



May 2025 Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>May 1</p> <p>Pancakes & Turkey Bacon Snackn Waffles Assorted Flavors Apple Clementine Syrup Skim Milk 1% Milk</p>	<p>May 2</p> <p>Colby Jack Omelet Salsa Cup WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>May 5</p> <p>Blueberry Mini Waffles Yogurt Cup Assorted Flavors Granola Clementine Apple Juice 1% Milk Skim Milk</p>	<p>May 6</p> <p>Egg & Cheese Bagel Whole Grain Bagel Cream Cheese Cup Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>May 7</p> <p>Pancake Bowl Assorted Flavors WG Granola Bar Assorted Flavors String Cheese Banana That's It Bar 1% Milk Skim Milk</p>	<p>May 8</p> <p>French Toast Sticks Assorted Oatmeal Rounds Apple Clementine Syrup 1% Milk Skim Milk</p>	<p>May 9</p> <p>Biscuits & Gravy Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>May 12</p> <p>Poffitt Pancake Bites Cinnamon Raisin Bagel Cream Cheese Cup Clementine Apple Juice 1% Milk Skim Milk</p>	<p>May 13</p> <p>Chicken & Cheese Waffle Yogurt Cup Assorted Flavors Granola Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>May 14</p> <p>Breakfast Hash Cornbread Muffin Pull-a-Part Donut Banana That's It Bar 1% Milk Skim Milk</p>	<p>May 15</p> <p>Egg Bites Cornbread Muffin Assorted Oatmeal Rounds Apple Clementine 1% Milk Skim Milk</p>	<p>May 16</p> <p>Maple Oatmeal WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>May 19</p> <p>Snackn Waffles Assorted Flavors Yogurt Cup Assorted Flavors Granola Applesauce Cup Assorted Flavors Clementine 1% Milk Skim Milk</p>	<p>May 20</p> <p>Caramel Cinnis Whole Grain Bagel Cream Cheese Cup Apple Assorted Fruit Cups 1% Milk Skim Milk</p>	<p>May 21</p> <p>Egg Bagel Sandwich Assorted Oatmeal Rounds Banana That's It Bar Jelly 1% Milk Skim Milk</p>	<p>May 22</p> <p>Maple Biscuit WG Granola Bar Assorted Flavors String Cheese Apple Clementine 1% Milk Skim Milk</p>	<p>May 23</p> <p>Fiesta Egg Scramble Tortilla Chips Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</p>
<p>May 26</p>	<p>May 27</p> <p>Snackn Waffles Assorted Flavors Yogurt Cup Assorted Flavors Granola Apple Assorted Fruit Cups Skim Milk 1% Milk</p>	<p>May 28</p> <p>Pancake Sausage Bites Pull-a-Part Donut Banana That's It Bar 1% Milk Skim Milk</p>	<p>May 29</p> <p>Chicken Biscuit Snackn Waffles Assorted Flavors Apple Clementine Syrup Skim Milk 1% Milk</p>	<p>May 30</p> <p>Colby Jack Omelet Salsa Cup WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk</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

May 1, 2025 thru May 31, 2025

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

Site:

Use Alternate Menu Name: No

Thursday - 05/01/2025

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)
991309 Pancakes, Bacon, Turkey - OKI	2BG	100	260	2.00	890	7	*1	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40
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*
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
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
Weighted Daily Average			538	3.85	712	60	*8	12.25	*0.00	52	93.15	7.53	19.36	*406	*212.1	*5.77	*0.39
% of Calories				6.44%		44.6%	*5.9%	20.5%	*0.0%		69.3%		14.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 05/02/2025

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)
991668 Omelet, Colby Jack, Tortilla - OKI	1BG, 2MMA	100	200	5.00	420	1	*0	10.49	0.00	165	15.97	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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)
999646 Salsa Cup - OKI	1/4c Veg	100	15	0.00	100	2	0	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
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
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			88168	1143.19	104364	8927	*1173	2442.42	0.00	21953	13808.73	1193.10	3611.70	*68266	*65941.5	*1223.10	*155.70
% of Calories				11.67%		40.5%	*5.3%	24.9%	0.0%		62.6%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 05/05/2025

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)
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
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*

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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			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 - 05/06/2025

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)
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
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
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			415	4.35	491	42	*0	8.55	*0.00	47	69.95	6.27	*15.83	*426	*334.1	*5.77	*1.98
% of Calories				9.43%		40.5%	*0%	18.5%	*0.0%		67.4%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 31, 2025

Wednesday - 05/07/2025

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)
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 - 05/08/2025

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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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*
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									

Friday - 05/09/2025

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
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
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

May 1, 2025 thru May 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			456	4.07	501	50	*11	11.21	0.00	29	76.79	6.88	16.97	*341	406.3	*6.12	1.55
% of Calories				8.03%		43.9%	*9.6%	22.1%	0.0%		67.4%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 05/12/2025

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)
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									

Tuesday - 05/13/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 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)
999422 Waffle, Stuffed, Chx & Cheese - OKI	1MMA, 1.5BG	100	190	4.00	330	9	8	8.00	0.00	55	23.00	1.00	9.00	*N/A*	*N/A*	*N/A*	*N/A*
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			405	2.85	341	49	*9	7.54	*0.00	37	69.95	5.27	*15.33	*406	*379.1	*5.77	*0.78
% of Calories				6.33%		48.4%	*8.9%	16.8%	*0.0%		69.1%		*15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 05/14/2025

