

Menu Name:	Cicero Hot Breakfast K-12	Include Cost:	Yes
Site:		Report Style:	Detailed

Tuesday - 04/11/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
991239 Cereal, Cheerios, Apple Cinn - OKI	1BG	1	110	0.00	110	9	1.50	0.00	0	23.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	1	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
991345 Pears, Diced, Cup - OKI	1/2c	1	55	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	*N/A*	6.0	*N/A*	0.16	\$0.000
990653 Applesauce, Cup - OKI	1/2c	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			90	0.82	109	11	1.35	0.00	10	*11.38	0.02	7.86	*481	*288.5	*0.60	*0.04	\$0.200
% of Calories				8.20%		48.9%	13.5%	0.0%		*50.6%		34.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 04/12/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990631 Muffin, Banana, WG - OKI	2BG	200	310	1.00	200	29	8.00	0.00	35	56.00	2.00	5.00	*N/A*	28.0	*N/A*	2.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990656 Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			527	1.90	308	64	9.60	0.00	45	100.80	5.01	13.66	*530	*320.2	*7.33	*2.24	\$0.200
% of Calories				3.24%		48.6%	16.4%	0.0%		76.5%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 04/13/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991233 Wrap, Breakfast, Egg - OKI	1BG, 1MMA	200	181	3.80	405	1	7.99	0.00	59	19.47	0.00	7.50	*N/A*	*71.0	*N/A*	*0.50	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	200	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			476	4.68	525	54	9.63	0.00	69	85.43	6.15	17.23	*481	*398.3	*7.44	*1.55	\$0.200
% of Calories				8.85%		45.4%	18.2%	0.0%		71.8%		14.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 04/14/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990671 Bar, Oatmeal, Strawberry - OKI	1BG	200	140	0.50	75	9	4.50	0.00	5	23.00	1.00	2.00	*N/A*	10.0	*N/A*	1.00	\$0.000
990677 Sunflower Seeds, IW- OKI	1MMA	200	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			470	2.31	325	48	7.05	0.00	15	*66.54	6.66	16.05	*481	*323.3	*0.60	*2.03	\$0.200
% of Calories				4.42%		40.9%	13.5%	0.0%		*56.6%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 04/17/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	200	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.200
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 04/18/2023 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991246 Croissant, Egg & Cheese - OKI	1.5BG, 1.5 MMA	200	266	4.26	581	5	11.56	0.00	83	31.01	2.00	11.54	*N/A*	369.4	*N/A*	1.00	\$0.326
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			536	5.08	691	55	13.10	0.00	93	87.55	6.66	20.58	*481	*657.7	*0.60	*1.03	\$0.526
% of Calories				8.53%		41.0%	22.0%	0.0%		65.3%		15.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 04/19/2023 Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990775 Cereal, Honey Bunches, Vanilla - OKI	2BG	200	220	0.00	150	12	3.00	0.00	0	46.00	4.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			517	4.90	458	48	10.60	0.00	30	92.80	7.01	19.66	*530	*490.2	*7.33	*0.24	\$0.200
% of Calories				8.53%		37.1%	18.5%	0.0%		71.8%		15.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 04/20/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991312 Bites, French Toast, Cinnamon - OKI	2BG	200	250	1.00	270	12	8.00	0.00	10	38.02	2.00	6.00	*N/A*	21.0	*N/A*	0.60	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	200	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			545	1.88	390	65	9.64	0.00	20	103.98	8.15	15.73	*481	348.3	*7.44	1.65	\$0.200
% of Calories				3.10%		47.7%	15.9%	0.0%		76.3%		11.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 04/21/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990710 Bread, WG, Banana - OKI	1BG	200	160	0.50	100	15	4.00	0.00	20	28.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00	\$0.305
990677 Sunflower Seeds, IW- OKI	1MMA	200	120	1.00	140	1	1.00	0.00	0	*N/A*	2.00	5.00	*N/A*	20.0	*N/A*	1.00	\$0.000
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			490	2.31	350	54	6.55	0.00	30	*71.54	6.66	17.05	*481	*327.3	*0.60	*2.03	\$0.505
% of Calories				4.24%		44.1%	12.0%	0.0%		*58.4%		13.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Monday - 04/24/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990633 Parfait, Yogurt, Strawberry, Granola - OKI	1BG, 1MMA	200	211	0.00	50	20	3.54	0.00	5	40.26	2.02	5.02	*N/A*	*290.0	*N/A*	*0.00	\$0.000
990648 Apple, Fresh, 138CT, - OKI	1/2c	200	62	0.03	1	12	0.20	*N/A*	0	16.52	2.87	0.31	65	7.2	5.50	0.14	\$0.000
991316 Juice, Orange - OKI	1/2c	200	60	0.00	15	11	0.00	0.00	0	13.00	*N/A*	1.00	*N/A*	*N/A*	36.00	0.10	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			422	0.85	174	55	5.09	*0.00	15	80.91	*4.90	14.16	*545	*585.5	*42.10	*0.28	\$0.200
% of Calories				1.81%		52.1%	10.9%	*0.0%		76.7%		13.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Tuesday - 04/25/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990588 Taco, Breakfast, Fiesta - OKI	1 each	200	97	1.71	209	1	2.95	0.00	5	15.39	0.04	2.41	*N/A*	*8.6	*N/A*	*0.04	\$0.000
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			367	2.52	319	51	4.50	0.00	15	71.92	4.70	11.46	*481	*297.0	*0.60	*0.08	\$0.200
% of Calories				6.18%		55.6%	11.0%	0.0%		78.4%		12.5%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Wednesday - 04/26/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991266 Cheerios, Bowlpack - OKI	1BG	200	100	0.00	140	1	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	*N/A*	9.00	\$0.000
990696 Cheese, String - OKI	1MMA	200	80	4.00	200	1	6.00	0.00	20	2.00	0.00	6.00	*N/A*	198.0	*N/A*	0.00	\$0.000
990651 BANANAS, Fresh 150ct - OKI	1/2c	200	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	200	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			397	4.90	448	37	9.60	0.00	30	67.80	6.01	18.66	*530	*570.2	*7.33	*9.24	\$0.200
% of Calories				11.11%		37.3%	21.8%	0.0%		68.3%		18.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Thursday - 04/27/2023

