.5BG, 2MMA	50	43	0.11	96	1	0	1.65	0.00	0	5.63	1.13	1.53	*N/A*	11.5	*N/A*	0.40
999880 Tomato, Wedges, Fresh, 3/4c - OKI	3/4c	500	23	0.04	6	3	*N/A*	0.25	*N/A*	0	4.86	1.50	1.10	1041	12.5	17.13	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
991773 Sauce, Tzatziki, Bulk - OKI	2 Tbsp	350	43	2.83	113	1	0	3.19	0.00	0	2.13	0.00	0.71	*N/A*	1.4	*N/A*	0.00
Weighted Daily Average			451	7.90	667	14	*0	19.83	*0.00	89	47.91	5.45	19.48	*1091	*74.1	*23.86	*2.54
% of Calories				15.76 %		12.4%	*0%	39.6%	*0.0%		42.5%		17.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	474	*4.12	607	*21	*3	15.66	*0.02	*49	63.89	*9.02	*22.53	*2273	*153.2	*27.97	*3.02
% of Calories		*7.82%		*17.7%	*2.5%	29.7%	*0.0%		53.9%		*19.0%				

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Pre-K Lunch **Include Cost:** No

Site:

Use Alternate Menu Name: No

Tuesday - 01/07/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999726 Chicken, Tenders, Waffles - OKI	2BG, 2MMA	200	460	3.50	710	13	12	20.00	0.00	80	46.00	4.00	25.00	*N/A*	*0.0	*N/A*	*1.60
991000 Tater, Tots, 1/2c - OKI	1/2c	200	91	0.41	165	1	*N/A*	3.30	0.00	0	14.02	1.65	0.82	*N/A*	*N/A*	*N/A*	*N/A*
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
Weighted Daily Average			615	3.91	875	27	*12	23.30	0.00	80	75.82	6.55	*26.02	*N/A*	*7.4	*N/A*	*1.85
% of Calories				5.72%		17.6%	*7.8%	34.1%	0.0%		49.3%		*16.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/08/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990842 Sloppy Joe, Turkey - OKI	4 oz	200	138	1.50	594	1	*N/A*	6.01	*0.00	45	8.96	0.54	12.51	*13	4.6	*3.11	0.46
999648 Bun, Hamburger, WG - OKI	2BG	200	149	0.00	259	3	3	1.99	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
991092 Carrots, Diced, 1/2c - OKI	1/2c	200	26	0.00	51	2	*N/A*	0.00	0.00	0	6.00	2.57	0.86	*N/A*	25.7	*N/A*	0.34

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			358	1.52	904	15	*3	8.12	*0.00	45	52.10	7.40	20.23	*229	118.4	*54.17	2.29
% of Calories				3.82%		16.8%	*3.4%	20.4%	*0.0%		58.2%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/09/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999770 Egg Roll, Chicken, WG - OKI	2MMA, 2BG	200	320	2.00	780	4	2	10.00	0.00	70	38.00	6.00	20.00	100	80.0	14.00	3.20
999806 Sauce, Sweet & Sour, PC - OKI	1each	200	10	0.00	15	2	2	0.00	0.00	0	2.40	0.00	0.00	*N/A*	0.5	*N/A*	0.00
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
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
Weighted Daily Average			371	2.04	797	14	*4	10.23	*0.00	70	50.94	8.31	20.60	*1551	87.1	*74.52	3.46
% of Calories				4.95%		15.1%	*4.3%	24.8%	*0.0%		54.9%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/10/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999766 Sandwich, Turkey, BBQ, Pretzel - OKI	2BG, 2MMA	200	340	2.12	396	15	13	7.58	0.05	75	46.83	3.48	21.61	*11	34.9	*0.00	3.40

