

THE Monthly MENU



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Dec 2

Fiestada Handheld
Cheese Quesadilla
Yogurt & Cheese Protein Kit
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Wango Mango Juice
Applesauce Cup
Assorted Flavors Mayo
Mustard Packet
Taco Sauce
1% Milk
Skim Milk
Chocolate Milk

Dec 3

Chicken Nuggets
Pizza Crackers
Veggie Chik'n Nuggets
Veggie Crackers
Pizza Bagel
Turkey Pepperoni
Sauce, Marinara, PC - OKI
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Mayo
Mustard Packet
Emoticon Potatoes
Pear
BBQ Sauce Packet
Ketchup
1% Milk
Chocolate Milk
Skim Milk

Dec 4

Penne Meatball Marinara
Veggie Meatball Marinara
WG Pasta
Sugar Cookie
Chicken Chef Salad
Veggie Crackers
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Lemon Chickpea Salad
Orange
Mayo
Mustard Packet
1% Milk
Skim Milk
Chocolate Milk

Dec 5

Thai Chili Drumstick
Thai Chili Tofu
Sister Schubert's Roll
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Diced Carrots
Grape Juice
Cream Cheese Cup
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 6

Pepperoni Pizza
Wild Mike's
Wild Mike's Cheese Pizza
Chickpea Wrap
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Mixed Greens Salad
Banana
Mayo
Mustard Packet
Ranch Dressing
1% Milk
Chocolate Milk
Skim Milk

Dec 9

Beef Tamale
Been & Cheese Tamale
Turkey & Cheese Lunchable
Veggie Crackers
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Cherry Tomatoes
Applesauce Cup
Assorted Flavors Mayo
Mustard Packet
Ranch Dressing
1% Milk
Chocolate Milk
Skim Milk

Dec 10

Chicken Tenders & Waffles
Veggie Chicken & Waffles
Pizza Bagel
Turkey Pepperoni
Sauce, Marinara, PC - OKI
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Seasoned Diced Potatoes
Pear
Syrup
Mayo
Mustard Packet
Ketchup
1% Milk
Chocolate Milk
Skim Milk

Dec 11

Philly Cheesesteak
WG Hoagie Bun
Veggie Burger
Hamburger Bun
Chicken Chef Salad
Veggie Crackers
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Roasted Peppers & Onions
Orange
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 12

Chicken Egg Rolls
Vegetable Potstickers
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Edamame
Grape Juice
Cream Cheese Cup
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 13

BBQ Turkey Sandwich
Pretzel Roll
Mac & Cheese
Chickpea Wrap
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Mixed Greens Salad
Banana
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 16

Vienna Beef Hot Dog
Hot Dog Bun
Grilled Cheese
Turkey & Cheese Lunchable
Veggie Crackers
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Pickles
Applesauce Cup
Assorted Flavors
Ketchup
Mustard Packet
Mayo
1% Milk
Chocolate Milk
Skim Milk

Dec 17

Hamburger
Veggie Burger
Hamburger Bun
Pizza Bagel
Turkey Pepperoni
Sauce, Marinara, PC - OKI
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Tater Tots
Pear
Ketchup
Mustard Packet
Mayo
1% Milk
Chocolate Milk
Skim Milk

Dec 18

Orange Chicken & Rice
Orange Tofu & Rice
Chicken Chef Salad
Veggie Crackers
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Hot Broccoli
Orange
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 19

Breaded Chicken Breast
Texas Toast
Veggie Chik'n Nuggets
Veggie Crackers
Cinnamon Bagel
Yogurt & Wowbutter
Wowbutter & Jelly Sandwich
Turkey Cheddar Sandwich
Sweet Potatoes
Grape Juice
Cream Cheese Cup
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 20

French Bread Cheese Pizza
Chickpea Wrap
Wowbutter & Jelly Sandwich
Turkeyham Swiss Sandwich
Lemon Chickpea Salad
Banana
Ranch Dressing
Mayo
Mustard Packet
1% Milk
Chocolate Milk
Skim Milk

Dec 23

Dec 24

Dec 25

Dec 26

Dec 27

Dec 30

Dec 31

Chicken products are No Antibiotic Ever (NAE) or No Antibiotics Important to Human Medicine (NAIHM).

All menus are pork-free.

Grain/bread items served are Whole Grain Rich.

Our milk options include 1% and Skim.

