



March 2025 Dining Menu

Monday

Mar 3

Turkey Kielbasa
Hot Dog Bun
Cheese Quesadilla
Turkey Coins & Cheese
Veggie Crackers
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Roasted Peppers & Onions
Applesauce Cup
Assorted Flavors
Ketchup
Mustard Packet
Mayo
1% Milk
Skim Milk
Chocolate Milk

Tuesday

Mar 4

Beef Tacos
Bean & Cheese Tacos
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Corn Jalapeno Blend
Pear
Taco Sauce
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Wednesday

Mar 5

Buffalo Cheese Bites
Chicken & Cheese Wrap
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Red Pepper Strips
Clementine
Mayo
Mustard Packet
Ranch Dressing
1% Milk
Skim Milk
Chocolate Milk

Thursday

Mar 6

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

Friday

Mar 7

Tortellini Alfredo
Pizza Boli
Yogurt & Cheese
Protein Kit
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Mixed Greens Salad
Banana
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 10

Chicken Nuggets
Sea Salt Cobbers
Veggie Chik'n Nuggets
Turkey Coins & Cheese
Veggie Crackers
Turkeyham Swiss Sandwich
Wowbutter & Jelly
Sandwich
Baby Carrots
Applesauce Cup
Assorted Flavors
BBQ Sauce Packet
Mayo
Mustard Packet
Ranch Dressing
1% Milk
Skim Milk
Chocolate Milk

Mar 11

Chicken Egg Rolls
Vegetable Potstickers
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Edamame
Pear
Sweet & Sour Sauce
Mayo
Mustard Packet
Skim Milk
1% Milk
Chocolate Milk

Mar 12

Pizza Grilled Cheese
WG Pizza Crunchers
Chicken & Cheese Wrap
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Broccoli
Clementine
Mayo
Mustard Packet
Ranch Dressing
Skim Milk
1% Milk
Chocolate Milk

Mar 13

Hamburger
Veggie Burger
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Pickles
Grape Juice
Cream Cheese Cup
Ketchup
Mustard Packet
Mayo
1% Milk
Skim Milk
Chocolate Milk

Mar 14

Pancakes & Turkey Sausage
Egg & Cheese Pancake
Sandwich
Yogurt & Cheese
Protein Kit
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Emoticon Potatoes
Banana
Jelly
Ranch Dressing
Ketchup
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 17

Turkey Hot Dog
Hot Dog Bun
Grilled Cheese
Turkey Coins & Cheese
Veggie Crackers
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Peas & Carrots
Applesauce Cup
Assorted Flavors
Ketchup
Mustard Packet
Mayo
Skim Milk
1% Milk
Chocolate Milk

Mar 18

French Bread Cheese Pizza
Wowbutter & Jelly
Sandwich
Turkey Cheddar Sandwich
Broccoli
Pear
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 19

Turkey Totchos
Bean & Cheese Totchos
Cornbread Muffin
Chicken Chef Salad
Veggie Crackers
Wowbutter & Jelly
Sandwich
Turkey & Swiss Sandwich
Corn Jalapeno Blend
Clementine
Taco Sauce
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 20

Thai Chili Chicken & Rice
Thai Chili Tofu
Sister Schubert's Roll
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Edamame
Grape Juice
Cream Cheese Cup
Mayo
Mustard Packet
Skim Milk
1% Milk
Chocolate Milk

Mar 21

Chicken Tenders
Sea Salt Cobbers
Veggie Tenders
Sister Schubert's Roll
Yogurt & Cheese
Protein Kit
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Red Pepper Strips
Banana
BBQ Sauce Packet
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 24

Beef Tamale
Bean & Cheese Tamale
Turkey & Cheese Lunchable
Veggie Crackers
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Cauliflower
Applesauce Cup
Assorted Flavors
Mayo
Mustard Packet
Ranch Dressing
1% Milk
Skim Milk
Chocolate Milk

Mar 25

Chicken & Waffles
Veggie Chicken & Waffles
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Tater Tots
Pear
Syrup
Mayo
Mustard Packet
Ketchup
1% Milk
Skim Milk
Chocolate Milk

Mar 26

Beef Gyro
WG Pita
Falafel Sandwich
WG Pita
Wheat Crackers
Tzatziki Sauce
Chicken Chef Salad
Veggie Crackers
Wowbutter & Jelly
Sandwich
Turkey-Ham & Cheddar Sand
Tomato Wedges
Clementine
Mayo
Mustard Packet
Ranch Dressing
1% Milk
Skim Milk
Chocolate Milk