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			414	2.21	406	25	*13	7.88	0.05	75	65.54	5.91	22.82	*2453	48.7	*9.18	3.82
% of Calories				4.80%		24.2%	*12.6%	17.1%	0.1%		63.3%		22.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 01/13/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	200	322	6.91	403	1	*N/A*	14.00	0.00	32	32.19	4.43	16.83	*N/A*	*N/A*	*N/A*	*N/A*
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
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
Weighted Daily Average			382	6.94	459	14	*0	14.12	0.00	32	48.25	6.55	17.32	*316	*33.1	*2.18	*0.14
% of Calories				16.35 %		14.7%	*0%	33.3%	0.0%		50.5%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991299 Cheesesteak, Philly, Filling - OKI	2MMA	200	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991589 Roll, Hoagie, WG - OKI	2BG	200	150	0.00	105	1	1	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991681 Peppers, Onions, Roasted, Frz, 1/2c - OKI	1/2c	200	60	0.00	10	7	0	0.00	0.00	0	12.00	3.00	2.00	*N/A*	30.0	*N/A*	0.60
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
Weighted Daily Average			421	4.31	505	21	*1	10.89	0.00	46	57.30	5.90	*21.59	*N/A*	*63.4	*N/A*	*2.29
% of Calories				9.21%		20.0%	*1.0%	23.3%	0.0%		54.4%		*20.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/15/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991544 Egg, Patty, Sausage, Turkey - OKI	2MMA	200	110	2.00	215	0	*0	7.50	0.00	130	0.00	0.00	9.00	*N/A*	*N/A*	*N/A*	*N/A*
990768 Bagel, WG, IW - OKI	2BG	200	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
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
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
Weighted Daily Average			426	2.01	575	12	*0	11.63	0.00	130	61.39	7.32	16.91	*216	*78.5	*51.07	*2.50
% of Calories				4.25%		11.3%	*0%	24.6%	0.0%		57.6%		15.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990773 Chicken, Diced, BBQ, DC - OKI	2MMA	200	138	1.16	347	0	*0	3.88	0.00	43	9.95	0.00	13.97	*N/A*	*0.0	*N/A*	0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
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
Weighted Daily Average			360	1.25	579	12	*4	6.22	*0.00	48	54.08	6.05	20.96	*437	*34.0	*60.76	3.02
% of Calories				3.12%		13.3%	*4.4%	15.6%	*0.0%		60.1%		23.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/17/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991950 Pizza, Galaxy, Pepperoni - OKI	2BG, 2MMA	200	290	6.00	490	8	2	13.00	0.00	35	28.00	3.00	16.00	*N/A*	260.0	*N/A*	1.90
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
Weighted Daily Average			364	6.09	500	18	*2	13.30	0.00	35	46.71	5.43	17.21	*2443	273.8	*9.18	2.32
% of Calories				15.06 %		19.8%	*2.2%	32.9%	0.0%		51.3%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
991424 Broccoli, Hot, 1/2c - OKI	1/2c	200	22	0.07	22	1	*N/A*	0.24	0.00	0	4.33	1.70	1.84	406	30.6	58.16	0.48
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
Weighted Daily Average			353	2.77	511	17	*3	9.23	0.00	29	47.99	5.58	*20.01	*406	*129.8	*58.16	*4.12
% of Calories				7.06%		19.3%	*3.4%	23.5%	0.0%		54.4%		*22.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/22/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
999650 Chips, tortilla, WG, IW- OKI	2BG	200	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
999646 Salsa Cup - OKI	1/4c Veg	200	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
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
Weighted Daily Average			436	7.53	906	11	*0	18.16	0.00	56	49.30	6.30	18.56	*216	301.4	*51.07	1.26
% of Calories				15.54%		10.1%	*0%	37.5%	0.0%		45.2%		17.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991843 Chicken, Orange, Rice, White - OKI	2BG, 2MMA	200	433	3.54	460	10	*10	18.22	0.00	40	48.56	3.25	17.22	*N/A*	*18.3	*0.00	*2.02
991148 Carrots, Shredded - OKI	1/2c	200	19	0.01	31	2	*N/A*	0.11	0.00	0	4.35	1.27	0.42	7578	15.0	2.68	0.14
991153 Apple, Slices, 1/2c - OKI	1/2 c	200	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
Weighted Daily Average			481	3.57	492	18	*10	18.42	*0.00	40	60.70	5.87	17.78	*7608	*36.6	*5.28	*2.22
% of Calories				6.68%		15.0%	*8.3%	34.5%	*0.0%		50.5%		14.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/24/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999844 Bolognese, Beef, Bianco, Pasta - OKI	2BG, 2MMA	200	310	4.21	201	0	*0	12.24	*0.50	35	36.23	4.94	*16.74	*12	*64.6	*0.23	*1.44
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
Weighted Daily Average			397	4.39	223	11	*0	12.70	*0.50	35	57.43	8.37	*18.94	*62	*84.1	*41.12	*1.94
% of Calories				9.95%		11.1%	*0%	28.8%	*1.1%		57.9%		*19.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 01/27/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
991441 Broccoli, Fresh, 1/2c, IW - OKI	1/2c	200	19	0.08	19	1	*N/A*	0.21	0.00	0	3.76	1.47	1.60	353	26.6	50.58	0.41
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
Weighted Daily Average			379	5.08	529	21	*2	13.21	0.00	35	50.74	5.47	18.60	*353	271.6	*50.58	2.61
% of Calories				12.06 %		22.2%	*2.1%	31.4%	0.0%		53.6%		19.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	200	240	2.50	440	1	0	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991398 Crackers, Pizza - OKI	1BG	200	80	0.00	180	2	*0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
991000 Tater, Tots, 1/2c - OKI	1/2c	200	91	0.41	165	1	*N/A*	3.30	0.00	0	14.02	1.65	0.82	*N/A*	*N/A*	*N/A*	*N/A*
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
Weighted Daily Average			475	2.91	785	17	*0	19.31	0.00	25	60.82	7.55	*17.03	*372	*56.4	*3.00	*5.15
% of Calories				5.51%		14.3%	*0%	36.6%	0.0%		51.2%		*14.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991240 Penne, Meatball, Marinara - OKI	2BG, 2MMA	200	340	3.50	236	5	*1	11.52	0.00	36	41.37	6.55	19.08	*250	*69.0	*1.80	*1.36
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
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
Weighted Daily Average			396	3.54	237	15	*1	11.72	0.00	36	55.23	9.21	20.44	*540	*118.7	*54.85	*1.65
% of Calories				8.05%		15.2%	*1.0%	26.6%	0.0%		55.8%		20.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991797 Chicken, Diced, Teriyaki Ginger - OKI	2MMA	200	113	1.16	168	1	1	4.10	0.00	43	3.06	0.14	13.97	*N/A*	*N/A*	*N/A*	*0.78
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	200	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
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
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
Weighted Daily Average			318	1.19	388	13	*5	6.24	*0.00	48	43.90	4.91	19.48	*2424	*13.3	*5.05	*2.76
% of Calories				3.37%		16.4%	*6.3%	17.7%	*0.0%		55.2%		24.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/31/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991769 Sandwich, Gyro, Pita, WG - OKI	2MMA, 1.5BG	200	342	6.04	563	0	0	18.10	0.00	111	22.02	1.01	19.11	*N/A*	*56.0	*N/A*	*2.00
999880 Tomato, Wedges, Fresh, 3/4c - OKI	3/4c	200	23	0.04	6	3	*N/A*	0.25	*N/A*	0	4.86	1.50	1.10	1041	12.5	17.13	0.34
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
991773 Sauce, Tzatziki, Bulk - OKI	2 Tbsp	200	61	4.05	162	1	0	4.56	0.00	0	3.04	0.00	1.01	*N/A*	2.0	*N/A*	0.00
Weighted Daily Average			494	10.22	732	14	*0	23.17	*0.00	111	47.59	4.52	22.07	*1091	*74.4	*23.86	*2.54
% of Calories				18.62 %		11.3%	*0%	42.2%	*0.0%		38.5%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	413	4	578	16	3	13.21	*0.03	54	54.77	6.51	*19.81	*1151	*101.7	*30.78	*2.55
% of Calories		8.65%		15.5%	*2.9%	28.8%	*0.1%		53.0%		*19.2%				

