

| Monday                                     | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| Feb 3<br>Banana Bread Mini Loaf<br>1% Milk | Feb 4<br>Tortilla Chips<br>Fruit Punch Juice<br>Salsa Cup  | Feb 5<br>Broccoli<br>Cheddar Cheese Cup                  | Feb 6<br>Blueberry Lemon Bites<br>Hard-Boiled Egg               | Feb 7<br>Yogurt Cup<br>Assorted Flavors<br>Granola |
| Feb 10<br>Goldfish<br>1% Milk              | Feb 11<br>WG Muffin<br>Assorted Flavors<br>Sunflower Seeds | Feb 12<br>String Cheese<br>Crackers, Assorted, 1BG - OKI | Feb 13<br>Celery Sticks<br>Wowbutter                            | Feb 14   |
| Feb 17                                     | Feb 18<br>Educational Grahams<br>Wowbutter                 | Feb 19<br>Yogurt Cup<br>Assorted Flavors<br>Granola      | Feb 20<br>Openfaced Turkey Sandwich<br>Mayo<br>Mustard Packet   | Feb 21<br>Blueberry Lemon Bites<br>1% Milk         |
| Feb 24<br>Goldfish<br>Fruit Punch Juice    | Feb 25<br>WG Muffin<br>Assorted Flavors<br>Sunflower Seeds | Feb 26<br>String Cheese<br>Crackers, Assorted, 1BG - OKI | Feb 27<br>Cucumber Slices<br>Sea Salt Cobbers<br>Ranch Dressing | Feb 28<br>Educational Grahams<br>1% 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 Snack

Include Cost: No

Site:

Use Alternate Menu Name: No

## Monday - 02/03/2025

### Reimbursable Meal Total 1

| Portion Size                                  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |  |
|---|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|--|
| 999373 Bread, Mini Loaf, Banana, IW, SB - OKI | 1         | 159                      | 0.99                   | 139                    | 16               | 15               | 4.48      | 0.00                    | 0           | 26.86    | 1.00      | 2.98      | *N/A*      | *N/A*      | *N/A*      | *N/A*     |  |
| 990668 Milk, 1/2PNT, 1% - OKI                 | 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                        |           | 259                      | 2.49                   | 259                    | 27               | *15              | 6.98      | 0.00                    | 15          | 37.86    | 1.00      | 10.98     | *220       | *132.3     | *0.53      | *0.00     |  |
| % of Calories                                 |           |                          | 8.65%                  |                        | 41.7%            | *23.2%           | 24.3%     | 0.0%                    |             | 58.5%    |           | 17.0%     |            |            |            |           |  |
| Weekly Nutrient Guideline                     |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |            |            |           |  |

## Tuesday - 02/04/2025

### Reimbursable Meal Total 1

| Portion Size                                     | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |  |
|--|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|--|
| 991397 Chips, Tortilla, WG, IW, 1BG - OKI        | 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 | 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         | 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       |                         |             |          |           |           |            |            |            |           |  |

# Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Feb 1, 2025 thru Feb 28, 2025

## Wednesday - 02/05/2025 Reimbursable Meal Total 1

| Portion Size                       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Choist (mg) | Carb (g) | Fiber (g) | Protin (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------|------------|-----------|
| 999653 Broccoli, Fresh, 3/4c - OKI | 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  | 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 - 02/06/2025 Reimbursable Meal Total 1

| Portion Size                            | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Choist (mg) | Carb (g) | Fiber (g) | Protin (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------|------------|-----------|
| 991140 Crackers, Blueberry, Lemon - OKI | 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      |
| 999656 Egg, Hard Boiled, 1MMA - OKI     | 1         | 70                       | 1.50                   | 55                     | 1                | *N/A*            | 5.00      | 0.00                    | 170         | 1.00     | 0.00      | 6.00       | *N/A*      | 23.0       | *N/A*      | 1.00      |
| Weighted Daily Average                  |           | 191                      | 2.01                   | 116                    | 9                | *8               | 8.54      | 0.00                    | 170         | 22.26    | 2.02      | 8.02       | *N/A*      | 28.1       | *N/A*      | 2.01      |
| % of Calories                           |           |                          | 9.47%                  |                        | 18.8%            | *16.8%           | 40.2%     | 0.0%                    |             | 46.6%    |           | 16.8%      |            |            |            |           |
| Weekly Nutrient Guideline               |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |            |            |            |            |           |

## Friday - 02/07/2025 Reimbursable Meal Total 1

# 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) |      |
|-------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|------|
| 999479 Yogurt, Cups, Assorted - OKI | 1         | 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       | 1         | 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 |
| Weighted Daily Average              |           | 190                      | 0.00                   | 135                    | 16               | *10              | 4.00      | 0.00                    | 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 - 02/10/2025 Reimbursable Meal Total 1

| Portion Size                       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |      |
|------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|------|
| 990791 Cracker, Goldfish, WG - OKI | 1         | 101                      | 0.51                   | 172                    | 0                | *N/A*            | 3.54      | 0.00                    | 0.00        | 0        | 14.17     | 1.01      | 2.02       | *N/A*      | 20.2       | *N/A*     | 0.71 |
| 990668 Milk, 1/2PNT, 1% - OKI      | 1         | 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 |
| Weighted Daily Average             |           | 201                      | 2.01                   | 292                    | 11               | *N/A*            | 6.04      | 0.00                    | 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 - 02/11/2025 Reimbursable Meal Total 1

