

Monday

Feb 3

- Pizza Boli
- Turkey & Cheese Lunchable
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Celery Sticks
- Applesauce Cup
- Assorted Flavors Mayo
- Mustard Packet
- Ranch Dressing
- 1% Milk
- Skim Milk
- Chocolate Milk

Feb 10

- Chicken Taco
- WG Pizza Crunchers
- Turkey Coins & Cheese
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Baby Carrots
- Applesauce Cup
- Assorted Flavors Mayo
- Ranch Dressing
- Mustard Packet
- Taco Sauce
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 17

- Cheese Sauce
- Tortilla Chips
- Cheese Quesadilla
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Cherry Tomatoes
- Pear
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 24

- Cheeseburger Mac&Cheese
- Veggie Chik'n Nuggets
- Turkey Coins & Cheese
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Hot Broccoli
- Applesauce Cup
- Assorted Flavors Mayo
- Ranch Dressing
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Tuesday

Feb 4

- Chicken & Waffles
- Louisiana Chicken
- Veggie Chicken & Waffles
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Seasoned Diced Potatoes
- Pear
- Ketchup
- Mayo
- Mustard Packet
- Syrup
- 1% Milk
- Skim Milk
- Chocolate Milk

Feb 11

- Philly Cheesesteak
- Hoagie Roll
- Veggie Burger
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Roasted Peppers & Onions
- Pear
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 18

- Cheese Sauce
- Tortilla Chips
- Cheese Quesadilla
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Cherry Tomatoes
- Pear
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 25

- Chicken Nuggets
- Pizza Crackers
- Veggie Chik'n Nuggets
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Tater Tots
- Pear
- Ketchup
- Mayo
- Mustard Packet
- BBQ Sauce Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Wednesday

Feb 5

- Chicken Quesadilla
- Cheese Quesadilla
- Chicken Chef Salad
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Red Pepper Strips
- Clementine
- Ranch Dressing
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 12

- Turkey Kielbasa
- Veggie Sausage Patty
- Whole Grain Bagel
- Chicken Chef Salad
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Tater Tots
- Clementine
- Ketchup
- Jelly
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 19

- French Bread Cheese Pizza
- Chicken Chef Salad
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Cauliflower
- Clementine
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 26

- Pepperoni Pizza
- Wild Mike's
- Wild Mike's Cheese Pizza
- Chicken Chef Salad
- Veggie Crackers
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Wango Mango Juice
- Clementine
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Thursday

Feb 6

- Lemon Pepper Drumstick
- Lemon Pepper Tofu
- Sister Schubert's Roll
- Cinnamon Bagel
- Yogurt & Wowbutter
- Cream Cheese Cup
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- BBQ Bean Salad
- Grape Juice
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 13

- Galaxy Pizza
- Turkey & Beef Pepperoni
- Galaxy Pizza
- Cheese
- Cinnamon Bagel
- Yogurt & Wowbutter
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Lemon Chickpea Salad
- Grape Juice
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 20

- Rotisserie Drumstick
- BBQ Tofu
- Sister Schubert's Roll
- Cinnamon Bagel
- Yogurt & Wowbutter
- Cream Cheese Cup
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Mixed Greens Salad
- Grape Juice
- Mayo
- Mustard Packet
- Ranch Dressing
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 27

- Orange Chicken & Rice
- Orange Tofu & Rice
- Cinnamon Bagel
- Yogurt & Wowbutter
- Cream Cheese Cup
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Wango Mango Juice
- Edamame
- Grape Juice
- Ranch Dressing
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Friday

Feb 7

- BBQ Turkey Sandwich
- Pretzel Roll
- Veggie Chicken Sandwich
- Yogurt & Cheese Protein Kit
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Mixed Greens Salad
- Banana
- Ranch Dressing
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 14

Feb 21

- Chef D's Glazed Meatloaf
- Mashed Potatoes
- Chef D's Veggie Tenders
- Mashed Potatoes
- Corn Bread Muffin
- Yogurt & Cheese Protein Kit
- Wowbutter & Jelly Sandwich
- Turkeyham Swiss Sandwich
- Buttered Corn
- Banana
- Mayo
- Mustard Packet
- 1% Milk
- Chocolate Milk
- Skim Milk

Feb 28

- Hamburger
- Veggie Burger
- Yogurt & Cheese Protein Kit
- Wowbutter & Jelly Sandwich
- Turkey Cheddar Sandwich
- Red Pepper Strips
- Banana
- Mayo
- Mustard Packet
- Ketchup
- 1% Milk
- Chocolate Milk
- Skim Milk

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

All menus are pork-free.