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Menu Name: Cicero Afterschool Snack **Include Cost:** No
Site:
Use Alternate Menu Name: No

Tuesday - 01/07/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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 - 01/08/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999653 Broccoli, Fresh, 3/4c - OKI	3/4c	1	29	0.10	28	1	*N/A*	0.31	0.00	0	5.65	2.21	2.40	530	40.0	75.86	0.62
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	6.10	598	11	*N/A*	10.31	0.00	30	19.65	2.21	12.40	*530	373.0	*75.86	0.62
% of Calories				25.07%		20.1%	*N/A*	42.4%	0.0%		35.9%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

Thursday - 01/09/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991140 Crackers, Blueberry, Lemon - OKI	1BG	1	121	0.51	61	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	5.1	*N/A*	1.01
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			221	2.01	181	19	*8	6.04	0.00	15	32.26	2.02	10.02	*220	137.3	*0.53	1.01
% of Calories				8.19%		34.4%	*14.5%	24.6%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/10/2025

Reimbursable Meal Total 1

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

Monday - 01/13/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 - 01/14/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	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 - 01/15/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			168	4.00	382	3	*1	8.62	0.00	20	16.75	1.50	7.50	*93	209.8	*0.75	2.50
% of Calories				21.43 %		7.1%	*2.4%	46.2%	0.0%		39.9%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990677 Sunflower Seeds, IW- OKI	1MMA	1	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
Weighted Daily Average			355	3.25	241	13	12	21.87	0.00	15	33.47	4.50	9.50	*N/A*	49.0	*N/A*	2.00
% of Calories				8.24%		14.6%	13.5%	55.4%	0.0%		37.7%		10.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999368 Corn, Crunch, Buffalo, Ranch, IW - OKI	1BG	1	90	0.28	105	1	1	3.00	0.00	0	14.00	1.00	1.00	*N/A*	8.8	*N/A*	0.39

