

March 2025 Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar 3</p> <p>Blueberry Lemon Bites 1% Milk</p>	<p>Mar 4</p> <p>Hard-Boiled Egg Whole Grain Toast</p>	<p>Mar 5</p> <p>Crackers, Assorted, 1BG - OKI Cheese Slice</p>	<p>Mar 6</p> <p>Cheer Cereal 1% Milk</p>	<p>Mar 7</p> <p>Cottage Cheese Diced Peaches</p>
<p>Mar 10</p> <p>Educational Grahams Applesauce</p>	<p>Mar 11</p> <p>Blueberry Bread 1% Milk</p>	<p>Mar 12</p> <p>Cucumber Slices Blueberry Lemon Bites Ranch Dressing</p>	<p>Mar 13</p> <p>Yogurt Cup Assorted Flavors Granola Bites</p>	<p>Mar 14</p> <p>Soft Mini Pretzel Apple Slices</p>
<p>Mar 17</p> <p>Granola Bites 1% Milk</p>	<p>Mar 18</p> <p>Wheat Crackers Cheese Slice</p>	<p>Mar 19</p> <p>Apple Cinnamon Muffin 1% Milk</p>	<p>Mar 20</p> <p>Whole Grain Toast Deli Turkey</p>	<p>Mar 21</p> <p>Cottage Cheese Diced Pears</p>
<p>Mar 24</p> <p>Educational Grahams Yogurt Cup Assorted Flavors</p>	<p>Mar 25</p> <p>Pumpkin Bread 1% Milk</p>	<p>Mar 26</p> <p>Goldfish Tropical Fruit</p>	<p>Mar 27</p> <p>Cucumber Slices Hard-Boiled Egg Ranch Dressing</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 Snack

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 03/03/2025

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)
991140 Crackers, Blueberry, Lemon - OKI	1BG	1	121	0.51	61	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	5.1	*N/A*	1.01
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			221	2.01	181	19	*8	6.04	0.00	15	32.26	2.02	10.02	*220	137.3	*0.53	1.01
% of Calories				8.19%		34.4%	*14.5%	24.6%	0.0%		58.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 03/04/2025

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)
999656 Egg, Hard Boiled, 1MMA - OKI	1MMA	1	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00
999889 Bread, Sandwich, WG, 1/2BG- OKI	1/2BG	1	35	0.00	55	0	0	0.50	0.00	0	7.00	1.00	1.50	*N/A*	16.0	*N/A*	0.50
Weighted Daily Average			105	1.50	110	2	*0	5.50	0.00	170	8.00	1.00	7.50	*N/A*	39.0	*N/A*	1.50
% of Calories				12.86 %		7.6%	*0%	47.1%	0.0%		30.5%		28.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 03/05/2025

Reimbursable Meal Total 1

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)
999725 Crackers, Assorted, 1BG - OKI	1BG	1	88	0.00	182	2	1	2.62	0.00	0	14.75	1.50	1.50	*93	11.8	*0.75	2.50
999576 Cheese, Yellow American, 1slice - OKI	.5MMA	1	35	1.25	210	1	*N/A*	2.00	0.00	8	1.00	0.00	3.50	*N/A*	96.0	*N/A*	0.00
Weighted Daily Average			122	1.25	393	3	*1	4.62	0.00	8	15.75	1.50	5.00	*93	107.8	*0.75	2.50
% of Calories				9.22%		9.8%	*3.3%	34.1%	0.0%		51.6%		16.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 03/06/2025

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)
999577 Cereal, Chex, Bowlpack - OKI	1BG	1	111	0.00	233	2	2	0.51	0.00	0	24.30	1.01	2.02	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			211	1.50	353	13	*2	3.01	0.00	15	35.30	1.01	10.02	*220	*132.3	*0.53	*0.00
% of Calories				6.40%		24.6%	*3.8%	12.8%	0.0%		66.9%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 03/07/2025

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)
999457 Cheese, Cottage, DC - OKI	1/4c	1	41	0.36	229	2	*N/A*	0.58	*N/A*	2	1.54	0.00	7.00	23	34.5	0.00	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)
891325 Peaches, Diced, Canned - OKI	1/2c	1	51	0.00	5	10	*N/A*	0.00	0.00	0	12.21	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			92	0.36	234	12	*N/A*	0.58	*0.00	2	13.75	0.00	7.00	*23	*34.5	*0.00	*0.08
% of Calories				3.52%		52.2%	*N/A*	5.7%	*0.0%		59.8%		30.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 03/10/2025