Grain/bread items served are Whole Grain Rich.

Our milk options include 1% and Skim.

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

This institution is an equal opportunity provider.

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Feb 1, 2025 thru Feb 28, 2025

Menu Name: Maywood 89 Middle School Lunch - 6-8

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 02/03/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991488 Pizza, Boli, Bulk - OKI	2BG, 2MMA	350	309	5.99	35	5	2	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	*0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*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
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	300	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990670 Milk, 1/2PNT, Choc, Skim - OKI	100	110	0.00	210	18	*18	0.00	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
Weighted Daily Average		508	6.52	529	33	*7	16.55	20.97	500	45.24	6.03	*25.43	*769	618.4	*3.18	2.49	
% of Calories			11.55 %		26.0%	*5.5%	29.3%	37.2%		35.6%		*20.0%					
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0										

Tuesday - 02/04/2025

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)
999920 Chicken, Louisiana, Waffles, Bulk - OKI	300	440	2.50	900	11	*11	15.00	0.00	85	53.00	3.00	23.00	*N/A*	*N/A*	*N/A*	*N/A*
999921 Waffles, Chicken, Nuggets, Veggie, Bulk - OKI	100	442	2.51	654	12	12	22.15	0.00	35	47.15	3.01	17.14	*N/A*	*60.7	*N/A*	*2.83
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991567 Potatoes, Diced, Seasoned, Bulk- OKI	500	185	0.00	138	0	*N/A*	4.62	0.00	0	32.31	3.08	3.08	*N/A*	15.4	*N/A*	0.92
990652 Pear, Fresh, 150ct, - OKI	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
999647 Ketchup, Pkt - OKI	500	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999658 Syrup, PKT - OKI	450	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	100	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

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	300	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	100	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
Weighted Daily Average		914	3.58	1168	59	*16	23.69	0.01	69	144.96	11.23	32.75	*323	*333.7	*5.96	*2.46
% of Calories			3.53%		25.8%	*7.0%	23.3%	0.0%		63.4%		14.3%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Wednesday - 02/05/2025 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)
999925 Quesadilla, Chicken, Cheese, Chile, Bulk - OKI	300	309	5.87	387	1	*N/A*	12.59	0.00	39	31.61	4.39	17.30	87	257.5	1.81	2.51
991577 Quesadilla, chile, cheese, Bulk - OKI	50	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*
999436 Salad, Chef, Chicken, Cheese - OKI	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	500	18	0.04	3	3	*N/A*	0.20	0.00	0	4.10	1.43	0.67	2130	4.8	86.89	0.29
991204 Clementine, Fresh - OKI	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		546	6.51	741	36	*12	16.47	0.01	43	74.61	9.26	*27.11	*2601	*486.3	*88.42	*2.77
% of Calories			10.73 %		26.4%	*8.8%	27.1%	0.0%		54.7%		*19.9%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Thursday - 02/06/2025