Mar 27

Korean Meatballs
White Rice
Korean Tofu & Rice
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly
Sandwich
Turkeyham Swiss Sandwich
Edamame
Grape Juice
Cream Cheese Cup
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Mar 28

Mar 31

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

Mar 1, 2025 thru Mar 31, 2025

Menu Name: Maywood 89 Middle School Lunch - 6-8 Include Cost: No
 Site:
 Use Alternate Menu Name: No

Monday - 03/03/2025 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)
999879 Kielbasa, Turkey, Bulk - OKI	2MMA	300	120	2.00	630	1	1	7.00	0.00	60	4.00	0.00	12.00	*N/A*	30.0	*N/A*	1.10
991569 Bun, Hot Dog, WG, Bulk - OKI	2BG	300	150	0.00	270	3	3	2.50	0.00	0	28.00	3.00	6.00	*N/A*	80.0	*N/A*	1.40
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*
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
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
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
999647 Ketchup, Pkt - OKI	1	200	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
990679 Mustard, PKT - OKI	1	250	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
999657 Mayo, PKT - OKI	1	250	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
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	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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	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
Weighted Daily Average			593	4.34	1025	43	*16	16.66	0.06	57	83.48	9.64	*28.74	*142	*442.0	*0.11	*3.34
% of Calories				6.59%		29.0%	*10.8%	25.3%	0.1%		56.3%		*19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 03/04/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999518 Taco, Beef, Cheese, Shredded, 6" Tort, Bulk - OKI	2BG, 2MMA	300	357	9.37	648	2	*N/A*	18.51	0.53	47	31.48	0.75	16.76	*15	*119.0	*0.00	*1.50
999519 Taco, Bean, Cheese, 6in Tort, Bulk - OKI	2BG, 2MMA	100	328	5.99	770	3	*0	9.84	0.00	15	46.78	4.19	12.57	*15	*133.7	*0.00	*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
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
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
999659 Sauce, Taco, PKT - OKI	1	400	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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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	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
Weighted Daily Average			756	9.27	1157	47	*12	25.05	0.33	42	108.96	12.61	30.26	*153	*407.9	*5.96	*3.03
% of Calories				11.04 %		24.9%	*6.3%	29.8%	0.4%		57.7%		16.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 03/05/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999792 Bites, Cheese, Buffalo, Bulk - OKI	2BG, 2MMA	300	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
999620 Wrap, Chicken, Cheese - OKI	2BG, 2MMA	100	338	9.11	400	3	*0	15.56	0.00	52	31.76	3.40	17.42	*2368	*243.7	*0.84	1.85
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
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	500	18	0.04	3	3	*N/A*	0.20	0.00	0	4.10	1.43	0.67	2130	4.8	86.89	0.29
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	150	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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	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
Weighted Daily Average			554	6.52	801	39	*15	16.58	0.04	38	77.29	7.01	26.71	*2745	*534.4	*87.16	*2.56
% of Calories				10.59 %		28.2%	*10.8%	26.9%	0.1%		55.8%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 03/06/2025

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)
999927 Chicken, Drumstick, Rotisserie, Bulk - OKI	2MMA	300	178	2.72	250	*0	*N/A*	10.17	0.00	102	0.12	*0.00	19.99	*0	*8.8	*0.00	*0.78
999928 Tofu, BBQ, Bulk-OKI	2MMA	50	47	0.08	251	*0	*N/A*	0.55	0.00	0	9.35	0.14	1.09	*10	43.1	*0.01	0.17
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	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
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
991657 Bean, BBQ, Salad, 3/4c, Bulk - OKI	3/4c	500	244	0.00	682	3	*0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06
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*
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*
999657 Mayo, PKT - OKI	1	100	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	100	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

Mar 1, 2025 thru Mar 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
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
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
Weighted Daily Average			788	3.90	1351	*42	*16	18.08	0.02	79	115.41	*14.34	41.37	*142	*422.6	*0.11	*4.73
% of Calories				4.45%		*21.3%	*8.1%	20.6%	0.0%		58.6%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 03/07/2025

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)
991762 Tortellini, Alfredo, Bulk - OKI	2BG, 2MMA	300	298	2.82	497	4	0	6.16	0.00	51	43.74	4.16	15.50	*N/A*	176.6	*N/A*	4.17
991488 Pizza, Boli, Bulk - OKI	2BG, 2MMA	50	309	5.99	35	5	2	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00
991141 Yogurt, Granola, CJCheese, Crackers Kit - OKI	2BG, 2MMA	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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
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
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
Weighted Daily Average			529	4.48	778	33	*14	12.18	3.01	114	76.94	7.43	25.51	*4146	514.9	*10.70	4.42
% of Calories				7.62%		25.0%	*10.6%	20.7%	5.1%		58.2%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 03/10/2025