Not all offerings may be available in all buildings and menu offerings may change with little to no notice.

This institution is an equal opportunity provider.

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

Menu Name: Maywood 89 Middle School Lunch - 6-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 12/02/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991659 Sandwich, Fiestada, Big Daddy's, Bulk - OKI	2BG, 2MMA	300	320	7.00	600	6	1	14.00	0.00	40	31.00	3.00	18.00	80	290.0	0.00	2.50
991577 Quesadilla, chile, cheese, Bulk - OKI	2BG, 2MMA	50	322	6.91	403	1	*N/A*	14.00	0.00	32	32.19	4.43	16.83	*N/A*	*N/A*	*N/A*	*N/A*
991141 Yogurt, Granola, CJCheese, Crackers Kit-OKI	2BG, 2MMA	50	400	6.00	460	20	13	15.50	0.00	30	48.00	4.00	14.00	*0	498.0	*0.00	4.70
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991666 Juice, Vegetable, Wango Mango - OKI	3/4c	500	80	0.00	30	20	0	0.00	0.00	0	22.00	0.00	*N/A*	*N/A*	10.0	*N/A*	1.20
999478 Applesauce, Cup, Assort - OKI	1/2c	500	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999659 Sauce, Taco, PKT - OKI	1	350	5	0.00	95	0	*N/A*	0.02	0.00	0	1.04	0.19	0.06	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	300	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
Weighted Daily Average			579	7.01	772	53	*7	16.94	0.01	42	84.51	5.18	*25.60	*371	*535.8	*0.11	*3.84
% of Calories				10.90 %		36.6%	*4.8%	26.3%	0.0%		58.4%		*17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/03/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991464 Chicken, Nuggets, WG, Bulk - OKI	2MMA, 1BG	300	243	2.53	445	1	0	14.16	0.00	25	16.19	3.04	14.16	*N/A*	30.4	*N/A*	1.92
991398 Crackers, Pizza - OKI	1BG	300	80	0.00	180	2	*0	2.00	0.00	0	15.00	2.00	2.00	372	19.0	3.00	3.00
999512 Nuggets, Veggie, Chik'n, Bulk - OKI	2MMA, .25BG	50	212	1.01	344	1	1	13.15	0.00	0	13.15	1.01	12.14	*N/A*	60.7	*N/A*	2.83
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999791 Potatoes, Emoticon, 3/4c, Bulk - OKI	3/4c	500	169	1.21	115	0	0	6.05	0.00	0	27.85	2.42	24.21	*N/A*	12.1	*N/A*	0.85

