

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Feb 3</b></p> <ul style="list-style-type: none"> <li>Snackn Waffles</li> <li>Assorted Flavors</li> <li>Cinnamon Raisin Bagel</li> <li>Cream Cheese Cup</li> <li>Clementine</li> <li>Apple Juice</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 4</b></p> <ul style="list-style-type: none"> <li>Egg &amp; Cheese Bagel</li> <li>Yogurt Cup</li> <li>Assorted Flavors</li> <li>Granola</li> <li>Assorted Fruit Cups</li> <li>Apple</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 5</b></p> <ul style="list-style-type: none"> <li>Stuffed Mini Bagels</li> <li>Strawberry Cream Cheese</li> <li>Pull-a-Part Donut</li> <li>Banana</li> <li>Craisins</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 6</b></p> <ul style="list-style-type: none"> <li>Turkey-Sausage Biscuit</li> <li>Assorted Oatmeal Rounds</li> <li>Applesauce Cup</li> <li>Clementine</li> <li>Jelly</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 7</b></p> <ul style="list-style-type: none"> <li>Poffitz Pancake Bites</li> <li>WG Muffin</li> <li>Assorted Flavors</li> <li>String Cheese</li> <li>Pear</li> <li>Applesauce Cup</li> <li>Assorted Flavors</li> <li>Syrup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>
<p><b>Feb 10</b></p> <ul style="list-style-type: none"> <li>Cinnamon Toast Crunch Bar</li> <li>Yogurt Cup</li> <li>Assorted Flavors</li> <li>Granola</li> <li>Clementine</li> <li>Apple Juice</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 11</b></p> <ul style="list-style-type: none"> <li>Breakfast Wrap</li> <li>Whole Grain Bagel</li> <li>Apple</li> <li>Assorted Fruit Cups</li> <li>Cream Cheese Cup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 12</b></p> <ul style="list-style-type: none"> <li>Caramel Cinnis</li> <li>WG Granola Bar</li> <li>Assorted Flavors</li> <li>String Cheese</li> <li>Banana</li> <li>Craisins</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 13</b></p> <ul style="list-style-type: none"> <li>Colby Jack Omelet</li> <li>Snackn Waffles</li> <li>Assorted Flavors</li> <li>Applesauce Cup</li> <li>Clementine</li> <li>Salsa Cup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 14</b></p>
<p><b>Feb 17</b></p>	<p><b>Feb 18</b></p> <ul style="list-style-type: none"> <li>Pancake Bowl</li> <li>Assorted Flavors</li> <li>Yogurt Cup</li> <li>Assorted Flavors</li> <li>Granola</li> <li>Apple</li> <li>Assorted Fruit Cups</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 19</b></p> <ul style="list-style-type: none"> <li>Chicken Biscuit</li> <li>Pull-a-Part Donut</li> <li>Banana</li> <li>Craisins</li> <li>Syrup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 20</b></p> <ul style="list-style-type: none"> <li>Pancake Sausage Bites</li> <li>WG Muffin</li> <li>Assorted Flavors</li> <li>String Cheese</li> <li>Clementine</li> <li>Applesauce Cup</li> <li>Syrup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 21</b></p> <ul style="list-style-type: none"> <li>Assorted Oatmeal Rounds</li> <li>Cinnamon Roll</li> <li>Pear</li> <li>Applesauce Cup</li> <li>Assorted Flavors</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>
<p><b>Feb 24</b></p> <ul style="list-style-type: none"> <li>Egg Bites</li> <li>Yogurt Cup</li> <li>Assorted Flavors</li> <li>Granola</li> <li>Clementine</li> <li>Apple Juice</li> <li>Ketchup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 25</b></p> <ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Whole Grain Bagel</li> <li>Apple</li> <li>Assorted Fruit Cups</li> <li>Syrup</li> <li>Cream Cheese Cup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 26</b></p> <ul style="list-style-type: none"> <li>Snackn Waffles</li> <li>Assorted Flavors</li> <li>WG Cereal</li> <li>Assorted Flavors</li> <li>String Cheese</li> <li>Banana</li> <li>Craisins</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 27</b></p> <ul style="list-style-type: none"> <li>Maple Biscuit</li> <li>WG Granola Bar</li> <li>Assorted Flavors</li> <li>String Cheese</li> <li>Jelly</li> <li>Clementine</li> <li>Applesauce Cup</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>	<p><b>Feb 28</b></p> <ul style="list-style-type: none"> <li>Pancakes &amp; Turkey Bacon</li> <li>Assorted Breakfast Bread</li> <li>Pear</li> <li>Applesauce Cup</li> <li>Assorted Flavors</li> <li>1% Milk</li> <li>Skim Milk</li> </ul>