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)
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
991740 Cobbers, Sea Salt, IW - OKI	1BG	300	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
999512 Nuggets, Veggie, Chik'n, Bulk - OKI	2MMA, .25BG	50	212	1.01	344	1	1	13.15	0.00	0	13.15	1.01	12.14	*N/A*	60.7	*N/A*	2.83
991399 Kit, Turkey, Coins, Cheese, Cubes - OKI	2MMA	50	140	5.00	430	0	*0	8.00	0.00	45	0.00	0.00	17.00	*N/A*	204.0	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	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
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
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
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

Mar 1, 2025 thru Mar 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)
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
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
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	400	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	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
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
Weighted Daily Average			614	4.59	1035	38	*14	23.97	0.01	32	76.33	10.22	*24.86	*13825	391.7	*2.69	3.48
% of Calories				6.73%		24.8%	*9.1%	35.1%	0.0%		49.7%		*16.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 03/11/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	100	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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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)
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
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
999806 Sauce, Sweet & Sour, PC - OKI	1each	400	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
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
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
Weighted Daily Average			674	2.74	977	40	*17	18.43	0.01	54	90.58	16.63	40.65	*202	449.2	*14.46	6.20
% of Calories				3.66%		23.7%	*10.1%	24.6%	0.0%		53.8%		24.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 03/12/2025

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)
999967 Sandwich, Cheese, Grilled, Pizza, Bulk - OKI	2BG, 2MMA	300	368	10.22	1141	4	*2	20.51	0.00	53	32.14	4.00	16.69	*N/A*	381.9	*N/A*	2.04
999515 Pizza, Crunchers, WG, Bulk - OKI	2.5BG, 2MMA	50	436	8.10	790	4	1	20.26	0.51	35	42.55	5.06	20.26	*N/A*	435.6	*N/A*	2.53
999620 Wrap, Chicken, Cheese - OKI	2BG, 2MMA	50	338	9.11	400	3	*0	15.56	0.00	52	31.76	3.40	17.42	*2368	*243.7	*0.84	1.85
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

Mar 1, 2025 thru Mar 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
999653 Broccoli, Fresh, 3/4c - OKI	3/4c	500	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
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
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
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
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
Weighted Daily Average			603	9.42	1236	38	*14	21.92	0.06	53	77.30	9.76	29.01	*908	*645.9	*76.05	*2.99
% of Calories				14.06 %		25.2%	*9.3%	32.7%	0.1%		51.3%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 03/13/2025

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)
999627 Sandwich, Hamburger - OKI	2BG, 2MMA	300	266	2.70	490	3	*3	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39
999637 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	50	277	0.00	702	4	3	6.91	0.00	0	33.74	7.90	19.75	*N/A*	118.6	*N/A*	3.16
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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
991212 Pickle, Spears - OKI	3/4c	500	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
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*
990784 Cream Cheese, Cup - OKI	1	100	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999647 Ketchup, Pkt - OKI	1	300	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
990679 Mustard, PKT - OKI	1	300	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
999657 Mayo, PKT - OKI	1	100	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
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			519	4.36	1785	36	*9	15.24	0.02	33	132.47	4.71	27.48	*323	*443.0	*0.11	*3.38
% of Calories				7.56%		27.7%	*6.9%	26.4%	0.0%		102.1%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 03/14/2025

