

THE Monthly MENU



Monday	Tuesday	Wednesday	Thursday	Friday
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		Jan 1	Jan 2	Jan 3
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<p>Jan 6</p> <ul style="list-style-type: none"> Tortilla Chips Cheddar Cheese Cup Shelf Stable Cheese Salsa Cup Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Wango Mango Juice Applesauce Cup Assorted Flavors Mayo Mustard Packet 1% Milk Skim Milk Chocolate Milk 	<p>Jan 7</p> <ul style="list-style-type: none"> Chicken Tenders & Waffles Veggie Chicken & Waffles Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Seasoned Diced Potatoes Pear Ketchup Mayo Mustard Packet Syrup 1% Milk Skim Milk Chocolate Milk 	<p>Jan 8</p> <ul style="list-style-type: none"> Turkey Sloppy Joe Veggie Burger Hamburger Bun Chicken Chef Salad Veggie Crackers Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Baby Carrots Orange Ranch Dressing Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 9</p> <ul style="list-style-type: none"> Chicken Egg Rolls Vegetable Potstickers Cinnamon Bagel Yogurt & Wowbutter Cream Cheese Cup Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Edamame Grape Juice Sweet & Sour Sauce Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 10</p> <ul style="list-style-type: none"> BBQ Turkey Sandwich Pretzel Roll Mac & Cheese Chickpea Wrap Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Mixed Greens Salad Banana Ranch Dressing Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk
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<p>Jan 13</p> <ul style="list-style-type: none"> Buffalo Cheese Bites Turkey Coins & Cheese Veggie Crackers Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Baby Carrots Applesauce Cup Assorted Flavors Ranch Dressing Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 14</p> <ul style="list-style-type: none"> Philly Cheesesteak WG Hoagie Bun Veggie Burger Hamburger Bun Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Roasted Peppers & Onions Pear Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 15</p>	<p>Jan 16</p> <ul style="list-style-type: none"> Lemon Pepper Drumstick Lemon Pepper Tofu Sister Schubert's Roll Cinnamon Bagel Yogurt & Wowbutter Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Hot Broccoli Grape Juice Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 17</p> <ul style="list-style-type: none"> French Bread Cheese Pizza Chickpea Wrap Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Lemon Chickpea Salad Banana Ranch Dressing Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk
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<p>Jan 20</p>	<p>Jan 21</p> <ul style="list-style-type: none"> Hamburger Veggie Burger Hamburger Bun Pizza Bagel Turkey Pepperoni Sauce, Marinara, PC - OKI Wowbutter & Jelly Sandwich Turkey Cheddar Sandwich Hot Broccoli Pear Ketchup Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 22</p> <ul style="list-style-type: none"> Barbacoa Nachos WG Tortilla Chips Cheese Quesadilla Chicken Chef Salad Veggie Crackers Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Corn Jalapeno Blend Orange Taco Sauce Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk 	<p>Jan 23</p> <ul style="list-style-type: none"> Orange Chicken & Rice Orange Tofu & Rice Cinnamon Bagel Yogurt & Wowbutter Cream Cheese Cup Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Edamame Grape Juice Mayo Mustard Packet Ranch Dressing 1% Milk Chocolate Milk Skim Milk 	<p>Jan 24</p> <ul style="list-style-type: none"> Bolognese Bianco Breaded Ravioli Chickpea Wrap Wowbutter & Jelly Sandwich Turkeyham Swiss Sandwich Diced Carrots Banana Mayo Mustard Packet 1% Milk Chocolate Milk Skim Milk
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Jan 27

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

Jan 28

Chicken Nuggets
 Pizza Crackers
 Veggie Chik'n Nuggets
 Veggie Crackers
 Pizza Bagel
 Turkey Pepperoni
 Sauce, Marinara, PC - OKI
 Wowbutter & Jelly
 Sandwich
 Turkeyham Swiss Sandwich
 Emoticon Potatoes
 Pear
 Ketchup
 Mayo
 Mustard Packet
 BBQ Sauce Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Jan 29

Penne Meatball Marinara
 Veggie Meatball Marinara
 WG Pasta
 Chicken Chef Salad
 Veggie Crackers
 Wowbutter & Jelly
 Sandwich
 Turkey Cheddar Sandwich
 Lemon Chickpea Salad
 Orange
 Mayo
 Mustard Packet
 1% Milk
 Chocolate Milk
 Skim Milk

Jan 30

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

Jan 31

Beef Gyro
 WG Pita
 Falafel Sandwich
 WG Pita
 Chickpea Wrap
 Wowbutter & Jelly
 Sandwich
 Turkey Cheddar Sandwich
 Tomato Wedges
 Banana
 Tzatziki Sauce
 Mayo
 Mustard Packet
 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

