

# THE *Monthly* MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6 Banana Bread Mini Loaf 1% Milk	Jan 7 Educational Grahams Wowbutter	Jan 8 Cheddar Cheese Cup Broccoli	Jan 9 Blueberry Lemon Bites 1% Milk	Jan 10 Yogurt Cup Assorted Flavors Granola
Jan 13 Goldfish Assorted Fruit Cups	Jan 14 WG Muffin Assorted Flavors 1% Milk	Jan 15	Jan 16 Red Pepper Strips Hummus Cup Ranch Dressing	Jan 17 Educational Grahams 1% Milk
Jan 20	Jan 21 Apple Slices Wowbutter	Jan 22 Yogurt Cup Assorted Flavors Granola	Jan 23 Cucumber Slices Crackers, Assorted, 1BG - OKI Ranch Dressing	Jan 24 Blueberry Lemon Bites 1% Milk
Jan 27 Goldfish Assorted Fruit Cups	Jan 28 Educational Grahams Wowbutter	Jan 29 WG Muffin Assorted Flavors 1% Milk	Jan 30 Red Pepper Strips Hard-Boiled Egg Ranch Dressing	Jan 31 Yogurt Cup Assorted Flavors Apple Slices

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**

Portion Values

Jan 1, 2025 thru Jan 31, 2025

**Menu Name:** Maywood prek Snack Menu **Include Cost:** No  
**Site:**  
**Use Alternate Menu Name:** No

**Monday - 01/06/2025 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999373 Bread, Mini Loaf, Banana, IW, SB - OKI	1BG	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	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			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 - 01/07/2025 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	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	2	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			318	2.98	164	9	*2	18.88	0.00	0	29.94	4.98	8.95	*N/A*	43.7	*N/A*	1.99
% of Calories				8.43%		11.3%	*2.5%	53.4%	0.0%		37.7%		11.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Wednesday - 01/08/2025 Reimbursable Meal Total 1**

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
999688 Broccoli, Fresh, 1/2c - OKI	1/2c	1	19	0.06	19	1	*N/A*	0.21	0.00	0	3.76	1.47	1.60	353	26.6	50.58	0.41
Weighted Daily Average			209	6.06	589	11	*N/A*	10.21	0.00	30	17.76	1.47	11.60	*353	359.6	*50.58	0.41
% of Calories				26.10 %		21.1%	*N/A*	44.0%	0.0%		34.0%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Thursday - 01/09/2025

### 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	1BG	1	121	0.51	61	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	5.1	*N/A*	1.01
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			221	2.01	181	19	*8	6.04	0.00	15	32.26	2.02	10.02	*220	137.3	*0.53	1.01
% of Calories				8.19%		34.4%	*14.5%	24.6%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Friday - 01/10/2025

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <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	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990723 Granola, WG, 1BG- OKI	1BG	1	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
Weighted Daily Average			190	0.00	135	16	*10	4.00	0.00	0	30.00	2.00	5.00	*N/A*	320.0	*N/A*	0.70
% of Calories				0.00%		33.7%	*21.1%	18.9%	0.0%		63.2%		10.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Monday - 01/13/2025

#### Reimbursable Meal Total 1

	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	1BG	1	101	0.51	172	0	*N/A*	3.54	0.00	0	14.17	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991461 Fruit, Cups, Assorted - OKI	1/2c	1	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
Weighted Daily Average			166	0.51	172	13	*0	3.54	0.00	0	29.97	1.91	*2.22	*N/A*	*27.6	*N/A*	*0.96
% of Calories				2.77%		31.3%	*0%	19.2%	0.0%		72.2%		*5.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Tuesday - 01/14/2025

#### 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	1BG	1	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			255	2.25	226	23	*12	7.37	0.00	30	36.47	0.50	10.50	*220	150.2	*0.53	1.00
% of Calories				7.94%		36.1%	*18.8%	26.0%	0.0%		57.2%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Thursday - 01/16/2025

### 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)
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	1	12	0.03	2	2	*N/A*	0.14	0.00	0	2.74	0.95	0.45	1420	3.2	57.92	0.20
991005 Hummus, PC, 1.5MMA - OKI	1.5MMA	1	110	0.00	100	4	*N/A*	2.00	0.00	0	18.00	5.00	6.00	*N/A*	33.0	*N/A*	2.00
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			131	0.03	228	7	*N/A*	2.14	0.00	0	22.97	6.19	6.64	*1420	42.7	*57.92	2.22
% of Calories				0.21%		21.4%	*N/A*	14.7%	0.0%		70.1%		20.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Friday - 01/17/2025

