



March 2025 Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar 3</p> <p>Greek Yogurt Granola Cinnamon Raisin Bagel Cream Cheese Cup Clementine Apple Juice 1% Milk Skim Milk</p>	<p>Mar 4</p> <p>Cinnamon Toast Crunch Bar Yogurt Cup Assorted Flavors Granola Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>Mar 5</p> <p>Chicken Biscuit Pull-a-Part Donut Banana That's It Bar Syrup 1% Milk Skim Milk</p>	<p>Mar 6</p> <p>French Toast Sticks Assorted Oatmeal Rounds Apple Clementine Syrup 1% Milk Skim Milk</p>	<p>Mar 7</p> <p>WG Cereal Assorted Flavors WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>Mar 10</p> <p>Blueberry Mini Waffles Yogurt Cup Assorted Flavors Granola Clementine Apple Juice 1% Milk Skim Milk</p>	<p>Mar 11</p> <p>Assorted Breakfast Boli Whole Grain Bagel Cream Cheese Cup Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>Mar 12</p> <p>Pancake Bowl Assorted Flavors WG Granola Bar Assorted Flavors String Cheese Banana That's It Bar 1% Milk Skim Milk</p>	<p>Mar 13</p> <p>Breakfast Hash Cornbread Muffin Snackn Waffles Assorted Flavors Apple Clementine 1% Milk Skim Milk</p>	<p>Mar 14</p> <p>Stuffed Mini Bagels Strawberry Cream Cheese Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>Mar 17</p> <p>Poffitz Pancake Bites Cinnamon Raisin Bagel Cream Cheese Cup Clementine Apple Juice 1% Milk Skim Milk</p>	<p>Mar 18</p> <p>Egg & Cheese Bagel Yogurt Cup Assorted Flavors Granola Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>Mar 19</p> <p>Snackn Waffles Assorted Flavors Pull-a-Part Donut Banana That's It Bar 1% Milk Skim Milk</p>	<p>Mar 20</p> <p>Turkey Sausage English Muffin WG Muffin Assorted Flavors String Cheese Apple Clementine 1% Milk Skim Milk Jelly</p>	<p>Mar 21</p> <p>Egg Bites Assorted Oatmeal Rounds Pear Applesauce Cup Assorted Flavors Ketchup 1% Milk Skim Milk</p>
<p>Mar 24</p> <p>Turkey-Sausage & Cheese Croissant Yogurt Cup Assorted Flavors Granola Assorted Fruit Cups Clementine Jelly 1% Milk Skim Milk</p>	<p>Mar 25</p> <p>Caramel Cinnis Whole Grain Bagel Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>Mar 26</p> <p>Fiesta Egg Scramble Tortilla Chips Snackn Waffles Assorted Flavors Banana That's It Bar 1% Milk Skim Milk</p>	<p>Mar 27</p> <p>Biscuits & Gravy WG Granola Bar Assorted Flavors String Cheese Apple Clementine 1% Milk Skim Milk</p>	<p>Mar 28</p>
<p>Mar 31</p>				

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

Mar 1, 2025 thru Mar 31, 2025

Menu Name: Maywood 89 Breakfast - K-12 **Include Cost:** No
Site:
Use Alternate Menu Name: No

Monday - 03/03/2025 Reimbursable Meal Total 200

	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)
999940 Yogurt, Cups, Greek, Assorted - OKI	1MMA	100	117	0.00	162	14	10	0.00	0.00	5	16.00	0.00	13.00	*N/A*	130.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
991059 Bagel, Cinnamon Raisin - OKI	2BG	100	171	0.00	282	7	2	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	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*
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	1/2c	200	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			454	2.82	424	52	*8	7.55	0.00	22	77.15	5.17	19.56	*341	*294.6	*0.26	*1.39
% of Calories				5.59%		45.8%	*7.0%	15.0%	0.0%		68.0%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 03/04/2025 Reimbursable Meal Total 200

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)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	100	264	2.53	294	15	13	8.11	0.00	5	41.56	3.04	6.08	*N/A*	30.4	*N/A*	1.62
999479 Yogurt, Cups, Assorted - OKI	1MMA	100	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
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
Weighted Daily Average			442	2.11	323	52	*12	7.60	*0.00	12	79.23	6.29	*13.87	*406	*394.3	*5.77	*1.59
% of Calories				4.30%		47.1%	*10.9%	15.5%	*0.0%		71.7%		*12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 03/05/2025

