

March 2025 Dining Menu

Monday

Mar 3

Turkey Kielbasa
 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
 Chocolate Milk
 Skim Milk

Tuesday

Mar 4

Beef Tacos
 Bean & Cheese Tacos
 Pizza Bagel
 Turkey Pepperoni
 Wowbutter & Jelly Sandwich
 Turkey Cheddar Sandwich
 Corn Jalapeno Blend
 Pear
 Taco Sauce
 Sauce, Marinara, PC - OKI
 Mayo
 Mustard Packet
 1% Milk
 Skim Milk
 Chocolate Milk

Wednesday

Mar 5

Buffalo Cheese Bites
 Chicken & Cheese Wrap
 Wowbutter & Jelly Sandwich
 Turkey Cheddar Sandwich
 Green Pepper Strips
 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
 BBQ Sauce Packet
 Cream Cheese Cup
 Mayo
 Mustard Packet
 1% Milk
 Skim Milk
 Chocolate Milk

Friday

Mar 7

Alfredo Tortellini
 Pizza Boli
 Chickpea Chef Salad
 Wowbutter & Jelly Sandwich
 Turkey Cheddar Sandwich
 Sister Schubert's Roll
 Mixed Greens Salad
 Banana
 Ranch Dressing
 Mayo
 Mustard Packet
 Skim Milk
 1% Milk
 Chocolate Milk

Mar 10

Chicken Nuggets
 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
 Pizza Bagel
 Turkey Pepperoni
 Wowbutter & Jelly Sandwich
 Turkey Cheddar Sandwich
 Edamame
 Pear
 Mayo
 Sauce, Marinara, PC - OKI
 Mustard Packet
 Sweet & Sour Sauce
 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
 Chocolate Milk
 1% 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
 Chickpea Chef Salad
 Veggie Crackers
 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
 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

Galaxy Pizza
 Turkey & Beef Pepperoni
 Galaxy Pizza
 Cheese
 Pizza Bagel
 Turkey Pepperoni
 Wowbutter & Jelly Sandwich
 Turkey Cheddar Sandwich
 Broccoli
 Pear
 Sauce, Marinara, PC - OKI
 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
 Broccoli
 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
 Chickpea Wrap
 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
 Been & Cheese Tamale
 Turkey & Cheese Lunchable
 Veggie Crackers
 Turkeyham Swiss Sandwich
 Wowbutter & Jelly Sandwich
 Cauliflower
 Applesauce Cup
 Assorted Flavors
 Mayo
 Mustard Packet
 Ranch Dressing
 1% Milk
 Skim Milk
 Chocolate Milk

Mar 25

Chicken & Waffles
 Veggie Chicken & Waffles
 Pizza Bagel
 Turkey Pepperoni
 Wowbutter & Jelly Sandwich
 Turkeyham Swiss Sandwich
 Tater Tots
 Pear
 Syrup
 Sauce, Marinara, PC - OKI
 Mayo
 Mustard Packet
 Ketchup
 1% Milk
 Chocolate Milk
 Skim Milk

Mar 26

Beef Gyro
 WG Pita
 Falafel Sandwich
 WG Pita
 Chicken Chef Salad
 Veggie Crackers
 Wowbutter & Jelly Sandwich
 Turkey-Ham & Cheddar Sand
 Tomato Wedges
 Tzatziki Sauce
 Clementine
 Mayo
 Mustard Packet
 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 Elementary Lunch - K-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)
991626 Kielbasa, Turkey - OKI	2BG, 2MMA	200	270	2.00	900	4	4	9.50	0.00	60	32.00	3.00	18.00	*N/A*	110.0	*N/A*	2.50
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	100	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	100	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	100	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
991680 Peppers, Onions, Roasted, Frz, 3/4c - 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	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

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			602	5.83	918	40	*8	18.66	0.06	57	80.50	9.88	*28.92	*227	*379.1	*0.32	*3.00
% of Calories				8.72%		26.6%	*5.3%	27.9%	0.1%		53.5%		*19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
991196 Taco, Beef, 6in Tort - OKI	2BG, 2MMA	200	347	7.49	695	2	*N/A*	16.99	0.70	42	31.90	1.00	16.99	*48	*26.0	*0.00	*2.00
991326 Taco, Bean, Cheese, 6in Tort - OKI	2BG, 2MMA	100	325	5.99	725	3	*0	9.84	0.00	15	46.49	4.19	12.57	*0	*133.7	*0.00	*1.40
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	100	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
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
991447 Corn, Jalapeno, Blend, 3/4c - 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	200	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*
990807 Sauce, Marinara, PC - OKI	1/4c	100	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