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)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
999417 Applesauce, Canned, 1/2c - OKI	1/2c	1	51	0.00	0	11	0	0.00	0.00	0	13.29	2.04	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			171	0.00	65	17	*0	4.00	0.00	0	35.29	4.04	2.00	*N/A*	*4.0	*N/A*	*1.00
% of Calories				0.00%		39.8%	*0%	21.1%	0.0%		82.5%		4.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 03/11/2025

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)
991677 Bread, Blueberry, WG, Slice - OKI	2BG	1	270	1.50	250	24	23	8.00	0.00	0	46.00	2.00	5.00	*N/A*	52.0	*N/A*	1.08

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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			370	3.00	370	35	*23	10.50	0.00	15	57.00	2.00	13.00	*220	184.3	*0.53	1.08
% of Calories				7.30%		37.8%	*24.9%	25.5%	0.0%		61.6%		14.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 03/12/2025

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)
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.57	0.35	0.46	74	11.3	1.98	0.20
991140 Crackers, Blueberry, Lemon - OKI	1BG	1	121	0.51	61	8	8	3.54	0.00	0	21.26	2.02	2.02	*N/A*	5.1	*N/A*	1.01
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			141	0.54	188	11	*8	3.63	0.00	0	26.07	2.62	2.68	*74	22.9	*1.98	1.23
% of Calories				3.45%		31.2%	*22.7%	23.2%	0.0%		74.0%		7.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 03/13/2025

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)
999479 Yogurt, Cups, Assorted - OKI	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00

Base Menu Spreadsheet

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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01
Weighted Daily Average			201	0.00	80	18	13	2.02	0.00	0	37.27	2.02	5.02	*N/A*	339.2	*N/A*	1.01
% of Calories				0.00%		35.8%	25.9%	9.0%	0.0%		74.2%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 03/14/2025

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)
991745 Pretzel, Soft, Mini, IW - OKI	1BG	1	70	0.00	90	0	0	0.00	0.00	0	14.00	1.00	2.00	*N/A*	0.0	*N/A*	0.00
999408 Apple, Slices, IW, 1/2c - OKI	1/2c	1	30	0.00	0	0	0	0.00	0.00	0	6.96	1.00	0.00	*N/A*	*N/A*	38.79	*N/A*
Weighted Daily Average			100	0.00	90	0	0	0.00	0.00	0	20.96	2.00	2.00	*N/A*	*0.0	*38.79	*0.00
% of Calories				0.00%		0%	0%	0.0%	0.0%		83.8%		8.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 03/17/2025

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)
991696 Granola, Bites - OKI	1BG	1	121	0.00	5	6	6	2.02	0.00	0	22.27	2.02	2.02	*N/A*	19.2	*N/A*	1.01

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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			221	1.50	125	17	*6	4.52	0.00	15	33.27	2.02	10.02	*220	151.5	*0.53	1.01
% of Calories				6.11%		30.8%	*10.9%	18.4%	0.0%		60.2%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 03/18/2025

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)
991401 Crackers, Wheat, WG, MJM - OKI	1BG	1	90	0.00	160	2	*0	2.50	0.00	0	14.00	2.00	2.00	0	8.0	0.00	4.00
999576 Cheese, Yellow American, 1slice - OKI	.5MMA	1	35	1.25	210	1	*N/A*	2.00	0.00	8	1.00	0.00	3.50	*N/A*	96.0	*N/A*	0.00
Weighted Daily Average			125	1.25	370	3	*0	4.50	0.00	8	15.00	2.00	5.50	*0	104.0	*0.00	4.00
% of Calories				9.00%		9.6%	*0%	32.4%	0.0%		48.0%		17.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 03/19/2025

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)
999579 Muffin, Apple Cinn, WG, 1.8oz, BC - OKI	1BG	1	140	0.50	85	11	10	4.00	0.00	20	24.00	0.00	3.00	*N/A*	11.0	*N/A*	1.00