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991309 Pancakes, Bacon, Turkey - OKI	2BG	200	260	2.00	890	7	12.00	0.00	41	27.00	2.00	14.00	*N/A*	*0.0	*N/A*	*0.40	\$0.000
990704 Syrup, PKT - OKI	1	200	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	200	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990654 Raisins, Box - OKI	1/2c	200	129	0.04	11	28	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			675	2.88	1032	82	13.64	0.00	51	123.15	8.15	23.73	*481	*328.2	*7.44	*1.48	\$0.200
% of Calories				3.84%		48.6%	18.2%	0.0%		73.0%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

Friday - 04/28/2023

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991173 Bread, Cinnamon Crumb - OKI	2BG	200	290	1.00	190	29	6.00	0.00	55	55.00	2.00	6.00	*N/A*	21.0	*N/A*	2.00	\$0.000
991204 Clementine, Fresh - OKI	1/2c	200	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			500	1.81	300	67	7.55	0.00	65	98.54	5.66	15.05	*481	*314.3	*0.60	*2.03	\$0.200
% of Calories				3.26%		53.6%	13.6%	0.0%		78.8%		12.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=0										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			460	3	400	53	8.07	*0.00	36	*81.66	*5.76	16.07	*501	*416.8	*9.44	*1.73	\$0.245
% of Calories				5.26%		46.1%	15.8%	*0.0%		*71.0%		14.0%					

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.

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

Menu Name:	2 Entree Hot Lunch - Cicero 6-8	Include Cost:	Yes
Site:		Report Style:	Detailed

