

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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999480 Muffin, Assorted, 1BG, BC - OKI	1BG	200	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	200	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	200	264	2.53	294	15	13	8.11	0.00	5	41.56	3.04	6.08	*N/A*	30.4	*N/A*	1.62
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

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999492 Bars, Granola, Assorted - OKI	1BG	200	140	0.63	79	9	8	4.50	0.00	5	23.00	1.00	2.25	*N/A*	10.3	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	200	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
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

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

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)
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991732 Donut, Pull-a-Part, Goodyman - OKI	2BG	200	240	4.50	300	8	8	11.00	0.00	0	31.00	2.00	4.00	*N/A*	24.0	*N/A*	1.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
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

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)
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)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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 - 01/07/2025Reimbursable 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)
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 - 01/08/2025Reimbursable 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)
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 - 01/09/2025Reimbursable 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)
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

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999504 Cereal, Assorted, Fall - OKI	1BG	200	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999424 Bread, Breakfast, Assorted - OKI	2BG	200	260	1.50	243	23	23	8.00	0.00	0	44.33	2.33	5.00	*N/A*	107.0	*N/A*	1.36

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991309 Pancakes, Bacon, Turkey - OKI	2BG	200	260	2.00	890	7	*1	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40
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)	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

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999479 Yogurt, Cups, Assorted - OKI	1MMA	200	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	200	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999504 Cereal, Assorted, Fall - OKI	1BG	200	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999504 Cereal, Assorted, Fall - OKI	1BG	200	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999424 Bread, Breakfast, Assorted - OKI	2BG	200	260	1.50	243	23	23	8.00	0.00	0	44.33	2.33	5.00	*N/A*	107.0	*N/A*	1.36
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
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)	Vlt-A (IU)	Calcm (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.

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)	Vlt-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)	Vlt-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

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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*

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)
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)	Calcm (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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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

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)
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999566 Barbacoa, Turkey, Cheese - OKI	2MMA	500	176	6.51	646	0	*0	11.05	0.00	56	6.02	0.00	13.66	*N/A*	223.0	*N/A*	0.56
999650 Chips, tortilla, WG, IW- OKI	2BG	500	200	1.00	160	0	0	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
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)	Calcm (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)	Calcm (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

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)
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)	Calcm (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

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)
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)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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.

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

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)
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)	Calcm (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

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

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)
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)	Vlt-A (IU)	Calcm (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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999627 Sandwich, Hamburger - OKI	2BG, 2MMA	400	213	2.16	392	2	*2	7.19	0.00	23	22.29	2.39	14.37	*N/A*	73.4	*N/A*	2.71

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)	Calcm (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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999566 Barbacoa, Turkey, Cheese - OKI	2MMA	400	141	5.21	517	0	*0	8.84	0.00	44	4.82	0.00	10.93	*N/A*	178.4	*N/A*	0.45
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

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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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

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

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)
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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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.

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)	Vlt-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)	Vlt-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

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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

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)
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (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*

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

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)
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)	Vlt-A (IU)	Calcm (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

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)
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999566 Barbacoa, Turkey, Cheese - OKI	2MMA	200	176	6.51	646	0	*0	11.05	0.00	56	6.02	0.00	13.66	*N/A*	223.0	*N/A*	0.56
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

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)
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)	Calcm (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

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)
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)	Calcm (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

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)
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)	Calcm (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)	Vlt-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)	Vlt-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.

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991397 Chips, Tortilla, WG, IW, 1BG - OKI	1BG	1	120	0.50	100	0	*0	4.50	0.00	0	18.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
999646 Salsa Cup - OKI	1/4c Veg	1	15	0.00	100	2	0	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			235	0.50	200	25	*0	4.50	0.00	0	45.00	3.00	3.00	*N/A*	*0.0	*N/A*	*0.00
% of Calories				1.91%		42.6%	*0%	17.2%	0.0%		76.6%		5.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 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)	Vlt-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									

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																
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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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	1	14	0.04	79	1	*N/A*	0.17	0.00	0	2.95	1.59	0.68	446	39.7	3.08	0.20
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	2	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			212	3.02	179	4	*2	15.05	0.00	0	10.88	4.56	7.63	*446	79.4	*3.08	1.19
% of Calories				12.82 %		7.5%	*3.8%	63.9%	0.0%		20.5%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999655 Cheese, String - OKI	1MMA	1	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999480 Muffin, Assorted, 1BG, BC - OKI	1BG	1	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00
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)	Vlt-A (IU)	Calcm (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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991861 Juice, Fruit Punch, Citrus Sun, 6oz - OKI	3/4c	1	100	0.00	0	23	0	0.00	0.00	0	24.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999479 Yogurt, Cups, Assorted - OKI	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	1	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
Weighted Daily Average			190	0.00	135	16	*10	4.00	0.00	0	30.00	2.00	5.00	*N/A*	320.0	*N/A*	0.70
% of Calories				0.00%		33.7%	*21.1%	18.9%	0.0%		63.2%		10.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00

Weighted Values

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	1	15	0.04	2	2	*N/A*	0.11	0.00	0	3.60	0.50	0.64	104	15.9	2.78	0.28
991005 Hummus, PC, 1.5MMA - OKI	1.5MMA	1	110	0.00	100	4	*N/A*	2.00	0.00	0	18.00	5.00	6.00	*N/A*	33.0	*N/A*	2.00
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			134	0.04	228	7	*N/A*	2.11	0.00	0	23.84	5.73	6.83	*104	55.4	*2.78	2.30
% of Calories				0.27%		20.9%	*N/A*	14.2%	0.0%		71.2%		20.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999725 Crackers, Assorted, 1BG - OKI	1BG	1	88	0.00	182	2	1	2.62	0.00	0	14.75	1.50	1.50	*93	11.8	*0.75	2.50

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990791 Cracker, Goldfish, WG - OKI	1BG	1	101	0.51	172	0	*N/A*	3.54	0.00	0	14.17	1.01	2.02	*N/A*	20.2	*N/A*	0.71
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999480 Muffin, Assorted, 1BG, BC - OKI	1BG	1	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00

Weighted Values

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999655 Cheese, String - OKI	1MMA	1	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990847 Cucumber, Fresh, Slices, 3/4c - OKI	3/4c	1	15	0.04	2	2	*N/A*	0.11	0.00	0	3.60	0.50	0.64	104	15.9	2.78	0.28
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

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)
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			220	1.50	185	17	*N/A*	6.50	0.00	15	33.00	2.00	10.00	*220	136.3	*0.53	1.00
% of Calories				6.14%		30.9%	*N/A*	26.6%	0.0%		60.0%		18.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

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

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

Open Kitchens Inc

Allergen List - for menu 'Cicero Hot Breakfast K-12' From: 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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