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)
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
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

May 1, 2025 thru May 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			488	3.81	418	46	*9	11.25	0.00	29	82.41	5.58	15.87	*589	*240.2	*18.80	*1.71
% of Calories				7.03%		37.7%	*7.4%	20.7%	0.0%		67.5%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 05/15/2025

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)
991060 Egg, Bites, Sunny Fresh- OKI	1.5MMA	100	119	2.49	189	1	*N/A*	8.95	0.00	129	2.98	1.00	5.97	*N/A*	*N/A*	*N/A*	*N/A*
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
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*
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

May 1, 2025 thru May 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			494	4.45	370	50	*11	14.69	*0.00	89	78.44	8.02	16.33	*406	*237.1	*5.77	*1.42
% of Calories				8.11%		40.5%	*8.9%	26.8%	*0.0%		63.5%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 05/16/2025

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)
739333 Oatmeal, Maple-OKI	1c	100	167	0.39	38	17	*N/A*	2.65	0.00	3	31.54	2.00	5.08	*N/A*	*N/A*	*N/A*	*N/A*
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
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			417	3.41	281	52	*6	8.29	0.00	29	75.33	6.47	15.10	*341	*329.7	*6.12	*0.78
% of Calories				7.36%		49.9%	*5.8%	17.9%	0.0%		72.3%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 05/19/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 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)
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*
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
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
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			430	2.81	322	53	*12	8.05	0.00	32	77.01	5.66	14.55	*341	*369.5	*0.26	*0.38
% of Calories				5.88%		49.3%	*11.2%	16.8%	0.0%		71.6%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 05/20/2025

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)
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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			431	3.35	442	44	*4	8.55	*0.00	20	75.96	6.27	*13.84	*406	*249.1	*5.77	*2.08
% of Calories				7.00%		40.8%	*3.7%	17.9%	*0.0%		70.5%		*12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 05/21/2025

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)
296640 Sandwich, BKF, Bagel, Egg - OKI	2BG, 1MMA	100	191	1.01	321	4	*1	5.06	0.00	76	27.01	2.00	8.04	*N/A*	232.4	*N/A*	1.60
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
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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			498	3.52	409	50	*11	10.09	0.00	55	88.54	7.01	15.19	*391	346.3	*7.00	2.06
% of Calories				6.36%		40.2%	*8.8%	18.2%	0.0%		71.1%		12.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 05/22/2025

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)
991007 Biscuit, Maple, IW - OKI	2BG	100	200	2.50	300	8	5	5.00	0.00	0	33.00	2.00	4.00	*N/A*	170.0	*N/A*	2.00
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	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
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			472	6.41	500	48	*7	12.50	*0.00	32	76.06	7.03	18.48	*406	*499.8	*5.77	*1.68
% of Calories				12.22 %		40.7%	*5.9%	23.8%	*0.0%		64.5%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 05/23/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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)
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*
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
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	3.20	405	49	*11	10.71	0.00	45	79.66	7.65	14.48	*341	*330.4	*6.12	*1.23
% of Calories				6.34%		43.2%	*9.7%	21.2%	0.0%		70.2%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 05/27/2025

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)
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*
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 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
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
Weighted Daily Average			435	2.85	321	52	*12	8.04	*0.00	32	76.95	5.77	*13.83	*406	*379.1	*5.77	*0.78
% of Calories				5.90%		47.8%	*11.0%	16.6%	*0.0%		70.8%		*12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 05/28/2025

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)
990778 Bites, Pancake Sausage - OKI	1.5BG, 2MMA	100	256	0.90	586	11	*N/A*	5.00	0.00	29	37.00	4.00	17.00	*N/A*	70.0	*N/A*	3.00
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
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			495	3.60	570	47	*4	9.60	0.00	24	85.13	7.01	19.17	*391	262.0	*7.00	2.50
% of Calories				6.55%		38.0%	*3.2%	17.5%	0.0%		68.8%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

May 1, 2025 thru May 31, 2025

Thursday - 05/29/2025

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
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*
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
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
Weighted Daily Average			515	3.85	452	59	*9	10.50	*0.00	43	90.65	7.53	18.36	*406	*275.1	*5.77	*1.09
% of Calories				6.73%		45.8%	*7.0%	18.3%	*0.0%		70.4%		14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 05/30/2025

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)
991668 Omelet, Colby Jack, Tortilla - OKI	1BG, 2MMA	100	200	5.00	420	1	*0	10.49	0.00	165	15.97	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*
999646 Salsa Cup - OKI	1/4c Veg	100	15	0.00	100	2	0	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
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

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 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)
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
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			88168	1143.19	104364	8927	*1173	2442.42	0.00	21953	13808.73	1193.10	3611.70	*68266	*65941.5	*1223.10	*155.70
% of Calories				11.67%		40.5%	*5.3%	24.9%	0.0%		62.6%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=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	8818	112	10323	896	119	241.68	*0.00	2124	1388.24	119.52	*358.28	*6858	*6567.9	*121.77	*16.06
% of Calories		11.45%		40.6%	*5.4%	24.7%	*0.0%		63.0%		*16.3%				

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.