Tuesday - 04/11/2023 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
991198 Nachos, Chicken, Cheese - OKI	2MMA	150	142	3.89	274	0	7.45	0.00	47	3.09	0.00	14.13	*N/A*	*111.5	*N/A*	0.59	\$0.000
990690 Chips, tortilla, WG, IW- OKI	2BG	150	200	1.00	160	0	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60	\$0.000
991325 Taco, Beef, Cheese, Shredded - OKI	2BG, 2MMA	150	355	9.37	603	2	18.49	0.52	46	31.19	0.75	16.74	*N/A*	*119.0	*N/A*	*1.50	\$0.000
991214 Salad, Black Bean & Corn - OKI	3/4c	300	151	0.02	157	2	0.43	0.00	0	29.37	10.15	8.73	*888	*46.4	*36.20	*3.12	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			673	7.72	809	30	17.98	0.26	55	95.82	16.25	34.04	*1374	*486.1	*42.85	*4.73	\$0.200
% of Calories				10.32%		17.8%	24.0%	0.3%		57.0%		20.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 04/12/2023 Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990587 Sandwich, Hamburger - OKI	2BG, 2MMA	150	266	2.70	490	3	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39	\$0.000
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	150	280	5.00	1060	8	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00	\$0.000
990746 Tater, Tots, 3/4c - OKI	3/4c	300	136	0.62	248	1	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			577	5.01	1156	35	15.55	0.00	38	83.48	8.63	29.33	*487	*562.1	*0.80	*2.72	\$0.200
% of Calories				7.81%		24.3%	24.3%	0.0%		57.9%		20.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 04/13/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991178 Potsticker, Chicken, Vegetable - OKI	2MMA/2BG	150	281	0.51	840	8	7.94	0.00	35	38.22	2.02	17.19	*N/A*	*35.4	*N/A*	*3.03	\$0.000
991300 Pizza, Boli - OKI	2BG, 2MMA	150	309	5.99	35	5	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00	\$0.000
990743 Peas, Snap, Fresh, 3/4c - OKI	3/4c	300	50	0.00	5	5	0.24	0.00	0	8.52	3.36	3.96	4	*N/A*	*N/A*	*N/A*	\$0.000
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			491	3.79	574	37	11.59	14.97	370	56.71	6.37	28.42	*491	*492.1	*0.80	*2.54	\$0.200
% of Calories				6.95%		30.1%	21.2%	27.4%		46.2%		23.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 04/14/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
991315 Chicken, Drumstick, Lemon Pepper & Rice - OKI	2BG, 2MMA	150	323	1.39	344	0	7.25	0.00	52	48.91	2.04	14.32	*0	*4.5	*0.00	*0.40	\$0.000
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	150	240	2.50	440	1	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90	\$0.000
990681 Roll, Dinner, WG - OKI	1BG	150	80	0.00	150	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	0.80	\$0.000
990686 Ketchup, Pkt - OKI	1	150	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63	\$0.000
990663 Grapes, 1/2 cup - OKI	1/2c	300	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			495	2.60	795	30	12.70	0.00	47	72.49	4.96	25.26	*5968	*363.7	*10.62	*2.46	\$0.200
% of Calories				4.73%		24.2%	23.1%	0.0%		58.6%		20.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 04/17/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991297 Sandwich, Meatball, Beef, Sub - OKI	2BG, 2MMA	150	410	5.27	436	10	15.04	0.00	44	45.51	6.00	22.54	*500	208.8	*3.60	3.16	\$0.000
991030 Sandwich, Chicken, Breaded - OKI	3BG, 2MMA	150	389	2.50	699	4	16.00	0.00	25	41.87	4.99	19.98	*N/A*	79.8	*N/A*	3.29	\$0.000
990745 Carrots, Fresh, Baby, 3/4c - OKI	3/4c	300	37	0.02	82	5	0.14	0.00	0	8.69	3.06	0.68	14543	33.7	2.74	0.94	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	300	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			592	4.45	782	39	16.55	0.00	42	82.46	9.55	29.82	*15280	*470.2	*5.34	*4.19	\$0.200
% of Calories				6.77%		26.4%	25.2%	0.0%		55.7%		20.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 04/18/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991127 Quesadilla, chile, cheese - OKI	2BG, 2MMA	150	322	6.91	403	1	14.00	0.00	32	32.19	4.43	16.83	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991301 Sandwich, Turkey, Pepperjack, Bun - OKI	2BG, 2MMA	150	144	6.24	356	0	9.53	0.00	39	2.09	0.08	12.66	*0	190.4	*0.00	0.06	\$0.000
990747 Beans, Black, Seasoned, 3/4c - OKI	3/4c	300	125	0.00	230	0	0.00	0.00	0	22.70	8.87	7.77	25	44.4	0.00	3.00	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			531	7.15	743	27	12.85	0.00	44	74.65	15.35	30.88	*512	*444.1	*6.65	*3.29	\$0.200