Jan 1, 2025 thru Jan 31, 2025

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

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 01/06/2025

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999650 Chips, tortilla, WG, IW- OKI	2BG	1	200	1.00	160	0	0	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
991739 Cheese, Cup, Cheddar - OKI	1MMA	1	190	6.00	570	10	*N/A*	10.00	0.00	30	14.00	0.00	10.00	*N/A*	333.0	*N/A*	0.00
991930 Cheese, Shelf Stable - OKI	1MMA	1	100	6.00	360	0	0	8.00	0.00	25	1.00	0.00	6.00	*N/A*	183.0	*N/A*	0.00
999646 Salsa Cup - OKI	1/4c Veg	1	15	0.00	100	2	0	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
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
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
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
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

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	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			312	1.55	262	47	*5	5.63	0.01	12	57.25	2.41	*11.71	*323	313.1	*0.11	1.87
% of Calories				4.47%		60.3%	*6.4%	16.2%	0.0%		73.4%		*15.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/07/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999752 Chicken, Tenders, Waffles, Bulk - OKI	2BG, 2MMA	300	460	3.50	710	13	12	20.00	0.00	80	46.00	4.00	25.00	*N/A*	*0.0	*N/A*	*1.60
999753 Waffles, Chicken, Veggie, Bulk - OKI	2BG, 2MMA	50	450	3.50	670	11	11	22.00	0.00	35	48.00	5.00	18.00	*N/A*	*60.0	*N/A*	*2.00
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	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*
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
991567 Potatoes, Diced, Seasoned, Bulk- OKI	3/4c	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	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999658 Syrup, PKT - OKI	1	350	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	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	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			891	*4.61	1082	*55	*15	25.64	*0.01	*66	133.50	*11.93	34.32	*323	*362.5	*5.96	*3.23
% of Calories				*4.66%		*24.7%	*6.7%	25.9%	*0.0%		59.9%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/08/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991560 Sloppy Joe, Turkey, Bulk - OKI	4 oz	300	194	2.75	953	9	*N/A*	7.26	*0.00	45	18.88	2.60	14.57	*13	*1.2	*3.11	*0.38
991483 Burger, Veggie, Bulk- OKI	2MMA	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	2BG	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
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
999685 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	500	35	0.02	77	5	*N/A*	0.13	0.00	0	8.18	2.88	0.64	13683	31.8	2.58	0.88

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
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
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			552	3.94	1338	40	*14	13.59	*0.01	44	79.59	10.82	*28.98	*14326	*439.6	*55.96	*3.34
% of Calories				6.42%		29.0%	*10.1%	22.2%	*0.0%		57.7%		*21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/09/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999794 Egg Roll, Chicken, WG, Bulk - OKI	2MMA, 2BG	300	324	2.02	790	4	2	10.12	0.00	71	38.47	6.08	20.25	101	81.0	14.18	3.24
991575 Potsticker, Vegetable, Bulk - OKI	2BG, 2MMA	50	298	0.00	978	14	12	5.28	0.00	0	46.01	4.53	17.49	*N/A*	65.0	*N/A*	3.71
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	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	1	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	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
991474 Edamame, 3/4c, Bulk - OKI	3/4c	500	142	0.00	6	3	*N/A*	5.81	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	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999806 Sauce, Sweet & Sour, PC - OKI	1each	300	10	0.00	15	2	2	0.00	0.00	0	2.40	0.00	0.00	*N/A*	0.5	*N/A*	0.00
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			679	3.38	922	43	*17	20.21	0.01	57	87.14	12.56	40.82	*202	*476.2	*8.61	*5.88
% of Calories				4.48%		25.3%	*10.0%	26.8%	0.0%		51.3%		24.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/10/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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	75	46.83	3.48	21.61	*11	34.9	*0.00	3.40
999824 Pasta, Macaroni & Cheese, JTM, Bulk - OKI	2BG, 2MMA	50	412	9.80	778	2	*0	20.02	0.00	52	40.45	6.08	18.08	*N/A*	*408.0	*N/A*	*0.00
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	1.5c	500	9	0.01	15	1	*N/A*	0.07	0.00	0	1.75	0.68	0.58	3955	15.8	3.86	0.34
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
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
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			557	4.70	786	38	*20	13.63	0.04	65	81.59	7.57	29.27	*4152	*409.3	*10.70	*3.43
% of Calories				7.59%		27.3%	*14.4%	22.0%	0.1%		58.6%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 01/13/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999792 Bites, Cheese, Buffalo, Bulk - OKI	2BG, 2MMA	350	307	4.96	486	5	4	10.91	0.00	25	36.69	0.99	15.87	*N/A*	294.5	*N/A*	1.98
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	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
999685 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	500	35	0.02	77	5	*N/A*	0.13	0.00	0	8.18	2.88	0.64	13683	31.8	2.58	0.88
999478 Applesauce, Cup, Assort - OKI	1/2c	500	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
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
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			539	5.57	887	39	*15	14.78	0.01	34	77.76	6.61	*25.05	*13825	574.0	*2.69	3.18
% of Calories				9.30%		28.9%	*11.1%	24.7%	0.0%		57.7%		*18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/14/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991712 Sandwich, Philly Cheesesteak, Bulk - OKI	2MMA	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