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999505 Sauce, BBQ, Packet - OKI	1 each	350	15	0.00	158	3	2	0.03	0.00	0	3.36	0.16	0.14	*N/A*	1.5	*N/A*	0.05
999647 Ketchup, Pkt - OKI	1	500	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			732	*5.02	1129	*37	*16	24.74	*0.01	*31	104.64	*12.00	*49.22	*365	*401.3	*7.76	*5.46
% of Calories				*6.17%		*20.2%	*8.7%	30.4%	*0.0%		57.2%		*26.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 12/04/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991561 Penne, Meatball, Marinara, Bulk - OKI	2BG, 2MMA	300	344	3.59	242	5	*1	11.76	0.00	37	41.53	6.58	19.38	*250	*70.5	*1.80	*1.39
991870 Penne, Meatball, Veggie, Marinara, Bulk - OKI	2BG, 2MMA	50	334	0.99	362	5	*0	9.45	0.00	0	44.27	9.51	19.93	*250	*99.0	*1.80	*2.64
999793 Cookie, Sugar, Dough, Bulk - OKI	1.25BG	350	190	2.00	200	17	16	6.00	0.00	20	34.00	4.00	3.00	*N/A*	20.0	*N/A*	1.20
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991564 Salad, Lemon Chickpea, Bulk - OKI	1 c	500	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990669 Milk, 1/2PNT, Skim - OKI	1c	300	77	0.13	95	12	*N/A*	0.18	0.00	5	11.25	0.00	7.64	463	276.7	0.00	0.07
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	100	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
Weighted Daily Average			1008	8.78	1179	47	*17	41.98	*0.01	52	123.44	22.46	*42.15	*1203	*512.7	*65.14	*4.70
% of Calories				7.84%		18.7%	*6.7%	37.5%	*0.0%		49.0%		*16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/05/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999821 Drumstick, Thai, Chili, Bulk - OKI	1 each (2MMA)	300	245	2.72	583	16	*16	10.17	0.00	102	16.47	0.17	20.16	*0	17.5	*0.00	0.78
999820 Tofu, Thai Chili, Bulk - OKI	2MMA	50	234	1.57	400	*13	*13	10.88	0.00	0	16.88	3.01	21.68	*207	859.0	*0.25	3.32
991645 Roll, Dinner, Schubert, 2BG, Bulk - OKI	2BG	350	170	0.00	210	5	4	2.00	0.00	5	32.00	3.00	5.00	*N/A*	0.0	*N/A*	1.70
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	459	2.98	431	24	14	15.89	0.00	5	64.16	6.00	14.98	*N/A*	380.0	*N/A*	3.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991573 Carrots, Diced, Bulk - OKI	3/4c	500	39	0.00	77	3	*N/A*	0.00	0.00	0	9.00	3.86	1.29	*N/A*	38.6	*N/A*	0.51
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990784 Cream Cheese, Cup - OKI	1	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			635	3.96	946	*54	*28	16.39	0.01	79	89.77	8.37	33.06	*162	*475.3	*0.13	*3.49
% of Calories				5.61%		*34.0%	*17.6%	23.2%	0.0%		56.5%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/06/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999823 Pizza, Pepperoni, Beef, Wild Mikes, IW, Bulk - OKI	2BG, 2MMA	300	410	8.00	630	5	*N/A*	17.00	0.00	40	36.00	1.00	19.00	*N/A*	368.0	*N/A*	2.00
999822 Pizza, Cheese, Wild Mike, IW, Bulk - OKI	2BG, 2MMA	50	400	8.00	540	5	*N/A*	15.00	0.00	40	36.00	1.00	19.00	*N/A*	416.0	*N/A*	2.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	1.5c	500	9	0.01	15	1	*N/A*	0.07	0.00	0	1.75	0.68	0.58	3955	15.8	3.86	0.34
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			598	8.04	903	32	*12	18.78	0.01	42	74.65	5.58	27.80	*4146	*610.0	*10.70	*2.79
% of Calories				12.10 %		21.4%	*8.0%	28.3%	0.0%		49.9%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 12/09/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991479 Tamale, Beef, Bulk - OKI	2BG, 2MMA	300	380	8.00	170	0	0	19.00	0.00	20	39.00	3.00	14.00	*N/A*	34.0	*N/A*	3.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
991478 Tamale, Bean and Cheese, Bulk - OKI	2BG, 2MMA	50	420	10.00	150	0	0	22.00	0.00	10	45.00	4.00	11.00	*N/A*	148.0	*N/A*	2.00
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	*0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
990655 Tomatoes, Cherry, 3/4 cup - OKI	3/4c	500	18	0.03	5	3	*N/A*	0.20	*N/A*	0	3.82	1.18	0.86	818	9.8	13.46	0.26
999478 Applesauce, Cup, Assort - OKI	1/2c	500	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			579	8.06	593	33	*12	21.02	*0.01	31	75.72	6.42	*23.68	*960	381.0	*13.56	3.17
% of Calories				12.53 %		22.8%	*8.3%	32.7%	*0.0%		52.3%		*16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/10/2024

Reimbursable Meal Total 500

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999752 Chicken, Tenders, Waffles, Bulk - OKI	2BG, 2MMA	300	320	2.00	535	4	3	14.00	0.00	50	26.00	3.00	22.00	*N/A*	12.0	*N/A*	2.60
999753 Waffles, Chicken, Veggie, Bulk - OKI	2BG, 2MMA	50	400	2.00	630	4	4	19.00	0.00	10	42.00	5.00	17.00	*N/A*	84.0	*N/A*	4.00
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991567 Potatoes, Diced, Seasoned, Bulk- OKI	3/4c	500	185	0.00	138	0	*N/A*	4.62	0.00	0	32.31	3.08	3.08	*N/A*	15.4	*N/A*	0.92
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999658 Syrup, PKT - OKI	1	350	121	0.00	22	22	*N/A*	0.00	0.00	0	30.19	0.00	0.00	*N/A*	0.9	*N/A*	0.03
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999647 Ketchup, Pkt - OKI	1	500	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			815	*3.51	1019	*51	*17	21.67	*0.01	*46	124.00	*11.33	32.16	*141	*377.4	*5.96	*4.04
% of Calories				*3.88%		*25.0%	*8.3%	23.9%	*0.0%		60.9%		15.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