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 Breakfast - K-12 Include Cost: No

Site:

Use Alternate Menu Name: No

## Monday - 02/03/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999771 Waffle, Snack, Assorted - OKI	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
991059 Bagel, Cinnamon Raisin - OKI	100	171	0.00	282	7	2	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	100	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*
991204 Clementine, Fresh - OKI	200	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*
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	200	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	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	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		466	4.82	458	50	*8	10.05	0.00	42	80.15	5.17	15.06	*341	*229.6	*0.26	*1.04
% of Calories			9.31%		42.9%	*6.9%	19.4%	0.0%		68.8%		12.9%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Tuesday - 02/04/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991654 Bagel, Breakfast, Egg, Cheese, Tony's - OKI	100	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999479 Yogurt, Cups, Assorted - OKI	100	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	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
991461 Fruit, Cups, Assorted - OKI	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	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
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
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		400	2.35	366	48	*6	6.54	*0.00	37	69.95	5.77	*15.33	*426	*479.1	*5.77	*1.43
% of Calories			5.29%		48.0%	*6.0%	14.7%	*0.0%		70.0%		*15.3%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Wednesday - 02/05/2025 Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999764 Bagels, Mini, Stuffed, Strawberry, 1W - OKI	100	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
991732 Donut, Pull-a-Part, Goodyman - OKI	100	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
990651 BANANAS, Fresh 150ct - OKI	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
990646 Craisins - OKI	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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		502	4.15	353	55	*10	10.10	0.00	15	92.30	6.01	13.67	*391	235.4	*7.00	1.54
% of Calories			7.44%		43.8%	*8.0%	18.1%	0.0%		73.5%		10.9%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Thursday - 02/06/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991234 Biscuit, WG, Turkey Sausage - OKI	100	160	2.00	260	3	*3	7.00	0.00	30	16.00	1.00	8.00	*N/A*	*126.0	*N/A*	*1.00
999812 Rounds, Oatmeal, Assorted - OKI	100	273	4.23	239	15	13	11.93	0.00	15	38.77	3.98	4.97	*N/A*	29.8	*N/A*	1.49
990653 Applesauce, Cup - OKI	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
991204 Clementine, Fresh - OKI	200	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*
999660 Jelly, PKT - OKI	100	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
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
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		445	3.93	362	50	*12	11.01	0.00	32	75.44	6.16	15.55	*341	*287.6	*0.26	*1.29
% of Calories			7.95%		44.9%	*10.8%	22.3%	0.0%		67.8%		14.0%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Friday - 02/07/2025

### Reimbursable Meal Total 200

# Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Feb 1, 2025 thru Feb 28, 2025

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Choist (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991819 Pancake, Bites, Poffitz, WG, IW - OKI	100	250	1.00	290	13	11	12.01	0.00	40	37.02	2.00	4.00	*N/A*	36.0	*N/A*	1.00
999480 Muffin, Assorted, 1BG, BC - OKI	100	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	100	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	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	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
999658 Syrup, PKT - OKI	100	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
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		519	3.72	418	61	*11	12.97	0.00	47	93.17	6.47	14.56	*341	348.2	*6.12	1.29
% of Calories			6.45%		47.0%	*8.5%	22.5%	0.0%		71.8%		11.2%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Monday - 02/10/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Choist (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991450 Bar, Cinn Toast Crunch, Soft - OKI	100	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
999479 Yogurt, Cups, Assorted - OKI	100	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	100	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

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991204 Clementine, Fresh - OKI	200	72	0.00	2	14	*N/A*	0.20	0.00	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	200	60	0.00	5	13	0	0.00	0.00	0.00	0	13.00	0.00	0.00	*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	8.00	220	132.3	0.53
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		447	2.08	329	54	*12	7.60	0.00	12	78.32	5.18	14.59	*341	*379.7	*0.26	*1.20
% of Calories			4.19%		48.3%	*10.7%	15.3%	0.0%		70.1%		13.1%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Tuesday - 02/11/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991233 Wrap, Breakfast, Egg, Turkey Scramble - OKI	100	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
990768 Bagel, WG, IW - OKI	100	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
990648 Apple, Fresh, 138CT, - OKI	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	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
990784 Cream Cheese, Cup - OKI	100	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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		416	4.75	504	39	*0	9.55	*0.00	49	68.18	5.27	*15.08	*406	*269.6	*5.77	*1.58
% of Calories			10.28 %		37.5%	*0%	20.7%	*0.0%		65.6%		*14.5%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Wednesday - 02/12/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999425 Cinnis, Caramel, Mini - OKI	100	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
999492 Bars, Granola, Assorted - OKI	100	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	100	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
990651 BANANAS, Fresh 150ct - OKI	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
990646 Craisins - OKI	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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	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		483	3.71	388	55	*8	9.85	0.00	22	85.82	5.51	15.29	*391	327.5	*7.00	1.49
% of Calories			6.91%		45.5%	*6.6%	18.4%	0.0%		71.1%		12.7%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Thursday - 02/13/2025