% of Calories				12.12%		20.3%	21.8%	0.0%		56.2%		23.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 04/19/2023 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991299 Sandwich, Philly Cheesesteak - OKI	2BG, 2MMA	150	297	4.31	495	1	10.89	0.00	46	29.50	2.00	19.39	*N/A*	*26.0	*N/A*	*1.44	\$0.000
990845 Chicken, Orange, & Rice - OKI	2MMA, 2BG	150	446	*3.54	445	17	18.92	*0.00	*40	52.63	*2.75	16.61	*N/A*	*15.2	*0.00	*2.02	\$0.000
990659 Peppers & Onions, 3/4 cup - OKI	3/4c	300	65	0.00	20	8	0.00	0.00	0	15.11	2.52	2.52	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			604	*4.46	624	44	16.00	*0.00	*51	88.67	*7.55	29.63	*487	*312.8	*0.80	*1.75	\$0.200
% of Calories				*6.65%		29.1%	23.8%	*0.0%		58.7%		19.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 04/20/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	150	280	4.00	450	8	10.00	0.00	30	33.00	5.00	2.00	50	220.0	0.00	2.60	\$0.000
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	150	280	3.50	470	8	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50	\$0.000
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	300	11	0.01	20	1	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63	\$0.000
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			446	4.31	738	35	11.51	0.00	31	65.41	6.68	18.06	*5915	595.0	*7.51	3.22	\$0.200
% of Calories				8.70%		31.4%	23.2%	0.0%		58.7%		16.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 04/21/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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)	Cost
991241 Penne, Marinara, Baked - OKI	2BG, 2MMA	150	611	7.65	381	8	15.97	0.00	30	90.23	11.93	30.90	*250	458.0	*1.80	4.46	\$0.000
990768 Bagel, WG, IW - OKI	2BG	150	150	0.00	270	3	1.00	0.00	0	29.00	3.00	5.00	*N/A*	30.0	*N/A*	1.80	\$0.000
990676 Yogurt, Strawberry, Cup - OKI	1MMA	150	90	0.00	50	14	0.00	0.00	5	19.00	0.00	3.00	*N/A*	290.0	*N/A*	0.00	\$0.000
990724 Cheese, Cheddar Cubes, 1MMA - OKI	1MMA	150	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	*N/A*	204.0	*N/A*	0.00	\$0.000
990784 Cream Cheese, Cup - OKI	1	150	70	4.01	115	1	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991303 Peas, Green, Cold, 3/4c - OKI	3/4c	300	93	0.06	86	5	0.32	0.00	0	17.04	5.38	6.15	2509	28.7	11.83	1.82	\$0.000
990663 Grapes, 1/2 cup - OKI	1/2c	300	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			747	8.77	723	44	16.98	0.00	46	114.05	13.54	37.97	*3198	*822.8	*16.63	*5.20	\$0.200
% of Calories				10.57%		23.6%	20.5%	0.0%		61.1%		20.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 04/24/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	150	240	2.50	440	1	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90	\$0.000
990681 Roll, Dinner, WG - OKI	1BG	150	80	0.00	150	1	1.50	0.00	0	14.00	1.00	3.00	*N/A*	20.0	*N/A*	0.80	\$0.000
990811 Sandwich, Hot Dog - OKI	2BG, 2MMA	150	280	3.00	530	3	12.50	0.00	50	29.00	3.00	13.00	*N/A*	132.0	*N/A*	2.12	\$0.606
990743 Peas, Snap, Fresh, 3/4c - OKI	3/4c	300	50	0.00	5	5	0.24	0.00	0	8.52	3.36	3.96	4	*N/A*	*N/A*	*N/A*	\$0.000
990656 Pineapple, Tidbits, Cup - OKI	1/2c	300	60	0.00	0	14	0.00	0.00	0	16.00	1.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990686 Ketchup, Pkt - OKI	1	150	11	0.00	96	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			521	3.30	871	37	15.18	0.00	46	71.64	8.16	27.08	*491	*390.2	*0.80	*2.47	\$0.503
% of Calories				5.70%		28.4%	26.2%	0.0%		55.0%		20.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 04/25/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991325 Taco, Beef, Cheese, Shredded - OKI	2BG, 2MMA	150	355	9.37	603	2	18.49	0.52	46	31.19	0.75	16.74	*N/A*	*119.0	*N/A*	*1.50	\$0.000
991192 Bagel, Pizza - OKI	2MMA, 2BG	150	343	*7.09	878	*5	13.16	*0.00	*30	34.10	*2.00	20.19	*N/A*	*455.1	*N/A*	*1.60	\$0.000
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	300	27	0.04	7	4	0.30	*N/A*	0	5.79	1.78	1.31	1239	14.9	20.38	0.40	\$0.000
990652 Pear, Fresh, 150ct, - OKI	1/2c	300	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			549	*8.84	881	*34	17.21	*0.26	*47	73.24	*7.38	28.14	*1726	*606.4	*27.03	*2.22	\$0.200
% of Calories				*14.49%		*24.8%	28.2%	*0.4%		53.4%		20.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 04/26/2023