Wednesday - 12/11/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991712 Sandwich, Philly Cheesesteak, Bulk - OKI	2MMA	300	147	4.31	390	0	*N/A*	8.89	0.00	46	0.50	0.00	14.39	*N/A*	*N/A*	*N/A*	*N/A*
991584 Roll, Hoagie, WG, Bulk - OKI	2BG	50	150	0.00	105	1	1	2.00	0.00	0	29.00	2.00	5.00	*N/A*	26.0	*N/A*	1.44
991483 Burger, Veggie, Bulk - OKI	2MMA	50	140	0.50	420	1	*N/A*	4.50	0.00	0	9.00	3.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
991482 Bun, Hamburger, WG, Bulk - OKI	2BG	50	149	0.00	259	3	3	1.99	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991705 Peppers, Onions, Roasted, Frz, 3/4c, Bulk - OKI	3/4c	500	90	0.00	15	10	0	0.00	0.00	0	18.00	4.50	3.00	*N/A*	45.0	*N/A*	0.90
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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			497	4.90	665	37	*13	13.40	0.01	44	63.64	9.36	*28.19	*635	*411.5	*51.52	*2.23
% of Calories				8.87%		29.8%	*10.5%	24.3%	0.0%		51.2%		*22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/12/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999794 Egg Roll, Chicken, WG, Bulk - OKI	2MMA, 2BG	300	324	2.02	790	4	2	10.12	0.00	71	38.47	6.08	20.25	101	81.0	14.18	3.24
991575 Potsticker, Vegetable, Bulk - OKI	2BG, 2MMA	50	298	0.00	978	14	12	5.28	0.00	0	46.01	4.53	17.49	*N/A*	65.0	*N/A*	3.71
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	459	2.98	431	24	14	15.89	0.00	5	64.16	6.00	14.98	*N/A*	380.0	*N/A*	3.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991474 Edamame, 3/4c, Bulk - OKI	3/4c	500	142	0.00	6	3	*N/A*	5.81	0.00	0	11.62	6.45	12.91	*N/A*	77.5	*N/A*	2.58
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990784 Cream Cheese, Cup - OKI	1	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			674	3.38	910	42	*16	20.21	0.01	57	86.10	12.56	40.82	*202	*472.9	*8.61	*5.88
% of Calories				4.51%		24.9%	*9.5%	27.0%	0.0%		51.1%		24.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/13/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999790 Sandwich, Turkey, BBQ, Pretzel, Bulk - OKI	2BG, 2MMA	300	340	2.12	396	15	13	7.58	0.05	75	46.83	3.48	21.61	*11	34.9	*0.00	3.40
999824 Pasta, Macaroni & Cheese, JTM, Bulk - OKI	2BG, 2MMA	50	412	9.80	778	2	*0	20.02	0.00	52	40.45	6.08	18.08	*N/A*	*408.0	*N/A*	*0.00
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
999651 Greens, Mixed, Raw, Chopped 3/4c - OKI	1.5c	500	9	0.01	15	1	*N/A*	0.07	0.00	0	1.75	0.68	0.58	3955	15.8	3.86	0.34
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			557	4.70	786	38	*20	13.63	0.04	65	81.59	7.57	29.27	*4152	*409.3	*10.70	*3.43
% of Calories				7.59%		27.3%	*14.4%	22.0%	0.1%		58.6%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 12/16/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991568 Hot Dog, Beef, Vienna, Bulk - OKI	2MMA	300	130	4.00	600	1	*N/A*	10.00	0.00	30	1.00	0.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*