Reimbursable Meal Total 200

	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)
999834 Biscuit, Chicken, Tender - OKI	1.5BG, 1MMA	100	215	2.00	370	4	4	8.50	0.00	22	22.00	2.00	12.00	*N/A*	126.0	*N/A*	1.80
991732 Donut, Pull-a-Part, Goodyman - OKI	2BG	100	240	4.50	300	8	8	11.00	0.00	0	31.00	2.00	4.00	*N/A*	24.0	*N/A*	1.00
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
999442 Bar, That's It, Assorted - OKI	1/2c	200	90	0.00	18	16	0	0.00	0.00	0	22.33	2.00	0.00	*N/A*	6.7	*N/A*	0.27
999658 Syrup, PKT - OKI	1	100	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03

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
Weighted Daily Average			535	4.15	473	54	*6	11.35	0.00	21	92.73	6.01	16.67	*391	290.5	*7.00	1.92
% of Calories				6.98%		40.4%	*4.5%	19.1%	0.0%		69.3%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 03/06/2025

Reimbursable Meal Total 200

	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)
991118 Toast, French, Sticks, WG - OKI	2BG	100	240	1.00	260	12	*N/A*	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	*N/A*	0.60
999812 Rounds, Oatmeal, Assorted - OKI	2BG	100	273	4.23	239	15	13	11.93	0.00	15	38.77	3.98	4.97	*N/A*	29.8	*N/A*	1.49
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999658 Syrup, PKT - OKI	1	100	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			539	3.46	371	63	*7	11.21	*0.00	22	99.54	8.52	14.84	*406	*237.5	*5.77	*1.24
% of Calories				5.78%		46.8%	*5.2%	18.7%	*0.0%		73.9%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Friday - 03/07/2025

Reimbursable Meal Total 200

	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)
999504 Cereal, Assorted, Fall - OKI	1BG	100	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09
999480 Muffin, Assorted, 1BG, BC - OKI	1BG	100	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	200	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999478 Applesauce, Cup, Assort - OKI	1/2c	200	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			427	5.22	446	46	*8	10.72	0.00	37	71.85	6.47	16.81	*342	*439.5	*6.88	*7.82
% of Calories				11.00 %		43.1%	*7.5%	22.6%	0.0%		67.3%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 03/10/2025

Reimbursable Meal Total 200

	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)
999765 Waffles, Blueberry, Mini, IW - OKI	2BG	100	210	1.00	170	12	11	6.00	0.00	0	37.00	2.00	4.00	*N/A*	30.0	*N/A*	1.40
999479 Yogurt, Cups, Assorted - OKI	1MMA	100	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70

Base Menu Spreadsheet

Open Kitchens Inc

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)
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	1/2c	200	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			420	1.31	267	53	*10	6.55	0.00	10	76.04	4.66	13.55	*341	*379.5	*0.26	*1.08
% of Calories				2.81%		50.5%	*9.5%	14.0%	0.0%		72.4%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 03/11/2025

Reimbursable Meal Total 200

	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)
999955 Boli, Breakfast, Assorted - OKI	2BG	100	470	5.50	720	24	22	14.00	0.00	15	77.00	5.00	11.00	*N/A*	*27.0	*N/A*	*1.00
990768 Bagel, WG, IW - OKI	2BG	100	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
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*
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
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

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)
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			560	5.60	661	51	*11	12.55	*0.00	27	96.95	7.77	*16.83	*406	*247.6	*5.77	*1.83
% of Calories				9.00%		36.4%	*7.9%	20.2%	*0.0%		69.2%		*12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 03/12/2025

Reimbursable Meal Total 200

	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)
999477 Bowl, Pancake, Assorted - OKI	2BG	100	230	2.50	333	16	6	4.83	0.00	35	40.60	2.00	4.99	*N/A*	*17.6	*N/A*	*1.33
999492 Bars, Granola, Assorted - OKI	1BG	100	140	0.63	79	9	8	4.50	0.00	5	23.00	1.00	2.25	*N/A*	10.3	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	100	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
999442 Bar, That's It, Assorted - OKI	1/2c	200	90	0.00	18	16	0	0.00	0.00	0	22.33	2.00	0.00	*N/A*	6.7	*N/A*	0.27
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
Weighted Daily Average			472	4.46	433	50	*7	9.26	0.00	40	83.93	5.51	15.29	*391	*328.0	*7.00	*1.67
% of Calories				8.50%		42.4%	*5.9%	17.7%	0.0%		71.1%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 03/13/2025

Reimbursable Meal Total 200

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)
999941 Hash, Breakfast - OKI	6oz	100	91	0.82	193	1	*0	3.30	0.00	24	8.54	1.14	7.40	*397	*5.4	*23.60	*0.42
991546 Muffin, Cornbread, IW, WG - OKI	1BG	100	150	0.50	90	9	*9	5.00	0.00	15	23.01	0.00	3.00	*N/A*	21.0	*N/A*	1.00
999771 Waffle, Snackn, Assorted - OKI	2BG	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
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
Weighted Daily Average			468	3.51	397	50	*12	10.40	*0.00	51	80.34	7.10	17.56	*604	*224.9	*17.57	*0.89
% of Calories				6.75%		42.7%	*10.3%	20.0%	*0.0%		68.7%		15.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 03/14/2025