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			190	0.28	105	24	1	3.00	0.00	0	38.00	1.00	1.00	*N/A*	8.8	*N/A*	0.39
% of Calories				1.33%		50.5%	2.1%	14.2%	0.0%		80.0%		2.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 - 01/22/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	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									

Thursday - 01/23/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 - 01/24/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			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 - 01/27/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			201	0.51	172	23	*0	3.54	0.00	0	38.17	1.01	2.02	*N/A*	20.2	*N/A*	0.71
% of Calories				2.28%		45.8%	*0%	15.9%	0.0%		76.0%		4.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Open Kitchens Inc

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990677 Sunflower Seeds, IW- OKI	1MMA	1	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
Weighted Daily Average			355	3.25	241	13	12	21.87	0.00	15	33.47	4.50	9.50	*N/A*	49.0	*N/A*	2.00
% of Calories				8.24%		14.6%	13.5%	55.4%	0.0%		37.7%		10.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			168	4.00	382	3	*1	8.62	0.00	20	16.75	1.50	7.50	*93	209.8	*0.75	2.50
% of Calories				21.43 %		7.1%	*2.4%	46.2%	0.0%		39.9%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			219	1.50	323	3	*0	11.78	0.00	0	25.28	4.62	2.78	*104	22.4	*2.78	0.69
% of Calories				6.16%		5.5%	*0%	48.4%	0.0%		46.2%		5.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 01/31/2025

Reimbursable Meal Total 1

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

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	221	2	240	13	3	8.85	0.00	8	28.91	2.76	6.68	*118	*122.1	*4.91	*1.31
% of Calories		7.90%		23.5%	*5.4%	36.0%	0.0%		52.3%		12.1%				

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Tuesday, January 7, 2025

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991654	Bagel, Breakfast, Egg, Cheese, Tony's - OKI	Milk, Wheat, Egg
991461	Fruit, Cups, Assorted - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Wednesday, January 8, 2025

Recipe #	Recipe Name	Allergen(s)
999764	Bagels, Mini, Stuffed, Strawberry, IW - OKI	Milk, Wheat
990646	Craisins - OKI	
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Thursday, January 9, 2025

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
991234	Biscuit, WG, Turkey Sausage - OKI	Milk, Soy, Wheat
990645	ORANGE, Fresh 138CT, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Friday, January 10, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
999655	Cheese, String - OKI	Milk
999480	Muffin, Assorted, 1BG, BC - OKI	Milk, Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Monday, January 13, 2025

Recipe #	Recipe Name	Allergen(s)
991450	Bar, Cinn Toast Crunch, Soft - OKI	Milk, Wheat
991824	Juice, Apple, Citrus Sun, 1/2c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Tuesday, January 14, 2025

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991461	Fruit, Cups, Assorted - OKI	
991233	Wrap, Breakfast, Egg, Turkey Scramble - OKI	Egg, Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Wednesday, January 15, 2025

Recipe #	Recipe Name	Allergen(s)
999492	Bars, Granola, Assorted - OKI	Egg, Milk, Soy, Wheat, Wheat
999655	Cheese, String - OKI	Milk
990646	Craisins - OKI	
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Thursday, January 16, 2025

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
991668	Omelet, Colby Jack, Tortilla - OKI	Egg, Milk, Wheat
990645	ORANGE, Fresh 138CT, - OKI	
999646	Salsa Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Friday, January 17, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
999424	Bread, Breakfast, Assorted - OKI	Egg, Milk, Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Tuesday, January 21, 2025

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991461	Fruit, Cups, Assorted - OKI	
999837	Scramble, Tater Tots, Eggs - OKI	Egg, Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Wednesday, January 22, 2025

Recipe #	Recipe Name	Allergen(s)
990646	Craisins - OKI	
991732	Donut, Pull-a-Part, Goodyman - OKI	Milk, Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Thursday, January 23, 2025

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
991309	Pancakes, Bacon, Turkey - OKI	Egg, Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Friday, January 24, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
990652	Pear, Fresh, 150ct, - OKI	
999835	Roll, Cinnamon, IW, BC - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Monday, January 27, 2025

Recipe #	Recipe Name	Allergen(s)
990723	Granola, WG, 1BG- OKI	
991824	Juice, Apple, Citrus Sun, 1/2c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
999479	Yogurt, Cups, Assorted - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Tuesday, January 28, 2025

Recipe #	Recipe Name	Allergen(s)
990648	Apple, Fresh, 138CT, - OKI	
991461	Fruit, Cups, Assorted - OKI	
991118	Toast, French, Sticks, WG - OKI	Egg, Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Wednesday, January 29, 2025

Recipe #	Recipe Name	Allergen(s)
999492	Bars, Granola, Assorted - OKI	Egg, Milk, Soy, Wheat, Wheat
999655	Cheese, String - OKI	Milk
990646	Craisins - OKI	
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Thursday, January 30, 2025