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991584 Roll, Hoagie, WG, Bulk - OKI	2BG	300	150	0.00	105	1	1	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991483 Burger, Veggie, Bulk- OKI	2MMA	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	2BG	50	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
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	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*
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
991705 Peppers, Onions, Roasted, Frz, 3/4c, Bulk - OKI	3/4c	500	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
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	*4.69	767	*42	*13	13.89	*0.01	*42	87.24	*12.32	30.70	*141	*417.3	*5.96	*3.19
% of Calories				*7.06%		*28.1%	*8.7%	20.9%	*0.0%		58.4%		20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/16/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999885 Chicken, Drumstick, Lemon pepper, bulk - OKI	2MMA	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	2MMA	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	2BG	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	2BG, 2MMA	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	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
991490 Broccoli, Hot, 3/4c, Bulk - OKI	3/4c	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
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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			574	3.69	670	*40	*16	15.84	0.01	76	75.34	6.93	34.50	*770	*474.8	*87.12	*3.69
% of Calories				5.79%		*27.9%	*11.1%	24.8%	0.0%		52.5%		24.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/17/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
991864 Pizza, Cheese, French Bread, WG, Bulk - OKI	2MMA, 2BG	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*
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
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
991564 Salad, Lemon Chickpea, Bulk - OKI	1 c	500	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
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
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			916	10.80	1393	38	*13	40.87	*0.01	43	102.62	16.19	39.30	*402	*429.6	*19.20	*2.78
% of Calories				10.61 %		16.6%	*5.7%	40.2%	*0.0%		44.8%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/21/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991481 Hamburger, Bulk - OKI	2MMA	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	2MMA	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	2BG	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
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	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*
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
991490 Broccoli, Hot, 3/4c, Bulk - OKI	3/4c	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
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	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
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			537	*3.85	917	*37	*16	13.36	*0.01	*32	77.46	*11.13	29.81	*749	*459.8	*92.95	*4.25
% of Calories				*6.45%		*27.6%	*11.9%	22.4%	*0.0%		57.7%		22.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

Wednesday - 01/22/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991761 Barbacoa, Turkey, Cheese, Bulk - OKI	2MMA	300	175	6.51	643	0	*0	11.02	0.00	55	6.01	0.00	13.57	*N/A*	223.0	*N/A*	0.56
991491 Chips, tortilla, WG, Bulk- OKI	2BG	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	2BG, 2MMA	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	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
991471 Corn, Jalapeno, Blend, 3/4c, Bulk - OKI	3/4c	500	203	0.92	250	15	*0	6.47	0.00	0	35.12	5.55	5.55	*N/A*	0.0	*N/A*	0.92
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
999659 Sauce, Taco, PKT - OKI	1	50	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*
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			743	8.38	1110	41	*12	26.25	0.01	54	99.26	12.03	*30.91	*635	*522.4	*51.52	*2.68
% of Calories				10.15 %		22.1%	*6.5%	31.8%	0.0%		53.4%		*16.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/23/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999887 Chicken, Orange, Diced, & Rice, White, Bulk - OKI	2BG, 2MMA	300	349	1.16	311	13	*13	3.92	0.00	43	55.95	2.29	18.04	*N/A*	*4.0	*N/A*	*0.78
991868 Tofu, Orange, Rice, White, Bulk - OKI	2MMA, 2BG	50	393	1.27	228	*13	*13	8.85	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	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	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	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
991474 Edamame, 3/4c, Bulk - OKI	3/4c	500	142	0.00	6	3	*N/A*	5.81	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	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	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			707	3.00	677	*49	*23	16.85	0.01	40	99.62	10.53	40.09	*158	*499.1	*0.13	*4.32
% of Calories				3.82%		*27.7%	*13.0%	21.4%	0.0%		56.4%		22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/24/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999888 Bolognese, Beef, Bianco, Pasta, Bulk - OKI	2BG, 2MMA	300	310	4.21	201	0	*0	12.24	*0.50	35	36.23	4.94	*16.74	*12	*64.6	*0.23	*1.44
991489 Ravioli, Breaded, WG, Bulk - OKI	2BG, 2MMA	50	419	1.50	750	11	*1	4.98	0.00	5	73.84	9.95	20.97	*491	169.7	*3.54	4.71
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
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
991573 Carrots, Diced, Bulk - OKI	3/4c	500	39	0.00	77	3	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			563	5.08	590	32	*12	15.05	*0.31	37	83.84	11.77	*26.97	*247	*424.4	*7.33	*2.87
% of Calories				8.12%		22.7%	*8.5%	24.1%	*0.5%		59.6%		*19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 01/27/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991864 Pizza, Cheese, French Bread, WG, Bulk - OKI	2MMA, 2BG	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*
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	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
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			540	7.70	933	34	*13	18.35	0.01	45	67.08	6.03	*27.25	*587	*375.8	*3.18	*1.10
% of Calories				12.83 %		25.2%	*9.6%	30.6%	0.0%		49.7%		*20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 01/28/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991464 Chicken, Nuggets, WG, Bulk - OKI	2MMA, 1BG	300	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	1BG	300	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	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
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
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	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*
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