991569 Bun, Hot Dog, WG, Bulk - OKI	2BG	300	150	0.00	270	3	3	2.50	0.00	0	28.00	3.00	6.00	*N/A*	80.0	*N/A*	1.40
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	50	280	5.00	1060	6	*2	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00
991395 Cheese, Mini, Turkey, Coins, Pack - OKI	2MMA	50	161	6.57	442	0	*0	10.11	0.00	55	1.01	0.00	17.09	*N/A*	203.5	*N/A*	0.00
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
999694 Pickle, Spears, Bulk - OKI	3/4c	500	19	0.00	1012	0	*N/A*	0.00	0.00	0	67.50	0.00	0.00	*N/A*	41.2	*N/A*	0.00
999478 Applesauce, Cup, Assort - OKI	1/2c	500	50	0.00	0	12	*0	0.00	0.00	0	13.98	1.00	0.00	*N/A*	5.0	*N/A*	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999647 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990679 Mustard, PKT - OKI	1	350	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999657 Mayo, PKT - OKI	1	350	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			540	5.69	2115	34	*16	19.55	0.08	41	131.96	5.14	*23.73	*142	*465.7	*0.11	*2.00
% of Calories				9.48%		25.2%	*11.9%	32.6%	0.1%		97.7%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 12/17/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991481 Hamburger, Bulk - OKI	2MMA	300	117	2.70	231	0	*N/A*	7.00	0.00	29	2.00	1.00	12.00	*N/A*	42.0	*N/A*	2.00
991483 Burger, Veggie, Bulk - OKI	2MMA	50	140	0.50	420	1	*N/A*	4.50	0.00	0	9.00	3.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
991482 Bun, Hamburger, WG, Bulk - OKI	2BG	350	149	0.00	259	3	3	1.99	0.00	0	25.86	1.99	5.97	*N/A*	49.7	*N/A*	1.39
991392 Bagel, Pizza, Pepperoni - OKI	2BG, 2MMA	50	300	5.86	699	5	*2	11.25	0.00	36	28.07	2.00	18.92	*N/A*	351.3	*N/A*	1.82
990807 Sauce, Marinara, PC - OKI	1/4c	50	30	*N/A*	263	*N/A*	*N/A*	0.51	*N/A*	*N/A*	6.07	*N/A*	1.01	*N/A*	*N/A*	*N/A*	*N/A*
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
991486 Tater, Tots, 3/4c, Bulk - OKI	3/4c	500	136	0.62	248	1	*N/A*	4.95	0.00	0	21.05	2.48	1.24	*N/A*	*N/A*	*N/A*	*N/A*
990652 Pear, Fresh, 150ct, - OKI	1/2c	500	78	0.03	1	13	*N/A*	0.19	0.00	0	20.72	4.22	0.49	*N/A*	12.2	5.85	0.24
999647 Ketchup, Pkt - OKI	1	350	11	0.00	96	2	2	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990679 Mustard, PKT - OKI	1	400	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			638	*4.41	1108	*36	*16	17.91	*0.01	*32	91.39	*10.75	28.51	*141	*407.0	*5.96	*3.36
% of Calories				*6.22%		*22.6%	*10.0%	25.3%	*0.0%		57.3%		17.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 12/18/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991867 Chicken, Orange, & Rice, White, Bulk - OKI	2BG, 2MMA	300	444	3.54	505	13	*13	18.24	0.00	40	51.37	3.31	17.24	*N/A*	*19.1	*0.00	*2.02
991868 Tofu, Orange, Rice, White, Bulk - OKI	2MMA, 2BG	50	393	1.27	228	*13	*13	8.85	0.00	0	57.98	4.61	21.52	*168	*694.0	*0.20	*2.69
999436 Salad, Chef, Chicken, Cheese - OKI	2MMA, 1/2cVeg	50	166	6.59	249	0	*0	11.00	0.00	51	2.46	0.49	13.50	*2771	*212.5	*3.44	0.71