### Reimbursable Meal Total 200

# Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Feb 1, 2025 thru Feb 28, 2025

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991668 Omelet, Colby Jack, Tortilla - OKI	100	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*
999771 Waffle, Snackn, Assorted - OKI	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
990653 Applesauce, Cup - OKI	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
991204 Clementine, Fresh - OKI	200	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*
999646 Salsa Cup - OKI	100	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
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
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		443	5.31	514	47	*7	11.29	0.00	114	71.52	5.16	17.55	*341	*209.5	*0.26	*0.03
% of Calories			10.79 %		42.4%	*6.3%	22.9%	0.0%		64.6%		15.8%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Tuesday - 02/18/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999477 Bowl, Pancake, Assorted - OKI	100	230	2.50	333	16	6	4.83	0.00	35	40.60	2.00	4.99	*N/A*	*17.6	*N/A*	*1.33
999479 Yogurt, Cups, Assorted - OKI	100	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	100	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
990648 Apple, Fresh, 138CT, - OKI	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

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
991461 Fruit, Cups, Assorted - OKI	200	65	0.00	0	13	*0	0.00	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
990668 Milk, 1/2PNT, 1% - OKI	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
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		425	2.09	343	53	*8	5.96	*0.00	*0.00	27	78.74	5.77	*13.33	*406	*387.9	*5.77	*1.44
% of Calories			4.43%		49.9%	*7.5%	12.6%	*0.0%			74.1%	*12.5%					
Weekly Nutrient Guideline		450 - 500	<10	540			<=0										

## Wednesday - 02/19/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
999834 Biscuit, Chicken, Tender - OKI	100	215	2.00	370	4	4	8.50	0.00	0.00	22	22.00	2.00	12.00	*N/A*	126.0	*N/A*	1.80
991732 Donut, Pull-a-Part, Goodyman - OKI	100	240	4.50	300	8	8	11.00	0.00	0.00	0	31.00	2.00	4.00	*N/A*	24.0	*N/A*	1.00
990651 BANANAS, Fresh 150ct - OKI	200	69	0.09	1	9	*N/A*	0.26	0.00	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990646 Craisins - OKI	200	110	0.00	0	24	*N/A*	0.00	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
999658 Syrup, PKT - OKI	100	121	0.00	22	22	*N/A*	0.00	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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		555	4.15	454	62	*6	11.35	0.00	21	97.40	6.01	16.67	*391	283.8	*7.00	1.65
% of Calories			6.73%		44.7%	*4.3%	18.4%	0.0%		70.2%		12.0%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Thursday - 02/20/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990778 Bites, Pancake Sausage - OKI	100	256	0.90	586	11	*N/A*	5.00	0.00	29	37.00	4.00	17.00	*N/A*	70.0	*N/A*	3.00
999480 Muffin, Assorted, 1BG, BC - OKI	100	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	100	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
991204 Clementine, Fresh - OKI	200	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*
990653 Applesauce, Cup - OKI	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
999658 Syrup, PKT - OKI	100	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
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		516	3.64	567	61	*6	9.48	0.00	42	90.87	5.91	21.80	*341	*352.9	*0.26	*2.05
% of Calories			6.35%		47.3%	*4.7%	16.5%	0.0%		70.4%		16.9%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

# Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Feb 1, 2025 thru Feb 28, 2025

## Friday - 02/21/2025 Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
999812 Rounds, Oatmeal, Assorted - OKI	100	273	4.23	239	15	13	11.93	0.00	0.00	15	38.77	3.98	4.97	*N/A*	29.8	*N/A*	1.49
999835 Roll, Cinnamon, IW, BC - OKI	100	210	0.00	190	10	9	0.50	0.00	0.00	0	40.00	3.00	6.00	*N/A*	20.0	*N/A*	1.70
990652 Pear, Fresh, 150ct, - OKI	200	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
999478 Applesauce, Cup, Assort - OKI	200	50	0.00	0	12	*0	0.00	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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
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		458	2.96	323	49	*11	7.75	0.00	0.00	17	85.21	8.70	13.80	*341	246.6	*6.12	1.87
% of Calories			5.82%		42.8%	*9.6%	15.2%	0.0%			74.4%	12.1%					
Weekly Nutrient Guideline		450 - 500	<10	540			<=0										