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)
991484 Pancakes, Sausage, Turkey, Cheese, Bulk - OKI	2BG, 2MMA	300	271	3.53	785	8	*N/A*	12.05	0.00	51	28.02	2.00	17.09	*N/A*	*194.4	*N/A*	*0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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)
999977 Sandwich, Pancake, Egg, Cheese, COS - OKI	2BG, 2MMA	50	260	3.50	815	8	*0	11.50	0.00	121	28.00	2.00	14.00	*N/A*	*192.0	*N/A*	*0.00
991141 Yogurt, Granola, CJCheese, Crackers Kit-OKI	2BG, 2MMA	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	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
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
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
999660 Jelly, PKT - OKI	1	350	36	0.00	6	7	7	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
990678 Sauce, Ranch, PKT - OKI	1	100	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
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
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	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
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
Weighted Daily Average			700	5.84	1115	42	*20	21.83	0.01	58	103.58	7.83	49.68	*191	*506.5	*6.84	*2.25
% of Calories				7.51%		24.0%	*11.4%	28.1%	0.0%		59.2%		28.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 03/17/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 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)
991656 Hot Dog, Turkey, Bulk - OKI	2MMA	300	130	3.00	260	0	*N/A*	10.00	0.00	50	1.00	0.00	7.00	*N/A*	52.0	*N/A*	0.72
991569 Bun, Hot Dog, WG, Bulk - OKI	2BG	300	150	0.00	270	3	3	2.50	0.00	0	28.00	3.00	6.00	*N/A*	80.0	*N/A*	1.40
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	50	280	5.00	1060	6	*2	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00
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
999976 Carrots, Diced, Peas, 3/4c, Bulk - OKI	3/4c	500	72	0.03	90	5	*N/A*	0.17	0.00	0	14.29	5.10	4.03	*1340	37.6	*6.32	1.27
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
999647 Ketchup, Pkt - OKI	1	300	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
990679 Mustard, PKT - OKI	1	300	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
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
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
990668 Milk, 1/2PNT, 1% - OKI	1c	300	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	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			553	5.01	912	35	*8	16.86	0.01	54	75.01	10.22	*27.50	*1566	429.6	*6.63	3.64
% of Calories				8.15%		25.3%	*5.8%	27.4%	0.0%		54.3%		*19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Tuesday - 03/18/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991864 Pizza, Cheese, French Bread, WG, Bulk - OKI	2MMA, 2BG	400	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*
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
999653 Broccoli, Fresh, 3/4c - OKI	3/4c	500	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
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
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
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			566	8.06	836	33	*6	18.65	0.01	43	72.66	9.67	30.09	*853	*350.9	*81.82	*1.56
% of Calories				12.82 %		23.3%	*4.2%	29.7%	0.0%		51.3%		21.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 03/19/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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)
999972 Totchos, Turkey, Cheese, bulk - OKI	2MMA	300	246	6.81	477	6	*5	13.31	0.02	67	16.50	1.25	14.80	*5	*211.4	*0.00	*0.50
999974 Totchos, Bean, Cheese, Bulk - OKI	2MMA	50	211	6.25	417	1	*0	11.19	0.00	30	17.61	3.10	9.30	*0	*216.1	*0.00	*0.70
991632 Muffin, Cornbread, IW, WG, 2BG - OKI	2BG	350	220	1.00	115	18	18	7.99	0.00	20	35.94	1.00	3.00	*N/A*	27.0	*N/A*	1.00
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
991308 Sandwich, Turkey, Swiss - OKI	2BG, 2MMA	50	271	3.79	566	3	*2	8.57	0.00	40	29.01	4.00	23.60	*0	319.1	*0.00	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
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999659 Sauce, Taco, PKT - OKI	1	350	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*
990678 Sauce, Ranch, PKT - OKI	1	50	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
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

Mar 1, 2025 thru Mar 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			818	8.54	1023	61	*21	28.46	0.03	74	115.98	11.98	*32.06	*604	*488.1	*0.45	*2.94
% of Calories				9.40%		29.8%	*10.3%	31.3%	0.0%		56.7%		*15.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 03/20/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999979 Drumstick, Thai, Chili, Rice, White, Bulk - OKI	2BG, 2MMA	300	416	2.72	432	11	*11	10.17	0.00	102	53.02	2.12	24.10	*0	*14.6	*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
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	2BG	50	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
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*
990784 Cream Cheese, Cup - OKI	1	100	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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

Portion Values

Mar 1, 2025 thru Mar 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
990668 Milk, 1/2PNT, 1% - OKI	1c	300	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	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			742	4.96	637	*44	*14	22.70	0.01	82	91.62	10.33	44.55	*247	*452.4	*0.34	*4.50
% of Calories				6.02%		*23.7%	*7.5%	27.5%	0.0%		49.4%		24.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 03/21/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999922 Chicken, Tenders, WG, 2.07oz, Bulk - OKI	1BG, 2MMA	300	230	2.00	400	2	1	11.00	0.00	45	12.00	2.00	20.00	*N/A*	0.0	*N/A*	1.60
991740 Cobbers, Sea Salt, IW - OKI	1BG	300	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
991465 Veggie, Chicken, Tenders, Bulk - OKI	2MMA, .25BG	50	233	2.02	374	0	0	14.16	0.00	0	13.15	3.04	14.16	*N/A*	60.7	*N/A*	2.02
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	2BG	50	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
991141 Yogurt, Granola, CJCheese, Crackers Kit-OKI	2BG, 2MMA	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	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
991115 Pepper, Fresh, Red, Strip, 3/4c - OKI	3/4c	500	18	0.04	3	3	*N/A*	0.20	0.00	0	4.10	1.43	0.67	2130	4.8	86.89	0.29
990651 BANANAS, Fresh 150ct - OKI	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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)
999505 Sauce, BBQ, Packet - OKI	1 each	350	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
990678 Sauce, Ranch, PKT - OKI	1	350	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
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
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
Weighted Daily Average			633	4.48	939	36	*16	22.76	0.01	43	78.16	9.66	29.64	*2321	372.5	*93.73	3.27
% of Calories				6.37%		22.7%	*10.1%	32.4%	0.0%		49.4%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 03/24/2025