Recipe #	Recipe Name	Allergen(s)
990653	Applesauce, Cup - OKI	
999425	Cinnis, Caramel, Mini - OKI	Milk, Wheat
990645	ORANGE, Fresh 138CT, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 1/1/2025 To: 1/31/2025

Friday, January 31, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
999424	Bread, Breakfast, Assorted - OKI	Egg, Milk, Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 7, 2025

Recipe #	Recipe Name	Allergen(s)
999726	Chicken, Tenders, Waffles - OKI	Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	
991110	Potatoes, Diced, Seasoned, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 8, 2025

Recipe #	Recipe Name	Allergen(s)
999648	Bun, Hamburger, WG - OKI	Wheat
999685	Carrots, Fresh, Baby, 3/4c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
990842	Sloppy Joe, Turkey - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 9, 2025

Recipe #	Recipe Name	Allergen(s)
991174	Edamame, 3/4c - OKI	Soy
999770	Egg Roll, Chicken, WG - OKI	Egg, Milk, Soy, Wheat
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
999806	Sauce, Sweet & Sour, PC - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 10, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999651	Greens, Mixed, Raw, Chopped 3/4c - OKI	
999766	Sandwich, Turkey, BBQ, Pretzel - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Monday, January 13, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
999768	Bites, Cheese, Buffalo - OKI	Milk, Soy, Wheat
999685	Carrots, Fresh, Baby, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 14, 2025

Recipe #	Recipe Name	Allergen(s)
991299	Cheesesteak, Philly, Filling - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
991680	Peppers, Onions, Roasted, Frz, 3/4c - OKI	
991589	Roll, Hoagie, WG - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 15, 2025

Recipe #	Recipe Name	Allergen(s)
990768	Bagel, WG, IW - OKI	Wheat
991544	Egg, Patty, Sausage, Turkey - OKI	Egg, Milk
990645	ORANGE, Fresh 138CT, - OKI	
999686	Tater, Tots, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 16, 2025

Recipe #	Recipe Name	Allergen(s)
991423	Broccoli, Hot, 3/4c - OKI	
991314	Chicken, Drumstick, Lemon Pepper - OKI	
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 17, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991950	Pizza, Galaxy, Pepperoni - OKI	Milk, Soy, Wheat
999649	Salad, Lemon Chickpea, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 21, 2025

Recipe #	Recipe Name	Allergen(s)
991423	Broccoli, Hot, 3/4c - OKI	
990652	Pear, Fresh, 150ct, - OKI	
999627	Sandwich, Hamburger - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 22, 2025

Recipe #	Recipe Name	Allergen(s)
999566	Barbacoa, Turkey, Cheese - OKI	Milk
999650	Chips, tortilla, WG, IW- OKI	
991447	Corn, Jalapeno, Blend, 3/4c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 23, 2025

Recipe #	Recipe Name	Allergen(s)
999881	Chicken, Orange, Diced, Rice, White - OKI	
991174	Edamame, 3/4c - OKI	Soy
999429	Juice, Grape, Citrus Sun, 4oz - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 24, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999844	Bolognese, Beef, Bianco, Pasta - OKI	Milk, Soy, Wheat
991356	Carrots, Diced, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Monday, January 27, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
991113	Celery, Fresh, Sticks, 3/4c - OKI	
991244	Pizza, Pepperoni, Beef, Wild Mikes, IW - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 28, 2025

Recipe #	Recipe Name	Allergen(s)
990578	Chicken, Nuggets, WG - OKI	Soy, Wheat
991398	Crackers, Pizza - OKI	Wheat
990652	Pear, Fresh, 150ct, - OKI	
999767	Potatoes, Emoticon, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 29, 2025

Recipe #	Recipe Name	Allergen(s)
990645	ORANGE, Fresh 138CT, - OKI	
991240	Penne, Meatball, Marinara - OKI	Milk, Soy, Wheat
999649	Salad, Lemon Chickpea, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 30, 2025

Recipe #	Recipe Name	Allergen(s)
991281	Drumstick, Thai, Chili - OKI	
999651	Greens, Mixed, Raw, Chopped 3/4c - OKI	
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Elementary k-8 Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 31, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991769	Sandwich, Gyro, Pita, WG - OKI	Egg, Soy, Wheat
991773	Sauce, Tzatziki, Bulk - OKI	Milk
999880	Tomato, Wedges, Fresh, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Tuesday, January 7, 2025