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	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
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	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			741	*8.42	1156	*45	*5	24.09	*0.29	*42	105.98	*12.88	31.36	*245	*354.1	*6.17	*3.26
% of Calories				*10.23 %		*24.3%	*2.7%	29.3%	*0.4%		57.2%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
999768 Bites, Cheese, Buffalo - 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
991112 Pepper, Green, Bell, 3/4c - OKI	3/4c	500	22	0.05	3	4	*N/A*	0.26	0.00	0	5.13	1.79	0.84	2663	6.0	108.61	0.37
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

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)
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	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			563	6.62	759	40	*7	16.91	0.04	37	79.31	8.79	27.81	*5590	*535.0	*195.77	*2.91
% of Calories				10.58 %		28.4%	*5.0%	27.0%	0.1%		56.3%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
999744 Chicken, Drumstick, Rotisserie - OKI	2MMA	250	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
999850 Tofu, BBQ- OKI	2MMA	50	183	1.27	264	*0	*N/A*	8.81	0.00	0	11.98	2.32	17.45	*168	690.1	*0.20	2.69
991627 Roll, Dinner, Schubert, 2BG - OKI	2BG	300	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	100	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
990662 Bean, BBQ, Salad, 3/4 c- 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*

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	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
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
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			807	4.10	1401	*43	*11	19.37	0.02	68	117.39	*14.95	42.34	*340	*523.0	*0.13	*5.06
% of Calories				4.57%		*21.3%	*5.5%	21.6%	0.0%		58.2%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
991735 Tortellini, Alfredo, JTM - OKI	2BG, 2MMA	250	334	4.27	661	5	0	8.61	0.00	59	44.60	4.06	17.74	*N/A*	261.2	*N/A*	4.09
991300 Pizza, Boli - OKI	2BG, 2MMA	100	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
991042 Salad, Chef, Chickpea/Cheese - OKI	2MMA, 3/4c Veg	50	146	6.01	244	1	*N/A*	9.58	0.00	30	6.87	2.13	8.41	*5404	*225.3	*6.71	*0.63
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)
991627 Roll, Dinner, Schubert, 2BG - 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
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	1.5c	500	9	0.01	15	1	*N/A*	0.07	0.00	0	1.75	0.68	0.58	3955	15.8	3.86	0.34
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
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			535	6.13	777	30	*6	14.69	6.00	186	69.08	7.28	27.02	*4771	*484.6	*11.58	*3.89
% of Calories				10.31 %		22.4%	*4.5%	24.7%	10.1%		51.6%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	250	240	2.50	440	1	0	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
999636 Nuggets, Veggie, Chik'n - OKI	2MMA, .25BG	50	210	1.00	340	1	1	13.00	0.00	0	13.00	1.00	12.00	*N/A*	60.0	*N/A*	2.80
991399 Kit, Turkey, Coins, Cheese, Cubes - OKI	2MMA	50	140	5.00	430	0	*0	8.00	0.00	45	0.00	0.00	17.00	*N/A*	204.0	*N/A*	0.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990665 Crackers, Veggie, Darlington - OKI	1BG	50	110	0.50	140	1	0	3.50	0.00	0	18.00	2.00	2.00	*N/A*	9.0	*N/A*	1.00
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
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	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			448	3.45	814	35	*7	15.19	0.01	29	58.24	7.37	22.65	*14006	382.2	*2.69	2.93
% of Calories				6.93%		31.2%	*6.2%	30.5%	0.0%		52.0%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 03/11/2025

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)
999770 Egg Roll, Chicken, WG - OKI	2MMA, 2BG	250	320	2.00	780	4	2	10.00	0.00	70	38.00	6.00	20.00	100	80.0	14.00	3.20
991540 Potsticker, Vegetable- OKI	2BG, 2MMA	100	293	0.00	937	13	12	5.25	0.00	0	44.99	4.50	17.33	*N/A*	64.3	*N/A*	3.66
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
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
991174 Edamame, 3/4c - OKI	3/4c	500	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
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
999806 Sauce, Sweet & Sour, PC - OKI	1each	350	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
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			668	*3.11	979	*39	*17	18.46	*0.01	*50	89.32	*16.10	40.30	*191	*474.6	*12.96	*5.99
% of Calories				*4.19%		*23.4%	*10.2%	24.9%	*0.0%		53.5%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 03/12/2025