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999791 Potatoes, Emoticon, 3/4c, Bulk - OKI	3/4c	500	169	1.21	115	0	0	6.05	0.00	0	27.85	2.42	24.21	*N/A*	12.1	*N/A*	0.85
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
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			731	*5.02	1113	*37	*16	24.74	*0.01	*31	104.31	*11.99	*49.20	*365	*401.2	*7.76	*5.45
% of Calories				*6.18%		*20.2%	*8.8%	30.5%	*0.0%		57.1%		*26.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 01/29/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991561 Penne, Meatball, Marinara, Bulk - OKI	2BG, 2MMA	300	344	3.59	242	5	*1	11.76	0.00	37	41.53	6.58	19.38	*250	*70.5	*1.80	*1.39
991870 Penne, Meatball, Veggie, Marinara, Bulk - OKI	2BG, 2MMA	50	334	0.99	362	5	*0	9.45	0.00	0	44.27	9.51	19.93	*250	*99.0	*1.80	*2.64
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	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
991564 Salad, Lemon Chickpea, Bulk - OKI	1 c	500	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
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			888	7.33	1085	37	*13	37.71	*0.01	39	102.74	19.66	*39.79	*1021	*504.1	*65.14	*3.88
% of Calories				7.43%		16.7%	*5.9%	38.2%	*0.0%		46.3%		*17.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999821 Drumstick, Thai, Chili, Bulk - OKI	1 each (2MMA)	300	245	2.72	583	16	*16	10.17	0.00	102	16.47	0.17	20.16	*0	17.5	*0.00	0.78
999820 Tofu, Thai Chili, Bulk - OKI	2MMA	50	234	1.57	400	*13	*13	10.88	0.00	0	16.88	3.01	21.68	*207	859.0	*0.25	3.32

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	2BG	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	2BG, 2MMA	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	1	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	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
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	1.5c	500	9	0.01	15	1	*N/A*	0.07	0.00	0	1.75	0.68	0.58	3955	15.8	3.86	0.34
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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
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			614	3.97	1013	*52	*27	16.47	0.01	79	84.36	5.43	32.54	*4117	*462.1	*3.99	*3.34
% of Calories				5.82%		*33.9%	*17.6%	24.1%	0.0%		55.0%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 01/31/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991799 Sandwich, Gyro, Pita, WG, Bulk - OKI	2MMA, 1.5BG	300	344	6.11	567	0	0	18.25	0.00	112	22.04	1.02	19.26	*N/A*	*56.0	*N/A*	*2.00
991802 Sandwich, Falafel, Pita, WG, Bulk - OKI	1.5BG, 2MMA	50	435	1.13	961	7	0	16.47	0.00	0	56.29	11.34	15.34	*N/A*	115.0	*N/A*	4.04
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
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
999880 Tomato, Wedges, Fresh, 3/4c - OKI	3/4c	500	23	0.04	6	3	*N/A*	0.25	*N/A*	0	4.86	1.50	1.10	1041	12.5	17.13	0.34
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
991773 Sauce, Tzatziki, Bulk - OKI	2 Tbsp	350	61	4.05	162	1	0	4.56	0.00	0	3.04	0.00	1.01	*N/A*	2.0	*N/A*	0.00
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			609	9.08	885	32	*12	23.04	*0.01	81	71.30	7.20	28.63	*1232	*384.3	*23.97	*2.97
% of Calories				13.42 %		21.0%	*7.9%	34.0%	*0.0%		46.8%		18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	642	*5.35	913	*41	*15	19.77	*0.03	*49	87.33	*10.17	*32.21	*2421	*440.5	*25.13	*3.41

Base Menu Spreadsheet

Portion Values

Jan 1, 2025 thru Jan 31, 2025

% of Calories			*7.50%		*25.5%	*9.3%	27.7%	*0.0%		54.4%		*20.1%				
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**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.