Recipe #	Recipe Name	Allergen(s)
991392	Bagel, Pizza, Pepperoni - OKI	Milk, Wheat
999726	Chicken, Tenders, Waffles - OKI	Soy, Wheat, Egg
990652	Pear, Fresh, 150ct, - OKI	
991110	Potatoes, Diced, Seasoned, 3/4c - OKI	
990807	Sauce, Marinara, PC - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Wednesday, January 8, 2025

Recipe #	Recipe Name	Allergen(s)
999685	Carrots, Fresh, Baby, 3/4c - OKI	
999368	Corn, Crunch, Buffalo, Ranch, IW - OKI	
991131	Crackers, Veggie, Darlington, 2BG - OKI	Milk, Soy, Wheat
990645	ORANGE, Fresh 138CT, - OKI	
999436	Salad, Chef, Chicken, Cheese - OKI	Milk
999637	Sandwich, Burger, Veggie, - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Thursday, January 9, 2025

Recipe #	Recipe Name	Allergen(s)
991174	Edamame, 3/4c - OKI	Soy
999770	Egg Roll, Chicken, WG - OKI	Egg, Milk, Soy, Wheat
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
991540	Potsticker, Vegetable- OKI	Soy, Wheat, Sesame
999806	Sauce, Sweet & Sour, PC - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Friday, January 10, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999651	Greens, Mixed, Raw, Chopped 3/4c - OKI	
999800	Pasta, Macaroni & Cheese, JTM - OKI	Milk, Wheat
999766	Sandwich, Turkey, BBQ, Pretzel - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Monday, January 13, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
999768	Bites, Cheese, Buffalo - OKI	Milk, Soy, Wheat
999685	Carrots, Fresh, Baby, 3/4c - OKI	
991131	Crackers, Veggie, Darlington, 2BG - OKI	Milk, Soy, Wheat
991399	Kit, Turkey, Coins, Cheese, Cubes - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Tuesday, January 14, 2025

Recipe #	Recipe Name	Allergen(s)
991299	Cheesesteak, Philly, Filling - OKI	Milk
990652	Pear, Fresh, 150ct, - OKI	
991680	Peppers, Onions, Roasted, Frz, 3/4c - OKI	
991589	Roll, Hoagie, WG - OKI	Wheat
999637	Sandwich, Burger, Veggie, - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Wednesday, January 15, 2025

Recipe #	Recipe Name	Allergen(s)
990768	Bagel, WG, IW - OKI	Wheat
999368	Corn, Crunch, Buffalo, Ranch, IW - OKI	
991131	Crackers, Veggie, Darlington, 2BG - OKI	Milk, Soy, Wheat
991544	Egg, Patty, Sausage, Turkey - OKI	Egg, Milk
990645	ORANGE, Fresh 138CT, - OKI	
999436	Salad, Chef, Chicken, Cheese - OKI	Milk
999686	Tater, Tots, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Thursday, January 16, 2025

Recipe #	Recipe Name	Allergen(s)
991206	Bagel, Wowbutter, Yogurt, Pack - OKI	Milk, Soy, Wheat
991423	Broccoli, Hot, 3/4c - OKI	
991314	Chicken, Drumstick, Lemon Pepper - OKI	
990784	Cream Cheese, Cup - OKI	Milk
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Friday, January 17, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991951	Pizza, Galaxy, Cheese - OKI	Milk, Soy, Wheat
991950	Pizza, Galaxy, Pepperoni - OKI	Milk, Soy, Wheat
999649	Salad, Lemon Chickpea, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Tuesday, January 21, 2025

Recipe #	Recipe Name	Allergen(s)
991423	Broccoli, Hot, 3/4c - OKI	
990652	Pear, Fresh, 150ct, - OKI	
999627	Sandwich, Hamburger - OKI	Soy, Wheat
991771	Sandwich, Veggie, Chicken - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Wednesday, January 22, 2025

Recipe #	Recipe Name	Allergen(s)
999566	Barbacoa, Turkey, Cheese - OKI	Milk
999650	Chips, tortilla, WG, IW- OKI	
991447	Corn, Jalapeno, Blend, 3/4c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
991127	Quesadilla, chile, cheese - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Thursday, January 23, 2025

Recipe #	Recipe Name	Allergen(s)
991206	Bagel, Wowbutter, Yogurt, Pack - OKI	Milk, Soy, Wheat
999881	Chicken, Orange, Diced, Rice, White - OKI	
990784	Cream Cheese, Cup - OKI	Milk
991174	Edamame, 3/4c - OKI	Soy
999429	Juice, Grape, Citrus Sun, 4oz - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Friday, January 24, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999844	Bolognese, Beef, Bianco, Pasta - OKI	Milk, Soy, Wheat
991356	Carrots, Diced, 3/4c - OKI	
991684	Ravioli, Breaded, WG, Marinara - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Monday, January 27, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
991113	Celery, Fresh, Sticks, 3/4c - OKI	
991243	Pizza, Cheese, Wild Mike, IW - OKI	Milk, Wheat
991244	Pizza, Pepperoni, Beef, Wild Mikes, IW - OKI	Milk, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Tuesday, January 28, 2025