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)
999885 Chicken, Drumstick, Lemon pepper, bulk - OKI	300	178	2.72	233	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	0	8.8	0.00	0.78
999886 Tofu, Lemon Pepper, Bulk - OKI	50	180	1.57	156	*0	*N/A*	10.88	0.00	0	3.47	2.87	21.54	207	852.0	0.25	3.32
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	350	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
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	50	449	2.98	456	22	11	15.89	0.00	0	60.16	6.00	14.98	*N/A*	410.0	*N/A*	3.00
990784 Cream Cheese, Cup - OKI	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991657 Bean, BBQ, Salad, 3/4c, Bulk - OKI	500	244	0.00	682	3	*0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0.00	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	0.12	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0.00	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	0.00	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	0.00	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	0.00	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			795	3.96	1319	*42	*16	18.48	0.01	0.01	114.73	14.60	43.39	*162	*503.2	*0.13	*5.04
% of Calories				4.48%		*21.1%	*8.1%	20.9%	0.0%		57.7%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 02/07/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999790 Sandwich, Turkey, BBQ, Pretzel, Bulk - OKI	2BG, 2MMA	300	340	2.12	396	15	13	7.58	0.05	0.05	46.83	3.48	21.61	*11	34.9	*0.00	3.40
991801 Veggie, Chicken, Bulk - OKI	2MMA	50	9	0.08	15	0	0	0.54	0.00	0.00	0.58	0.12	0.54	*N/A*	2.5	*N/A*	0.08
991482 Bun, Hamburger, WG, Bulk - OKI	2BG	50	149	0.00	259	3	3	1.99	0.00	0.00	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
991141 Yogurt, Granola, C/JCheese, Crackers Kit-OKI	2BG, 2MMA	50	400	6.00	460	20	13	15.50	0.00	0.00	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0.00	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	0.00	28.00	4.00	22.59	*0	270.5	*0.00	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	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	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
990678 Sauce, Ranch, PKT - OKI	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		539	3.47	741	40	*22	11.99	0.04	59	81.24	7.04	28.23	*4152	399.7	*10.70	3.91
% of Calories			5.79%		29.7%	*16.3%	20.0%	0.1%		60.3%		20.9%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Monday - 02/10/2025 Reimbursable Meal Total 500

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999845 Taco, Chicken, Cheese, Shredded, Tort, Bulk, - OKI	300	312	6.87	584	2	*0	12.40	0.00	47	31.27	0.00	17.47	*12	*99.5	*0.00	*0.58
999515 Pizza, Crunchers, WG, Bulk - OKI	50	436	8.10	790	4	1	20.26	0.51	35	42.55	5.06	20.26	*N/A*	435.6	*N/A*	2.53
991399 Kit, Turkey, Coins, Cheese, Cubes - OKI	50	140	5.00	430	0	*0	8.00	0.00	45	0.00	0.00	17.00	*N/A*	204.0	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
999685 Carrots, Fresh, Baby, 3/4c - OKI	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	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
990678 Sauce, Ranch, PKT - OKI	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999659 Sauce, Taco, PKT - OKI	300	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		557	7.03	1034	37	*13	16.62	0.06	48	75.71	6.54	*26.48	*13832	*471.1	*2.69	*2.39
% of Calories			11.36 %		26.6%	*9.3%	26.9%	0.1%		54.4%		*19.0%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Tuesday - 02/11/2025

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)
991712 Sandwich, Philly Cheesesteak, Bulk - OKI	300	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholest (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991584 Roll, Hoagie, WG, Bulk - OKI	300	150	0.00	105	1	1	2.00	0.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991483 Burger, Veggie, Bulk - OKI	50	128	0.00	443	1	0	4.92	0.00	0.00	0	7.88	5.91	13.78	*N/A*	68.9	*N/A*	1.77
991482 Bun, Hamburger, WG, Bulk - OKI	50	149	0.00	259	3	3	1.99	0.00	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991705 Peppers, Onions, Roasted, Fz, 3/4c, Bulk - OKI	500	90	0.00	15	10	0	0.00	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
990652 Pear, Fresh, 150ct, - OKI	500	78	0.03	1	13	*N/A*	0.19	0.00	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	100	1.50	120	11	*N/A*	2.50	0.00	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		565	4.11	671	42	*13	12.72	0.01	0.01	39	83.83	12.12	28.70	*141	*382.2	*5.96	*3.01
% of Calories			6.55%		29.7%	*9.2%	20.3%	0.0%	0.0%		59.3%		20.3%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0										