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)
990668 Milk, 1/2PNT, 1% - OKI	1c	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			240	2.00	205	22	*10	6.50	0.00	35	35.00	0.00	11.00	*220	143.3	*0.53	1.00
% of Calories				7.50%		36.7%	*16.7%	24.4%	0.0%		58.3%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 03/20/2025

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)
999889 Bread, Sandwich, WG, 1/2BG- OKI	1/2BG	1	35	0.00	55	0	0	0.50	0.00	0	7.00	1.00	1.50	*N/A*	16.0	*N/A*	0.50
999449 Turkey, Deli, 0.5oz - OKI	0.5	1	27	0.17	153	0	*N/A*	0.33	0.00	13	0.00	0.00	6.33	0	0.0	0.00	0.00
Weighted Daily Average			62	0.17	208	0	*0	0.83	0.00	13	7.00	1.00	7.83	*0	16.0	*0.00	0.50
% of Calories				2.47%		0%	*0%	12.0%	0.0%		45.2%		50.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 03/21/2025

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)
999457 Cheese, Cottage, DC - OKI	1/4c	1	41	0.36	229	2	*N/A*	0.58	*N/A*	2	1.54	0.00	7.00	23	34.5	0.00	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)
921326 Pears, Diced, Canned - OKI	1/2c	1	81	0.00	5	14	*N/A*	0.00	0.00	0	19.60	1.96	0.98	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			122	0.36	234	16	*N/A*	0.58	*0.00	2	21.14	1.96	7.98	*23	*34.5	*0.00	*0.08
% of Calories				2.66%		52.5%	*N/A*	4.3%	*0.0%		69.3%		26.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 03/24/2025

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)
991136 Crackers, Educational Snacks - OKI	1BG	1	120	0.00	65	6	*N/A*	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
999479 Yogurt, Cups, Assorted - OKI	1MMA	1	80	0.00	75	12	7	0.00	0.00	0	15.00	0.00	3.00	*N/A*	320.0	*N/A*	0.00
Weighted Daily Average			200	0.00	140	18	*7	4.00	0.00	0	37.00	2.00	5.00	*N/A*	324.0	*N/A*	1.00
% of Calories				0.00%		36.0%	*14.0%	18.0%	0.0%		74.0%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=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)
999423 Bread, Pumpkin, WG, Slice, SB - OKI	2BG	1	260	1.50	240	24	23	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00

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	1	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
Weighted Daily Average			360	3.00	360	35	*23	10.50	0.00	15	55.00	2.00	13.00	*220	246.3	*0.53	1.00
% of Calories				7.50%		38.9%	*25.6%	26.2%	0.0%		61.1%		14.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 03/26/2025

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)
990791 Cracker, Goldfish, WG - OKI	1BG	1	101	0.51	172	0	*N/A*	3.54	0.00	0	14.17	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991328 Fruit, Tropical, Canned - OKI	1/2c	1	71	0.00	0	19	*N/A*	0.00	0.00	0	18.14	0.99	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			172	0.51	172	19	*N/A*	3.54	0.00	0	32.32	2.00	2.02	*N/A*	*20.2	*N/A*	*0.71
% of Calories				2.67%		44.2%	*N/A*	18.5%	0.0%		75.2%		4.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 03/27/2025

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)
990757 Cucumber, Fresh, Slices, 1/2c - OKI	1/2c	1	11	0.03	1	1	*N/A*	0.08	0.00	0	2.57	0.35	0.46	74	11.3	1.98	0.20
999656 Egg, Hard Boiled, 1MMA - OKI	1MMA	1	70	1.50	55	1	*N/A*	5.00	0.00	170	1.00	0.00	6.00	*N/A*	23.0	*N/A*	1.00

Base Menu Spreadsheet

Portion Values

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)
990678 Sauce, Ranch, PKT - OKI	1	1	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
Weighted Daily Average			90	1.53	183	4	*N/A*	5.08	0.00	170	5.81	0.59	6.65	*74	40.9	*1.98	1.22
% of Calories				15.30 %		17.8%	*N/A*	50.8%	0.0%		25.8%		29.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=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	175	1	214	14	5	4.21	*0.00	25	27.54	1.67	7.01	*85	*109.6	*2.46	*1.05
% of Calories		5.55%		32.0%	*11.4%	21.7%	*0.0%		62.9%		16.0%				

- *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.