## Monday - 02/24/2025 Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
999502 Egg, Bites, Sunny Fresh, 2each-OKI	100	239	4.97	378	2	*N/A*	17.90	0.00	0.00	259	5.97	1.99	11.94	*N/A*	*N/A*	*N/A*	*N/A*
999479 Yogurt, Cups, Assorted - OKI	100	80	0.00	75	12	7	0.00	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	100	110	0.00	60	4	*3	4.00	0.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
991204 Clementine, Fresh - OKI	200	72	0.00	2	14	*N/A*	0.20	0.00	0.00	0	18.41	2.66	1.23	*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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	200	60	0.00	5	13	0	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	*N/A*	*N/A*
999647 Ketchup, Pkt - OKI	100	11	0.00	96	2	2	0.08	0.00	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*
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
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
Weighted Daily Average		440	3.30	419	49	*6	12.54	0.00	0.00	139	61.82	4.72	17.56	*341	*365.0	*0.26
% of Calories			6.75%		44.5%	*5.5%	25.6%	0.0%			56.2%	16.0%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Tuesday - 02/25/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991118 Toast, French, Sticks, WG - OKI	100	240	1.00	260	12	*N/A*	7.00	0.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	*N/A*
990768 Bagel, WG, IW - OKI	100	150	0.00	270	3	*N/A*	1.00	0.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*
990648 Apple, Fresh, 138CT, - OKI	200	62	0.03	1	12	*N/A*	0.20	*N/A*		0	16.52	2.87	0.31	65	7.2	5.50
991461 Fruit, Cups, Assorted - OKI	200	65	0.00	0	13	*0	0.00	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*
999658 Syrup, PKT - OKI	100	121	0.00	22	22	*N/A*	0.00	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*
990784 Cream Cheese, Cup - OKI	100	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*
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

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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		506	3.35	442	56	*0	9.05	*0.00	25	92.54	6.27	*14.33	*406	*245.0	*5.77	*1.64
% of Calories			5.96%		44.3%	*0%	16.1%	*0.0%		73.2%		*11.3%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Wednesday - 02/26/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999771 Waffle, Snackn, Assorted - OKI	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
999504 Cereal, Assorted, Fall - OKI	100	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09
999655 Cheese, String - OKI	100	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
990651 BANANAS, Fresh 150ct - OKI	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
990646 Craisins - OKI	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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	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		486	4.90	437	55	*9	9.85	0.00	42	86.59	6.01	15.92	*392	*318.1	*7.76	*7.28
% of Calories			9.07%		45.3%	*7.4%	18.2%	0.0%		71.3%		13.1%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Thursday - 02/27/2025

### Reimbursable Meal Total 200

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Choist (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991007 Biscuit, Maple, IW - OKI	100	200	2.50	300	8	5	5.00	0.00	0	33.00	2.00	4.00	*N/A*	170.0	*N/A*	2.00
999492 Bars, Granola, Assorted - OKI	100	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	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
999660 Jelly, PKT - OKI	100	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
991204 Clementine, Fresh - OKI	200	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*
990653 Applesauce, Cup - OKI	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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	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		478	6.38	502	51	*10	12.30	0.00	32	78.05	5.17	18.19	*341	*497.8	*0.26	*1.55
% of Calories			12.01 %		42.7%	*8.4%	23.2%	0.0%		65.3%		15.2%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

## Friday - 02/28/2025

### Reimbursable Meal Total 200

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Choist (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991309 Pancakes, Bacon, Turkey - OKI	100	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
999424 Bread, Breakfast, Assorted - OKI	100	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	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

# Base Menu Spreadsheet

Open Kitchens Inc

Feb 1, 2025 thru Feb 28, 2025

Portion Values

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999478 Applesauce, Cup, Assort - OKI	200	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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	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		476	2.59	676	52	*12	11.53	0.00	30	81.49	7.38	17.81	*341	*275.2	*6.12	*1.16
% of Calories			4.90%		43.7%	*10.1%	21.8%	0.0%		68.5%		15.0%				
Weekly Nutrient Guideline		450 - 500	<10	540			<=0									

Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
470	4	436	53	8	9.93	*0.00	41	81.53	5.92	*15.89	*368	*318.8	*4.00	*1.66
Weighted Averages			45.1%	*6.8%	19.0%	*0.0%		69.4%		*13.5%				
% of Calories	7.26%													

\*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.