Wednesday - 02/12/2025 Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholest (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999879 Kielbasa, Turkey, Bulk - OKI	2MMA	300	120	2.00	630	1	1	7.00	0.00	60	4.00	0.00	12.00	*N/A*	30.0	*N/A*	1.10
991569 Bun, Hot Dog, WG, Bulk - OKI	2BG	300	150	0.00	270	3	3	2.50	0.00	0	28.00	3.00	6.00	*N/A*	80.0	*N/A*	1.40
999926 Sausage, Veggie, 2MMA, Bulk - OKI	2MMA	50	243	0.00	689	2	*N/A*	14.19	0.00	0	10.14	4.06	18.25	*N/A*	60.8	*N/A*	2.84
991580 Bagel, WG, IW, Bulk - OKI	2BG	50	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
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991486 Tater, Tots, 3/4c, Bulk - 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*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999647 Ketchup, Pkt - OKI	1	500	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
999660 Jelly, PKT - OKI	1	350	36	0.00	6	7	7	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	350	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		681	4.06	1351	43	*22	19.93	0.01	53	99.55	9.70	*28.59	*419	*402.9	*0.45	*3.01
% of Calories			5.37%		25.3%	*12.9%	26.3%	0.0%		58.5%		*16.8%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Thursday - 02/13/2025

Reimbursable Meal Total 500

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991945 Cheese-stuffed, Breadsticks, Bulk - OKI	350	292	6.05	494	5	1	11.09	0.00	30	30.25	2.02	19.16	81	363.0	0.00	1.92
990807 Sauce, Marinara, PC - OKI	350	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	50	449	2.98	456	22	11	15.89	0.00	0	60.16	6.00	14.98	*N/A*	410.0	*N/A*	3.00
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991564 Salad, Lemon Chickpea, Bulk - OKI	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
999429 Juice, Grape, Citrus Sun, 4oz - OKI	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*
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		896	*8.83	1432	*46	*14	37.50	*0.01	*33	105.91	*14.02	40.54	*409	*685.5	*12.46	*4.06
% of Calories			*8.87%		*20.5%	*6.2%	37.7%	*0.0%		47.3%		18.1%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Tuesday - 02/18/2025

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)
991470 Nachos, Cheese, Bulk - OKI	300	260	12.00	800	0	*N/A*	18.00	0.00	60	10.00	0.00	14.00	*N/A*	446.0	*N/A*	0.00
991491 Chips, tortilla, WG, Bulk- OKI	300	207	1.03	166	0	0	7.24	0.00	0	30.00	3.10	3.10	*N/A*	41.4	*N/A*	0.62
991577 Quesadilla, chile, cheese, Bulk - OKI	50	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*
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
990655 Tomatoes, Cherry, 3/4 cup - OKI	500	18	0.03	5	3	*N/A*	0.20	*N/A*	0	3.82	1.18	0.86	818	9.8	13.46	0.26
990652 Pear, Fresh, 150ct, - OKI	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
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		600	10.06	914	33	*12	22.23	*0.01	51	75.80	9.11	24.90	*960	*612.0	*19.41	*1.57
% of Calories			15.09 %		22.0%	*8.0%	33.3%	*0.0%		50.5%		16.6%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Wednesday - 02/19/2025

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)
991864 Pizza, Cheese, French Bread, WG, Bulk - OKI	350	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
999436 Salad, Chef, Chicken, Cheese - OKI	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991434 Cauliflower, Fresh, 3/4c, IW - OKI	500	25	0.13	30	2	*N/A*	0.28	0.00	0	4.93	1.98	1.90	0	21.8	47.83	0.42
991204 Clementine, Fresh - OKI	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		566	7.94	741	36	*13	18.95	0.01	45	71.51	7.90	*29.15	*419	*347.2	*48.28	*1.37
% of Calories			12.63 %		25.4%	*9.2%	30.1%	0.0%		50.5%		*20.6%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Thursday - 02/20/2025