Recipe #	Recipe Name	Allergen(s)
991392	Bagel, Pizza, Pepperoni - OKI	Milk, Wheat
990578	Chicken, Nuggets, WG - OKI	Soy, Wheat
991398	Crackers, Pizza - OKI	Wheat
990652	Pear, Fresh, 150ct, - OKI	
999767	Potatoes, Emoticon, 3/4c - OKI	
990807	Sauce, Marinara, PC - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Wednesday, January 29, 2025

Recipe #	Recipe Name	Allergen(s)
991131	Crackers, Veggie, Darlington, 2BG - OKI	Milk, Soy, Wheat
990645	ORANGE, Fresh 138CT, - OKI	
991240	Penne, Meatball, Marinara - OKI	Milk, Soy, Wheat
999436	Salad, Chef, Chicken, Cheese - OKI	Milk
999649	Salad, Lemon Chickpea, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Thursday, January 30, 2025

Recipe #	Recipe Name	Allergen(s)
991206	Bagel, Wowbutter, Yogurt, Pack - OKI	Milk, Soy, Wheat
990784	Cream Cheese, Cup - OKI	Milk
991281	Drumstick, Thai, Chili - OKI	
999651	Greens, Mixed, Raw, Chopped 3/4c - OKI	
999429	Juice, Grape, Citrus Sun, 4oz - OKI	
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Jr High 6-8 Lunch 2 Entree' From: 1/1/2025 To: 1/31/2025

Friday, January 31, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991774	Sandwich, Falafel, Pita, WG - OKI	Wheat
991769	Sandwich, Gyro, Pita, WG - OKI	Egg, Soy, Wheat
991773	Sauce, Tzatziki, Bulk - OKI	Milk
999880	Tomato, Wedges, Fresh, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 7, 2025

Recipe #	Recipe Name	Allergen(s)
999726	Chicken, Tenders, Waffles - OKI	Soy, Wheat, Egg
991461	Fruit, Cups, Assorted - OKI	
991000	Tater, Tots, 1/2c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 8, 2025

Recipe #	Recipe Name	Allergen(s)
999648	Bun, Hamburger, WG - OKI	Wheat
991092	Carrots, Diced, 1/2c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
990842	Sloppy Joe, Turkey - OKI	Soy

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 9, 2025

Recipe #	Recipe Name	Allergen(s)
991153	Apple, Slices, 1/2c - OKI	
999770	Egg Roll, Chicken, WG - OKI	Egg, Milk, Soy, Wheat
991098	Pepper, Fresh, Red, Strip, 1/2c - OKI	
999806	Sauce, Sweet & Sour, PC - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 10, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999673	Greens, Mixed, Raw, Chopped 1/2c - OKI	
999766	Sandwich, Turkey, BBQ, Pretzel - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Monday, January 13, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
991149	Celery, Diced, 1/2c - OKI	
991127	Quesadilla, chile, cheese - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 14, 2025

Recipe #	Recipe Name	Allergen(s)
991299	Cheesesteak, Philly, Filling - OKI	Milk
991461	Fruit, Cups, Assorted - OKI	
991681	Peppers, Onions, Roasted, Frz, 1/2c - OKI	
991589	Roll, Hoagie, WG - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 15, 2025

Recipe #	Recipe Name	Allergen(s)
990768	Bagel, WG, IW - OKI	Wheat
991544	Egg, Patty, Sausage, Turkey - OKI	Egg, Milk
990645	ORANGE, Fresh 138CT, - OKI	
991109	Potatoes, Diced, Seasoned, 1/2c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 16, 2025

Recipe #	Recipe Name	Allergen(s)
991153	Apple, Slices, 1/2c - OKI	
991424	Broccoli, Hot, 1/2c - OKI	
990773	Chicken, Diced, BBQ, DC - OKI	Soy
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 17, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999673	Greens, Mixed, Raw, Chopped 1/2c - OKI	
991950	Pizza, Galaxy, Pepperoni - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 21, 2025

Recipe #	Recipe Name	Allergen(s)
991424	Broccoli, Hot, 1/2c - OKI	
991461	Fruit, Cups, Assorted - OKI	
999627	Sandwich, Hamburger - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 22, 2025

Recipe #	Recipe Name	Allergen(s)
999566	Barbacoa, Turkey, Cheese - OKI	Milk
999650	Chips, tortilla, WG, IW- OKI	
990645	ORANGE, Fresh 138CT, - OKI	
999646	Salsa Cup - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 23, 2025