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

# 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) |
|---------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990677 Sunflower Seeds, IW- OKI | 1         | 200                      | 2.50                   | 135                    | 1                | 0                | 17.00     | 0.00                    | 0.00        | 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 - 02/12/2025 Reimbursable Meal Total 1

| Portion Size                         | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999655 Cheese, String - OKI          | 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 | 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 - 02/13/2025 Reimbursable Meal Total 1

| Portion Size                             | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991113 Celery, Fresh, Sticks, 3/4c - OKI | 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      |

# 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) |      |
|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990769 Wowbutter, PC - OKI | 1         | 198                      | 2.98                   | 99                     | 3                | 2                | 14.88     | 0.00                    | 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                    | 0.00        | 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       |                         |             |          |           |           |            |                        |            |           |      |

## Tuesday - 02/18/2025 Reimbursable Meal Total 1

| Portion Size                              | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |      |
|---|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 991136 Crackers, Educational Snacks - OKI | 1         | 120                      | 0.00                   | 65                     | 6                | *N/A*            | 4.00      | 0.00                    | 0.00        | 0        | 22.00     | 2.00      | 2.00       | *N/A*                  | 4.0        | *N/A*     | 1.00 |
| 990769 Wowbutter, PC - OKI                | 1         | 198                      | 2.98                   | 99                     | 3                | 2                | 14.88     | 0.00                    | 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                    | 0.00        | 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       |                         |             |          |           |           |            |                        |            |           |      |

## Wednesday - 02/19/2025 Reimbursable Meal Total 1

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

# 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) |
|------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990723 Granola, WG, 1BG- OKI | 1         | 110                      | 0.00                   | 60                     | 4                | *3               | 4.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | *N/A*      | 0.0                    | *N/A*      | 0.70      |
| Weighted Daily Average       |           | 190                      | 0.00                   | 135                    | 16               | *10              | 4.00      | 0.00                    | 0           | 30.00    | 2.00      | 5.00      | *N/A*      | 320.0                  | *N/A*      | 0.70      |
| % of Calories                |           |                          | 0.00%                  |                        | 33.7%            | *21.1%           | 18.9%     | 0.0%                    |             | 63.2%    |           | 10.5%     |            |                        |            |           |
| Weekly Nutrient Guideline    |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

## Thursday - 02/20/2025 Reimbursable Meal Total 1

| Portion Size                       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991274 Sandwich, Turkey, 1BG - OKI | 1         | 97                       | 0.17                   | 263                    | 1                | *1               | 1.33      | 0.00                    | 13          | 14.00    | 2.00      | 9.33      | *0         | 32.0                   | *0.00      | 1.00      |
| 999657 Mayo, PKT - OKI             | 1         | 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         | 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      |
| Weighted Daily Average             |           | 158                      | 1.10                   | 384                    | 2                | *1               | 7.64      | 0.12                    | 17          | 14.91    | 2.10      | 9.58      | *0         | 34.7                   | *0.00      | 1.10      |
| % of Calories                      |           |                          | 6.27%                  |                        | 5.1%             | *2.5%            | 43.5%     | 0.7%                    |             | 37.7%    |           | 24.3%     |            |                        |            |           |
| Weekly Nutrient Guideline          |           | 0 - 0                    | <0                     |                        |                  |                  | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 02/21/2025 Reimbursable Meal Total 1

| Portion Size                            | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991140 Crackers, Blueberry, Lemon - OKI | 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      |

# 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) |
|-------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990668 Milk, 1/2PNT, 1% - OKI | 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       |                         |             |          |           |           |            |                        |            |           |

## Monday - 02/24/2025 Reimbursable Meal Total 1

| Portion Size                                     | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990791 Cracker, Goldfish, WG - OKI               | 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 | 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 - 02/25/2025 Reimbursable Meal Total 1

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



# Base Menu Spreadsheet

Open Kitchens Inc

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) |
|---------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990677 Sunflower Seeds, IW- OKI | 1         | 200                      | 2.50                   | 135                    | 1                | 0                | 17.00     | 0.00                    | 0.00        | 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 - 02/26/2025 Reimbursable Meal Total 1

| Portion Size                         | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 999655 Cheese, String - OKI          | 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 | 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 - 02/27/2025 Reimbursable Meal Total 1

| Portion Size                               | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990847 Cucumber, Fresh, Slices, 3/4c - OKI | 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         | 1         | 194                      | 1.46                   | 194                    | 0                | 0                | 11.66     | 0.00                    | 0           | 19.44    | 3.89      | 1.94      | *N/A*      | 0.0                    | *N/A*      | 0.39      |

# Base Menu Spreadsheet

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) |
|--------------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990678 Sauce, Ranch, PKT - OKI | 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 - 02/28/2025 Reimbursable Meal Total 1

| Portion Size                              | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991136 Crackers, Educational Snacks - OKI | 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             | 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       |                         |             |          |           |           |            |            |            |           |

| 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) |
|-------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages |           | 227                      | 2                      | 254                    | 12               | 5                | 9.71      | 0.01                    | 19          | 27.49    | 2.58      | 7.74      | *119       | *128.8     | *4.74      | *1.19     |
| % of Calories     |           |                          | 8.88%                  |                        | 21.1%            | *8.8%            | 38.5%     | 0.0%                    | 48.4%       |          | 13.6%     |           |            |            |            |           |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 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.