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991490 Broccoli, Hot, 3/4c, Bulk - OKI	3/4c	500	33	0.11	32	2	*N/A*	0.36	0.00	0	6.48	2.54	2.75	608	45.8	86.99	0.71
990645 ORANGE, Fresh 138CT, - OKI	1/2c	500	45	0.01	0	9	*N/A*	0.12	0.00	0	11.28	2.30	0.90	216	38.4	51.07	0.10
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			626	4.61	810	*39	*22	19.62	0.01	42	84.54	9.38	*29.10	*1259	*497.0	*138.53	*3.27
% of Calories				6.63%		*24.9%	*14.1%	28.2%	0.0%		54.0%		*18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 12/19/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
999795 Chicken, Breast, Breaded, Bulk - OKI	1BG, 2MMA	300	240	2.00	480	1	1	11.00	0.00	50	14.00	2.00	21.00	*N/A*	13.0	*N/A*	2.00

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)
999796 Toast, Texas, 1BG, Bulk - OKI	1BG	300	90	0.00	110	0	*N/A*	3.00	0.00	0	14.00	1.00	3.00	*N/A*	10.0	*N/A*	1.10
999512 Nuggets, Veggie, Chik'n, Bulk - OKI	2MMA, .25BG	50	212	1.01	344	1	1	13.15	0.00	0	13.15	1.01	12.14	*N/A*	60.7	*N/A*	2.83
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	50	210	1.00	250	1	1	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00
991206 Bagel, Wowbutter, Yogurt, Pack - OKI	2BG, 2MMA	50	459	2.98	431	24	14	15.89	0.00	5	64.16	6.00	14.98	*N/A*	380.0	*N/A*	3.00
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
999626 Sandwich, Turkey, Cheddar - OKI	2BG, 2MMA	50	271	4.81	642	2	*2	9.59	0.00	40	28.00	4.00	22.59	*0	270.5	*0.00	2.00
999827 Potatoes, Sweet, 3/4c, Bulk - OKI	3/4c	500	134	0.00	11	12	*N/A*	0.00	0.00	0	31.89	3.04	3.04	*N/A*	*N/A*	*N/A*	*N/A*
999429 Juice, Grape, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	2	16	*N/A*	0.00	0.00	0	16.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990784 Cream Cheese, Cup - OKI	1	50	70	4.01	115	1	*N/A*	7.01	0.00	20	1.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			679	3.59	768	49	*14	18.01	0.01	44	99.95	7.35	*32.85	*142	*357.2	*0.11	*3.33
% of Calories				4.76%		28.9%	*8.2%	23.9%	0.0%		58.9%		*19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 12/20/2024

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Dec 1, 2024 thru Dec 31, 2024

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991864 Pizza, Cheese, French Bread, WG, Bulk - OKI	2MMA, 2BG	350	339	7.98	548	3	1	15.95	0.00	40	28.91	1.99	18.94	*N/A*	*N/A*	*N/A*	*N/A*
999435 Wrap, Veggie, Chickpea, Cheese - OKI	2BG, 2MMA	50	330	8.50	406	3	*N/A*	14.44	0.00	30	37.56	5.36	12.84	*N/A*	*239.0	*N/A*	*1.40
999632 Sandwich, Wowbutter & Jelly - OKI	2BG, 2MMA	50	573	5.95	424	15	13	31.77	0.00	0	52.91	9.98	19.93	*N/A*	143.7	*N/A*	4.01
990806 Sandwich, Turkey Ham, Swiss, - OKI	2BG, 2MMA	50	297	4.56	519	4	*3	11.62	0.00	48	30.53	4.00	20.68	*N/A*	319.1	*N/A*	2.00
991564 Salad, Lemon Chickpea, Bulk - OKI	1 c	500	373	2.81	566	8	*N/A*	22.49	*0.00	0	34.44	10.60	12.32	*211	*92.9	*12.36	*1.73
990651 BANANAS, Fresh 150ct - OKI	1/2c	500	69	0.09	1	9	*N/A*	0.26	0.00	0	17.68	2.01	0.84	50	3.9	6.73	0.20
990678 Sauce, Ranch, PKT - OKI	1	500	9	0.00	126	1	*N/A*	0.01	0.00	0	2.23	0.24	0.19	*N/A*	6.5	*N/A*	0.02
999657 Mayo, PKT - OKI	1	50	57	0.92	55	0	*N/A*	6.03	0.12	4	0.69	0.00	0.06	*N/A*	0.6	*N/A*	0.02
990679 Mustard, PKT - OKI	1	50	4	0.02	65	0	0	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990668 Milk, 1/2PNT, 1% - OKI	1c	100	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	220	132.3	0.53	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	300	110	0.00	210	18	*18	0.00	0.00	5	19.00	0.00	7.00	8	290.0	*N/A*	0.10
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			916	10.80	1393	38	*13	40.87	*0.01	43	102.62	16.19	39.30	*402	*429.6	*19.20	*2.78
% of Calories				10.61 %		16.6%	*5.7%	40.2%	*0.0%		44.8%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	672	*5.76	1006	*41	*16	21.65	*0.02	*46	94.57	*9.98	*32.36	*962	*449.6	*22.54	*3.58
% of Calories		*7.71%		*24.4%	*9.5%	29.0%	*0.0%		56.3%		*19.3%				

Base Menu Spreadsheet

Portion Values

**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.*