Recipe #	Recipe Name	Allergen(s)
991153	Apple, Slices, 1/2c - OKI	
991148	Carrots, Shredded - OKI	
991843	Chicken, Orange, Rice, White - OKI	Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 24, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
999844	Bolognese, Beef, Bianco, Pasta - OKI	Milk, Soy, Wheat
991433	Cauliflower, Fresh, 1/2c, IW - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Monday, January 27, 2025

Recipe #	Recipe Name	Allergen(s)
999478	Applesauce, Cup, Assort - OKI	
991441	Broccoli, Fresh, 1/2c, IW - OKI	
991962	Pizza, Deep Dish, Pepperoni - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Tuesday, January 28, 2025

Recipe #	Recipe Name	Allergen(s)
990578	Chicken, Nuggets, WG - OKI	Soy, Wheat
991398	Crackers, Pizza - OKI	Wheat
991461	Fruit, Cups, Assorted - OKI	
991000	Tater, Tots, 1/2c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Wednesday, January 29, 2025

Recipe #	Recipe Name	Allergen(s)
990757	Cucumber, Fresh, Slices, 1/2c - OKI	
990645	ORANGE, Fresh 138CT, - OKI	
991240	Penne, Meatball, Marinara - OKI	Milk, Soy, Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Thursday, January 30, 2025

Recipe #	Recipe Name	Allergen(s)
991153	Apple, Slices, 1/2c - OKI	
991797	Chicken, Diced, Teriyaki Ginger - OKI	Soy, Wheat, Sesame
999673	Greens, Mixed, Raw, Chopped 1/2c - OKI	
991627	Roll, Dinner, Schubert, 2BG - OKI	Milk, Wheat, Egg

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Open Kitchens Inc

Allergen List - for menu 'Cicero Pre-K Lunch' From: 1/1/2025 To: 1/31/2025

Friday, January 31, 2025

Recipe #	Recipe Name	Allergen(s)
990651	BANANAS, Fresh 150ct - OKI	
991769	Sandwich, Gyro, Pita, WG - OKI	Egg, Soy, Wheat
991773	Sauce, Tzatziki, Bulk - OKI	Milk
999880	Tomato, Wedges, Fresh, 3/4c - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Tuesday, January 7, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Wednesday, January 8, 2025

Recipe #	Recipe Name	Allergen(s)
999653	Broccoli, Fresh, 3/4c - OKI	
991739	Cheese, Cup, Cheddar - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Thursday, January 9, 2025

Recipe #	Recipe Name	Allergen(s)
991140	Crackers, Blueberry, Lemon - OKI	Milk, Soy, Wheat
990668	Milk, 1/2PNT, 1% - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Friday, January 10, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Monday, January 13, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Tuesday, January 14, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Wednesday, January 15, 2025

Recipe #	Recipe Name	Allergen(s)
999655	Cheese, String - OKI	Milk
999725	Crackers, Assorted, 1BG - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Thursday, January 16, 2025

Recipe #	Recipe Name	Allergen(s)
999480	Muffin, Assorted, 1BG, BC - OKI	Milk, Soy, Wheat, Egg
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Friday, January 17, 2025

Recipe #	Recipe Name	Allergen(s)
999368	Corn, Crunch, Buffalo, Ranch, IW - OKI	
991861	Juice, Fruit Punch, Citrus Sun, 6oz - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Tuesday, January 21, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Wednesday, January 22, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Thursday, January 23, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Friday, January 24, 2025

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

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Monday, January 27, 2025

Recipe #	Recipe Name	Allergen(s)
990791	Cracker, Goldfish, WG - OKI	Gluten, Milk, Wheat
991861	Juice, Fruit Punch, Citrus Sun, 6oz - OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Tuesday, January 28, 2025

Recipe #	Recipe Name	Allergen(s)
999480	Muffin, Assorted, 1BG, BC - OKI	Milk, Soy, Wheat, Egg
990677	Sunflower Seeds, IW- OKI	

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Wednesday, January 29, 2025

Recipe #	Recipe Name	Allergen(s)
999655	Cheese, String - OKI	Milk
999725	Crackers, Assorted, 1BG - OKI	Wheat

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Thursday, January 30, 2025

Recipe #	Recipe Name	Allergen(s)
991740	Cobbers, Sea Salt, IW - OKI	May Contain Soy
990847	Cucumber, Fresh, Slices, 3/4c - OKI	
990678	Sauce, Ranch, PKT - OKI	Milk

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Open Kitchens Inc

Allergen List - for menu 'Cicero Afterschool Snack' From: 1/1/2025 To: 1/31/2025

Friday, January 31, 2025

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

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