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)
999938 Sandwich, Cheese, Grilled, Pizza - OKI	2BG, 2MMA	250	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
999482 Pizza, Crunchers, WG - OKI	2.5BG, 2MMA	100	430	8.00	780	4	1	20.00	0.50	35	42.00	5.00	20.00	*N/A*	430.0	*N/A*	2.50
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
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
991442 Broccoli, Fresh, 3/4c, IW - OKI	3/4c	500	29	0.12	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
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
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
Weighted Daily Average			609	9.22	1198	38	*14	21.84	0.11	51	78.23	9.85	29.32	*908	*650.2	*76.05	*3.03
% of Calories				13.63 %		25.0%	*9.2%	32.3%	0.2%		51.4%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 03/13/2025

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)
999627 Sandwich, Hamburger - OKI	2BG, 2MMA	250	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	100	449	2.98	456	22	11	15.89	0.00	0	60.16	6.00	14.98	*N/A*	410.0	*N/A*	3.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
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			537	4.39	1782	38	*10	15.93	0.02	30	135.70	5.01	27.18	*323	*474.8	*0.11	*3.34
% of Calories				7.36%		28.3%	*7.4%	26.7%	0.0%		101.1%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 03/14/2025

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)
981390 Pancakes, Sausage, Turkey, Cheese - OKI	2BG, 2MMA	250	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
999948 Sandwich, Pancake, Egg, Cheese - OKI	2BG, 2MMA	100	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
991042 Salad, Chef, Chickpea/Cheese - OKI	2MMA, 3/4c Veg	50	146	6.01	244	1	*N/A*	9.58	0.00	30	6.87	2.13	8.41	*5404	*225.3	*6.71	*0.63
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
999767 Potatoes, Emoticon, 3/4c - 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	200	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	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			683	5.99	1101	38	*12	21.96	0.01	65	100.21	8.09	*49.11	*913	*476.7	*7.51	*2.03
% of Calories				7.89%		22.3%	*7.0%	28.9%	0.0%		58.7%		*28.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 03/17/2025

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)
990811 Sandwich, Hot Dog - OKI	2BG, 2MMA	200	280	3.00	530	3	*3	12.50	0.00	50	29.00	3.00	13.00	*N/A*	132.0	*N/A*	2.12
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	100	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
999947 Carrots, Diced, Peas, 3/4c - 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

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			525	4.91	912	35	*8	15.36	0.01	47	72.41	10.02	*26.90	*1566	448.0	*6.63	3.42
% of Calories				8.42%		26.7%	*6.1%	26.3%	0.0%		55.2%		*20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

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)
991950 Pizza, Galaxy, Pepperoni - OKI	2BG, 2MMA	250	290	6.00	490	8	2	13.00	0.00	35	28.00	3.00	16.00	*N/A*	260.0	*N/A*	1.90
991951 Pizza, Galaxy, Cheese - OKI	2BG, 2MMA	100	280	6.00	410	8	2	12.00	0.00	30	28.00	3.00	15.00	*N/A*	280.0	*N/A*	1.70
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
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
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

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)
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			525	*6.46	770	*36	*7	15.96	*0.01	*38	71.66	*10.28	27.86	*853	*569.4	*81.82	*3.02
% of Calories				*11.07%		*27.4%	*5.3%	27.4%	*0.0%		54.6%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 03/19/2025

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)
999945 Totchos, Turkey, Shredded Cheese - OKI	2MMA	250	1449	15.21	3262	90	*75	47.66	0.40	629	120.23	4.85	139.38	*84	*398.1	*0.00	*8.00
999946 Totchos, Bean, Cheese - OKI	2MMA	100	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

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)
991447 Corn, Jalapeno, Blend, 3/4c - 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
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			1416	12.69	2410	102	*55	45.42	0.21	351	167.96	13.96	*93.80	*643	*581.9	*0.45	*6.71
% of Calories				8.07%		28.8%	*15.5%	28.9%	0.1%		47.4%		*26.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
999949 Drumstick, Thai, Chili, Rice, White - OKI	2BG, 2MMA	200	416	2.72	432	11	*11	10.17	0.00	102	53.02	2.12	24.10	*0	*14.6	*0.00	*0.78
999785 Tofu, Thai Chili - OKI	2MMA	50	200	1.27	396	*13	*13	8.81	0.00	0	16.22	2.47	17.59	*168	697.2	*0.20	2.69
991627 Roll, Dinner, Schubert, 2BG - 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