Reimbursable Meal Total 200

	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)
999764 Bagels, Mini, Stuffed, Strawberry, IW - OKI	2BG	100	230	2.00	190	13	12	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
999424 Bread, Breakfast, Assorted - OKI	2BG	100	260	1.50	243	23	23	8.00	0.00	0	44.33	2.33	5.00	*N/A*	107.0	*N/A*	1.36
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999478 Applesauce, Cup, Assort - OKI	1/2c	200	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00

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
Weighted Daily Average			461	2.59	326	55	*17	8.53	0.00	15	88.99	7.38	13.81	*341	290.2	*6.12	1.76
% of Calories				5.06%		47.7%	*14.8%	16.7%	0.0%		77.2%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 03/17/2025

Reimbursable Meal Total 200

	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)
991819 Pancake, Bites, Poffitz, WG, IW - OKI	2BG	100	250	1.00	290	13	11	12.01	0.00	40	37.02	2.00	4.00	*N/A*	36.0	*N/A*	1.00
991059 Bagel, Cinnamon Raisin - OKI	2BG	100	171	0.00	282	7	2	1.01	0.00	0	37.22	3.02	5.03	*N/A*	50.3	*N/A*	2.01
990784 Cream Cheese, Cup - OKI	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*
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
991824 Juice, Apple, Citrus Sun, 1/2c - OKI	1/2c	200	60	0.00	5	13	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			466	3.32	458	49	*7	11.56	0.00	40	80.16	5.17	14.07	*341	*247.6	*0.26	*1.54
% of Calories				6.41%		42.1%	*6.0%	22.3%	0.0%		68.8%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Tuesday - 03/18/2025

Reimbursable Meal Total 200

	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)
991654 Bagel, Breakfast, Egg, Cheese, Tony's - OKI	1MMA, 1.25BG	100	180	3.00	380	6	1	6.00	0.00	55	23.00	2.00	9.00	40	200.0	*N/A*	1.30
999479 Yogurt, Cups, Assorted - OKI	1MMA	100	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
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
Weighted Daily Average			400	2.35	366	48	*6	6.54	*0.00	37	69.95	5.77	*15.33	*426	*479.1	*5.77	*1.43
% of Calories				5.29%		48.0%	*6.0%	14.7%	*0.0%		70.0%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 03/19/2025

Reimbursable Meal Total 200

	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)
999771 Waffle, Snackn, Assorted - OKI	2BG	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
991732 Donut, Pull-a-Part, Goodyman - OKI	2BG	100	240	4.50	300	8	8	11.00	0.00	0	31.00	2.00	4.00	*N/A*	24.0	*N/A*	1.00
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20

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)
999442 Bar, That's It, Assorted - OKI	1/2c	200	90	0.00	18	16	0	0.00	0.00	0	22.33	2.00	0.00	*N/A*	6.7	*N/A*	0.27
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
Weighted Daily Average			492	5.15	422	49	*11	11.60	0.00	32	85.13	6.01	13.67	*391	*227.0	*7.00	*1.00
% of Calories				9.42%		39.8%	*8.9%	21.2%	0.0%		69.2%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 03/20/2025

Reimbursable Meal Total 200

	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)
987542 Sandwich, BKF, EM, Sausage - OKI	2BG, 1MMA	100	180	1.00	360	1	*0	5.50	0.00	30	21.00	1.00	12.00	*N/A*	*90.0	*N/A*	*1.60
999480 Muffin, Assorted, 1BG, BC - OKI	1BG	100	155	0.75	106	12	12	4.87	0.00	15	25.47	0.50	2.50	*N/A*	18.0	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	100	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
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

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)
999660 Jelly, PKT - OKI	1	100	36	0.00	6	7	7	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
Weighted Daily Average			448	3.72	447	49	*9	9.94	*0.00	42	74.81	6.29	19.63	*406	*364.8	*5.77	*1.49
% of Calories				7.47%		43.8%	*8.0%	20.0%	*0.0%		66.8%		17.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 03/21/2025