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)
999927 Chicken, Drumstick, Rotisserie, Bulk - OKI	300	178	2.72	250	*0	*N/A*	10.17	0.00	102	0.12	*0.00	19.99	*0	*8.8	*0.00	*0.78
999928 Tofu, BBQ, Bulk-OKI	50	47	0.08	251	*0	*N/A*	0.55	0.00	0	9.35	0.14	1.09	*10	43.1	*0.01	0.17
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	350	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
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	50	449	2.98	456	22	11	15.89	0.00	0	60.16	6.00	14.98	*N/A*	410.0	*N/A*	3.00
990784 Cream Cheese, Cup - OKI	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	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	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*
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990678 Sauce, Ranch, PKT - OKI	500	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	100	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		555	3.82	798	*41	*16	15.43	0.01	79	73.80	*5.04	30.38	*4098	*375.3	*3.97	*3.03	
% of Calories			6.19%		*29.5%	*11.5%	25.0%	0.0%		53.2%		21.9%					
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0										

Friday - 02/21/2025

Reimbursable Meal Total 500

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999919 Meatloaf, Chef D Glaze, Potatoes, Bulk - OKI	300	279	4.57	1186	2	*N/A*	11.16	0.00	41	26.44	1.74	15.95	*0	*4.9	*0.00	*0.14
999923 Veggie, Tenders, Chef D's, Potatoes, Bulk - OKI	50	329	2.02	1408	0	*0	14.16	0.00	0	35.53	3.76	14.89	*0	*65.6	*0.00	*2.17
991993 Muffin, Corn, WG, 2.4oz, SB - OKI	350	190	1.00	190	17	16	6.00	0.00	0	32.02	1.00	3.00	*N/A*	9.0	*N/A*	1.00
991141 Yogurt, Granola, C-JCheese, Crackers Kit - OKI	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
999924 Corn, Buttered, 3/4c, Bulk - OKI	500	199	7.00	91	4	*0	12.48	0.00	30	23.61	2.95	2.95	*N/A*	*3.0	*N/A*	*0.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)
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
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			836	12.80	1399	46	*25	32.10	0.01	69	112.20	8.89	29.77	*191	*374.8	*6.84	*2.36
% of Calories				13.78 %		22.0%	*12.0%	34.6%	0.0%		53.7%		14.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 02/24/2025

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)
999601 Pasta, Mac, Cheeseburger, bulk - OKI	1.5c	300	343	7.85	430	0	*N/A*	17.15	0.54	54	28.56	4.79	19.13	*N/A*	*183.0	*N/A*	*1.54
999512 Nuggets, Veggie, Chik'n, Bulk - OKI	2MMA, .25BG	50	212	1.01	344	1	1	13.15	0.00	0	13.15	1.01	12.14	*N/A*	60.7	*N/A*	2.83
991399 Kit, Turkey, Coins, Cheese, Cubes - OKI	2MMA	50	140	5.00	430	0	*0	8.00	0.00	45	0.00	0.00	17.00	*N/A*	204.0	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	100	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991490 Broccoli, Hot, 3/4c, Bulk - OKI	500	33	0.11	32	2	*N/A*	0.36	0.00	0	6.48	2.54	2.75	608	45.8	86.99	0.71
999478 Applesauce, Cup, Assort - OKI	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
990678 Sauce, Ranch, PKT - OKI	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		570	7.09	819	33	*13	19.67	0.33	49	72.22	8.95	*28.75	*750	*499.6	*87.10	*3.02
% of Calories			11.19 %		23.2%	*9.1%	31.1%	0.5%		50.7%		*20.2%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Tuesday - 02/25/2025 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991464 Chicken, Nuggets, WG, Bulk - OKI	350	243	2.53	445	1	0	14.16	0.00	25	16.19	3.04	14.16	*N/A*	30.4	*N/A*	1.92
991398 Crackers, Pizza - OKI	350	80	0.00	180	2	*0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
999512 Nuggets, Veggie, Chik'n, Bulk - OKI	50	212	1.01	344	1	1	13.15	0.00	0	13.15	1.01	12.14	*N/A*	60.7	*N/A*	2.83
991131 Crackers, Veggie, Darlington, 2BG - OKI	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991486 Tater, Totis, 3/4c, Bulk - OKI	3/4c	500	136	0.62	248	1	*N/A*	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999647 Ketchup, Pkt - OKI	1	500	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999505 Sauce, BBQ, Packet - OKI	1 each	300	15	0.00	158	3	2	0.03	0.00	0	3.36	0.16	0.14	*N/A*	1.5	*N/A*	0.05
990668 Milk, 1/2PNT, 1% - OKI	1c	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			697	4.09	1212	38	*16	24.08	0.01	30	97.21	12.35	*25.85	*402	*358.9	*8.06	*4.92
% of Calories				5.28%		21.8%	*9.2%	31.1%	0.0%		55.8%		*14.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 02/26/2025 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)
991488 Pizza, Boli, Bulk - OKI	2BG, 2MMA	350	309	5.99	35	5	2	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	500	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			598	6.45	394	55	*14	16.39	20.97	499	69.49	5.91	*25.36	*419	*578.6	*0.45	*3.55
% of Calories				9.71%		36.8%	*9.4%	24.7%	31.6%		46.5%		*17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 02/27/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991867 Chicken, Orange, & Rice, White, Bulk - OKI	2BG, 2MMA	300	444	3.54	505	13	*13	18.24	0.00	40	51.37	3.31	17.24	*N/A*	*19.1	*0.00	*2.02