### 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	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			220	1.50	185	17	*N/A*	6.50	0.00	15	33.00	2.00	10.00	*220	136.3	*0.53	1.00
% of Calories				6.14%		30.9%	*N/A*	26.6%	0.0%		60.0%		18.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Tuesday - 01/21/2025

### 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)
991153 Apple, Slices, 1/2c - OKI	1/2 c	1	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	2	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			228	2.99	100	9	*2	14.98	*0.00	0	15.74	4.33	7.09	*31	43.1	*2.60	1.06
% of Calories				11.80 %		15.8%	*3.5%	59.1%	*0.0%		27.6%		12.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Wednesday - 01/22/2025

### 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	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990723 Granola, WG, 1BG- OKI	1BG	1	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
Weighted Daily Average			190	0.00	135	16	*10	4.00	0.00	0	30.00	2.00	5.00	*N/A*	320.0	*N/A*	0.70
% of Calories				0.00%		33.7%	*21.1%	18.9%	0.0%		63.2%		10.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Thursday - 01/23/2025

### 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)
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.57	0.35	0.46	74	11.3	1.98	0.20
999725 Crackers, Assorted, 1BG - OKI	1BG	1	88	0.00	182	2	1	2.62	0.00	0	14.75	1.50	1.50	*93	11.8	*0.75	2.50
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			107	0.03	310	5	*1	2.71	0.00	0	19.56	2.09	2.15	*167	29.6	*2.73	2.72
% of Calories				0.25%		18.7%	*3.7%	22.8%	0.0%		73.1%		8.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Friday - 01/24/2025

### 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)
991140 Crackers, Blueberry, Lemon - OKI	1BG	1	121	0.51	61	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	5.1	*N/A*	1.01

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			221	2.01	181	19	*8	6.04	0.00	15	32.26	2.02	10.02	*220	137.3	*0.53	1.01
% of Calories				8.19%		34.4%	*14.5%	24.6%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Monday - 01/27/2025

### 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)
990791 Cracker, Goldfish, WG - OKI	1BG	1	101	0.51	172	0	*N/A*	3.54	0.00	0	14.17	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991461 Fruit, Cups, Assorted - OKI	1/2c	1	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
Weighted Daily Average			166	0.51	172	13	*0	3.54	0.00	0	29.97	1.91	*2.22	*N/A*	*27.6	*N/A*	*0.96
% of Calories				2.77%		31.3%	*0%	19.2%	0.0%		72.2%		*5.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Tuesday - 01/28/2025

### 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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00



# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

Jan 1, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990769 Wowbutter, PC - OKI	1MMA	1	198	2.98	99	3	2	14.88	0.00	0	7.94	2.98	6.95	*N/A*	39.7	*N/A*	0.99
Weighted Daily Average			318	2.98	164	9	*2	18.88	0.00	0	29.94	4.98	8.95	*N/A*	43.7	*N/A*	1.99
% of Calories				8.43%		11.3%	*2.5%	53.4%	0.0%		37.7%		11.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Wednesday - 01/29/2025

### 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	1BG	1	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			255	2.25	226	23	*12	7.37	0.00	30	36.47	0.50	10.50	*220	150.2	*0.53	1.00
% of Calories				7.94%		36.1%	*18.8%	26.0%	0.0%		57.2%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Thursday - 01/30/2025

### 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)
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	1	12	0.03	2	2	*N/A*	0.14	0.00	0	2.74	0.95	0.45	1420	3.2	57.92	0.20
999656 Egg, Hard Boiled, 1MMA - OKI	1MMA	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

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2025 thru Jan 31, 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)
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			91	1.53	183	4	*N/A*	5.14	0.00	170	5.97	1.19	6.64	*1420	32.7	*57.92	1.22
% of Calories				15.13 %		17.6%	*N/A*	50.8%	0.0%		26.2%		29.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Friday - 01/31/2025

## 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)
999479 Yogurt, Cups, Assorted - OKI	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
991153 Apple, Slices, 1/2c - OKI	1/2 c	1	29	0.02	1	6	*N/A*	0.10	*N/A*	0	7.80	1.36	0.15	31	3.4	2.60	0.07
Weighted Daily Average			109	0.02	76	18	*7	0.10	*0.00	0	22.80	1.36	3.15	*31	323.4	*2.60	0.07
% of Calories				0.17%		66.1%	*25.7%	0.8%	*0.0%		83.7%		11.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	203	2	205	14	5	7.13	*0.00	18	27.39	2.36	*7.31	*263	*136.5	*9.86	*1.11
% of Calories		7.45%		27.6%	*9.9%	31.6%	*0.0%		54.0%		*14.4%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.