Reimbursable Meal Total 200

	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)
999502 Egg, Bites, Sunny Fresh, 2each- OKI	3MMA	100	239	4.97	378	2	*N/A*	17.90	0.00	259	5.97	1.99	11.94	*N/A*	*N/A*	*N/A*	*N/A*
999812 Rounds, Oatmeal, Assorted - OKI	2BG	100	273	4.23	239	15	13	11.93	0.00	15	38.77	3.98	4.97	*N/A*	29.8	*N/A*	1.49
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999478 Applesauce, Cup, Assort - OKI	1/2c	200	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
999647 Ketchup, Pkt - OKI	1	100	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
Weighted Daily Average			478	5.44	465	46	*8	16.49	0.00	147	69.49	8.26	16.81	*341	*237.1	*6.12	*1.04
% of Calories				10.24 %		38.5%	*6.7%	31.0%	0.0%		58.2%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 03/24/2025

Reimbursable Meal Total 200

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)
999486 Croissant, Square, Turkey Sausage, Cheese - OKI	2.5BG, 2MMA	100	380	8.50	910	8	*4	17.00	0.00	80	38.00	4.00	20.00	*N/A*	*228.0	*N/A*	*1.80
999479 Yogurt, Cups, Assorted - OKI	1MMA	100	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
990723 Granola, WG, 1BG- OKI	1BG	100	110	0.00	60	4	*3	4.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	*N/A*	0.70
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
999660 Jelly, PKT - OKI	1	100	36	0.00	6	7	7	0.01	0.00	0	9.03	0.03	0.04	*N/A*	0.4	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	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
Weighted Daily Average			528	5.06	635	54	*10	12.05	0.00	50	83.85	6.57	*21.77	*341	*486.1	*0.26	*1.55
% of Calories				8.62%		40.9%	*7.6%	20.5%	0.0%		63.5%		*16.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 03/25/2025

Reimbursable Meal Total 200

	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)
999425 Cinnis, Caramel, Mini - OKI	2BG	100	210	1.00	280	10	8	6.00	0.00	0	35.03	2.00	5.00	*N/A*	30.0	*N/A*	1.50
990768 Bagel, WG, IW - OKI	2BG	100	150	0.00	270	3	*N/A*	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14

Base Menu Spreadsheet

Open Kitchens Inc

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)
991461 Fruit, Cups, Assorted - OKI	1/2c	200	65	0.00	0	13	*0	0.00	0.00	0	15.80	0.90	*0.20	*N/A*	*7.4	*N/A*	*0.25
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
Weighted Daily Average			395	1.35	384	43	*4	5.05	*0.00	10	75.46	6.27	*13.33	*406	*249.1	*5.77	*2.08
% of Calories				3.08%		43.5%	*4.1%	11.5%	*0.0%		76.4%		*13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 03/26/2025

Reimbursable Meal Total 200

	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)
991548 Egg, Scramble, Fiesta - OKI	1MMA	100	96	2.72	249	1	*N/A*	5.87	0.00	70	5.33	0.53	5.33	*N/A*	110.4	*N/A*	0.53
991397 Chips, Tortilla, WG, IW, 1BG - OKI	1BG	100	120	0.50	100	0	*0	4.50	0.00	0	18.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
999771 Waffle, Snackn, Assorted - OKI	2BG	100	250	4.00	290	15	14	9.00	0.00	44	37.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
999442 Bar, That's It, Assorted - OKI	1/2c	200	90	0.00	18	16	0	0.00	0.00	0	22.33	2.00	0.00	*N/A*	6.7	*N/A*	0.27
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

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)
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			480	4.51	446	45	*7	11.28	0.00	67	81.30	6.28	15.33	*391	*270.2	*7.00	*0.77
% of Calories				8.46%		37.5%	*5.8%	21.2%	0.0%		67.8%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 03/27/2025

Reimbursable Meal Total 200

	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)
990637 Biscuits & Gravy - OKI	2oz	100	220	4.96	540	3	*N/A*	11.36	0.00	39	17.61	1.00	12.32	*N/A*	262.1	*N/A*	1.18
999492 Bars, Granola, Assorted - OKI	1BG	100	140	0.63	79	9	8	4.50	0.00	5	23.00	1.00	2.25	*N/A*	10.3	*N/A*	1.00
999655 Cheese, String - OKI	1MMA	100	80	4.00	200	1	*N/A*	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	*N/A*	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
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
Weighted Daily Average			442	5.64	520	45	*4	12.68	*0.00	42	67.36	6.53	19.65	*406	*446.8	*5.77	*1.27
% of Calories				11.48 %		40.7%	*3.6%	25.8%	*0.0%		61.0%		17.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	469	4	435	50	9	10.15	*0.00	38	80.75	6.42	*16.23	*390	*322.9	*5.59	*1.76
% of Calories		7.25%		42.6%	*7.7%	19.5%	*0.0%		68.9%		*13.8%				

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.