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)
991479 Tamale, Beef, Bulk - OKI	2BG, 2MMA	300	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00
991478 Tamale, Bean and Cheese, Bulk - OKI	2BG, 2MMA	50	420	10.00	150	0	0	22.00	0.00	10	45.00	4.00	11.00	*N/A*	148.0	*N/A*	2.00
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	*0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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
991327 Cauliflower, Fresh, 3/4c - OKI	3/4c	500	25	0.13	30	2	*N/A*	0.28	0.00	0	4.93	1.98	1.90	0	21.8	47.83	0.42
999478 Applesauce, Cup, Assort - OKI	1/2c	500	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	100	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	300	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
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			565	8.21	471	29	*5	21.17	0.01	30	71.94	7.04	*24.82	*324	382.5	*47.93	3.29
% of Calories				13.08 %		20.5%	*3.5%	33.7%	0.0%		50.9%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 03/25/2025

Reimbursable Meal Total 1

	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)
991565 Chicken & Waffles, Bulk - OKI	2BG, 2MMA	300	330	2.50	575	3	*2	17.01	0.00	30	30.01	4.00	16.01	*N/A*	42.0	*N/A*	2.90
999753 Waffles, Chicken, Veggie, Bulk - OKI	2BG, 2MMA	100	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
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

Mar 1, 2025 thru Mar 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
991486 Tater, Tots, 3/4c, Bulk - OKI	3/4c	500	136	0.62	248	1	*N/A*	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*
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
999658 Syrup, PKT - OKI	1	400	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
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
999647 Ketchup, Pkt - OKI	1	400	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	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	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
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
Weighted Daily Average			401055	2160.00	549026	27601	*8646	12659.53	5.96	18561	59946.36	5801.60	13211.60	*70666	*176644.1	*2978.40	*1557.75
% of Calories				4.85%		27.5%	*8.6%	28.4%	0.0%		59.8%		13.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 03/26/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 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)
991401 Crackers, Wheat, WG, MJM - OKI	1BG	350	90	0.00	160	2	*0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
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
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
999642 Sandwich, Turkey Ham, Cheddar, - OKI	2BG, 2MMA	50	297	5.57	595	3	*3	12.63	0.00	48	29.52	4.00	19.67	*N/A*	270.5	*N/A*	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
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	250	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	250	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	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
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
Weighted Daily Average			716	9.36	1177	39	*12	27.92	*0.06	86	84.48	9.44	*30.48	*1460	*392.7	*17.58	*5.76
% of Calories				11.77%		21.8%	*6.7%	35.1%	*0.1%		47.2%		*17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 03/27/2025

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 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)
999982 Meatballs, Beef, Korean, Rice, White, Bulk - OKI	2BG, 2MMA	300	399	3.50	682	7	*6	9.01	0.00	36	60.10	3.00	16.44	*N/A*	*61.3	*N/A*	*1.19
999981 Tofu, Korean, & Rice, White, Bulk - OKI	2BG, 2MMA	50	413	1.57	374	*4	*4	10.88	0.00	0	54.77	4.87	25.87	*207	*853.7	*0.25	*3.46
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
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*
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*
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
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
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
Weighted Daily Average			739	4.43	914	*44	*18	20.10	0.01	36	101.79	10.98	39.56	*162	*549.5	*0.13	*4.64
% of Calories				5.40%		*23.8%	*9.7%	24.5%	0.0%		55.1%		21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	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)
Weighted Averages	21722	119	29852	*1491	*468	685.69	*0.51	1030	3241.07	*314.79	*726.03	*5315	*9727.4	*180.59	*85.46
% of Calories		4.95%		*27.5%	*8.6%	28.4%	*0.0%		59.7%		*13.4%				

**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*

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.