Reimbursable Meal Total 300

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991184 Sandwich, Waffle, Turkey Sausage - OKI	2MMA, 2BG	150	300	2.00	450	4	14.00	0.00	70	28.00	2.00	16.00	*N/A*	*24.0	*N/A*	*2.00	\$0.000
990704 Syrup, PKT - OKI	1	150	121	0.00	22	22	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03	\$0.000
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	150	280	5.00	1060	8	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00	\$0.000
990746 Tater, Tots, 3/4c - OKI	3/4c	300	136	0.62	248	1	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991204 Clementine, Fresh - OKI	1/2c	300	72	0.00	2	14	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			654	4.66	1147	46	18.05	0.00	58	98.64	8.14	28.35	*487	*528.7	*0.80	*2.04	\$0.200
% of Calories				6.41%		28.1%	24.8%	0.0%		60.3%		17.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 04/27/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991282 Drumstick, Thai, Chili, Rice - OKI	2BG, 2MMA	150	458	2.35	527	29	9.17	0.00	52	77.71	3.96	14.32	*0	*4.5	*0.00	*0.40	\$0.000
991308 Sandwich, Turkey, Swiss - OKI	2BG, 2MMA	150	258	3.71	490	5	8.41	0.00	34	29.01	4.00	20.43	*0	319.1	*0.00	2.00	\$0.000
990694 Broccoli, Fresh, 3/4c - OKI	3/4c	300	11	0.04	10	1	0.12	0.00	0	2.07	0.81	0.88	194	14.7	27.82	0.23	\$0.000

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990653 Applesauce, Cup - OKI	1/2c	300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00	\$0.000
990678 Sauce, Ranch, PKT - OKI	1	300	9	0.00	126	1	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			523	3.61	777	44	9.80	0.00	51	85.75	6.02	26.33	*681	*480.3	*28.62	*1.47	\$0.200
% of Calories				6.21%		33.7%	16.9%	0.0%		65.6%		20.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 04/28/2023

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990624 Pizza, Cheese, 4x6, Schwans - OKI	2BG, 2MMA	150	280	3.50	470	8	11.00	0.00	15	33.00	4.00	16.00	*N/A*	310.0	*N/A*	2.50	\$0.000
990594 Pizza, Turkey Sausage, - OKI	2BG, 2MMA	150	280	4.00	450	8	10.00	0.00	30	33.00	5.00	2.00	50	220.0	0.00	2.60	\$0.000
990689 Salad, Lemon Chickpea, 3/4c - OKI	1 c	300	373	2.81	566	8	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73	\$0.000
990663 Grapes, 1/2 cup - OKI	1/2c	300	52	0.09	2	13	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22	\$0.000
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	499	300.0	1.20	0.00	\$0.200

Base Menu Spreadsheet

Portion Values

Apr 1, 2023 thru Apr 28, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 Milk, 1/2PNT, Skim - OKI	1c	100	77	0.13	95	12	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07	\$0.200
Weighted Daily Average			801	7.19	1160	42	34.16	*0.00	31	94.84	15.80	29.68	*800	*661.0	*16.27	*4.53	\$0.200
% of Calories				8.08%		21.0%	38.4%	*0.0%		47.4%		14.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			586	*5.42	841	*37	16.15	*1.11	*68	82.70	*9.60	28.78	*2707	*515.4	*11.82	*3.06	\$0.222
% of Calories				*8.32%		*25.3%	24.8%	*1.7%		56.5%		19.6%					

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.