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)
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	100	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
991174 Edamame, 3/4c - OKI	3/4c	500	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
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
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			698	4.68	595	*44	*13	21.97	0.01	61	86.82	10.37	40.66	*243	*473.3	*0.34	*4.55
% of Calories				6.03%		*25.2%	*7.4%	28.3%	0.0%		49.8%		23.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
999775 Chicken, Tenders - 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

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)
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
991304 Veggie, Chicken, Tenders - OKI	2MMA, .25BG	50	230	2.00	370	0	0	13.98	0.00	0	12.98	3.00	13.98	*N/A*	59.9	*N/A*	2.00
991627 Roll, Dinner, Schubert, 2BG - 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
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
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
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	300	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			611	4.78	874	32	*8	22.71	0.01	43	73.77	9.77	29.75	*2503	*340.5	*93.73	*2.92
% of Calories				7.04%		20.9%	*5.2%	33.5%	0.0%		48.3%		19.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

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)
991525 Tamale, Beef - OKI	2.25BG, 2MMA	200	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
990825 Tamale, Bean and Cheese - OKI	2BG, 2MMA	100	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
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
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			531	7.61	452	29	*5	19.57	0.01	27	68.64	6.84	*23.12	*324	390.5	*47.93	2.89
% of Calories				12.90 %		21.8%	*3.8%	33.2%	0.0%		51.7%		*17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Mar 1, 2025 thru Mar 31, 2025

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)
990827 Chicken & Waffles - OKI	3BG, 2MMA	250	470	4.00	750	12	*11	23.01	0.00	60	50.01	5.00	19.01	*N/A*	*30.0	*N/A*	*1.90
991845 Waffles, Chicken, Veggie - OKI	2BG, 2MMA	100	400	2.00	630	4	4	19.00	0.00	10	42.00	5.00	17.00	*N/A*	84.0	*N/A*	4.00
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
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
999686 Tater, Tots, 3/4c - 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	350	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
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	350	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

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			424441	*2553.08	602198	*28039	*10079	13593.12	*5.96	*23883	62913.70	*5945.30	14052.85	*70666	*191417.4	*2978.40	*1450.80
% of Calories				*5.41%		*26.4%	*9.5%	28.8%	*0.0%		59.3%		13.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
991769 Sandwich, Gyro, Pita, WG - OKI	2MMA, 1.5BG	1	342	6.04	563	0	0	18.10	0.00	111	22.02	1.01	19.11	*N/A*	*56.0	*N/A*	*2.00
991774 Sandwich, Falafel, Pita, WG - OKI	1.5BG, 2MMA	1	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
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	1	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	1	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	1	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	1	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
991773 Sauce, Tzatziki, Bulk - OKI	2 Tbsp	1	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
991204 Clementine, Fresh - OKI	1/2c	1	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	1	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	1	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08

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	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
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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	1	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			61	0.65	49	2	*1	3.34	*0.00	0	5.72	1.05	*2.18	*9	*17.1	*0.04	*0.42
% of Calories				9.59%		13.1%	*6.6%	49.3%	*0.0%		37.5%		*14.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 03/27/2025

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999950 Meatballs, Beef, Korean, Rice, White - OKI	2BG, 2MMA	1	399	3.50	682	7	*6	9.00	0.00	36	60.09	3.00	16.42	*N/A*	*61.2	*N/A*	*1.18
999962 Tofu, Korean, & Rice, White - OKI	2BG, 2MMA	1	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	1	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	1	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
991174 Edamame, 3/4c - OKI	3/4c	1	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	1	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	1	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	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

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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
999657 Mayo, PKT - OKI	1	1	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	1	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
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
990669 Milk, 1/2PNT, Skim - OKI	1c	1	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	1	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			62	0.63	48	*2	*1	3.32	0.00	0	5.85	1.05	2.22	*2	*19.2	*0.00	*0.43
% of Calories				9.15%		*12.9%	*6.5%	48.2%	0.0%		37.7%		14.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	22898	*139.62	32589	*1511	*541	733.05	*0.67	*1319	3388.45	*321.52	*769.76	*5491	*10473.2	*185.40	*79.51
% of Calories		*5.49%		*26.4%	*9.5%	28.8%	*0.0%		59.2%		*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.