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
991868 Tofu, Orange, Rice, White, Bulk - OKI	2MMA, 2BG	50	393	1.27	228	*13	*13	8.85	0.00	0.00	0	57.98	4.61	21.52	*168	*694.0	*0.20	*2.69
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	449	2.98	456	22	11	15.89	0.00	0.00	0	60.16	6.00	14.98	*N/A*	410.0	*N/A*	3.00
990784 Cream Cheese, Cup - OKI	1	50	70	4.01	115	1	*N/A*	7.01	0.00	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991474 Edamame, 3/4c, Bulk - OKI	3/4c	500	142	0.00	6	3	*N/A*	5.81	0.00	0.00	0	11.62	6.45	12.91	*N/A*	77.5	*N/A*	2.58
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	0.00	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	*N/A*	0.18	0.00	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average			764	4.42	793	*49	*23	25.44	0.01	0.01	39	96.87	11.15	39.61	*158	*508.2	*0.13	*5.07
% of Calories				5.21%		*25.7%	*12.0%	30.0%	0.0%			50.7%	20.7%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0										

Friday - 02/28/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991481 Hamburger, Bulk - OKI	300	117	2.70	231	0	*N/A*	7.00	0.00	29	2.00	1.00	12.00	*N/A*	42.0	*N/A*	2.00
991483 Burger, Veggie, Bulk- OKI	50	128	0.00	443	1	0	4.92	0.00	0	7.88	5.91	13.78	*N/A*	68.9	*N/A*	1.77
991482 Bun, Hamburger, WG, Bulk - OKI	350	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
991141 Yogurt, Granola, CJCheese, Crackers Kit- OKI	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	500	18	0.04	3	3	*N/A*	0.20	0.00	0	4.10	1.43	0.67	2130	4.8	86.89	0.29
990651 BANANAS, Fresh 150ct - OKI	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
999657 Mayo, PKT - OKI	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	350	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999647 Ketchup, Pkt - OKI	350	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	100	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
990669 Milk, 1/2PNT, Skim - OKI	100	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
Weighted Daily Average		517	3.85	808	35	*17	13.62	0.01	32	72.65	7.98	27.46	*2321	424.7	*93.73	4.07
% of Calories			6.70%		27.1%	*13.2%	23.7%	0.0%		56.2%		21.2%				
Weekly Nutrient Guideline		600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcim (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	650	*6.03	937	*41	*16	20.10	*2.36	*101	87.08	*9.32	*30.14	*1807	*464.6	*22.11	*3.23
% of Calories		*8.35%		*25.2%	*9.8%	27.8%	*3.3%		53.6%		*18.5%				

*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.