

THE Monthly MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 1	Jan 2	Jan 3
Jan 6 Snackn Waffles Assorted Flavors WG Cereal Assorted Flavors String Cheese Craisins Assorted Fruit Cups 1% Milk Skim Milk	Jan 7 Egg & Cheese Bagel Yogurt Cup Assorted Flavors Granola Assorted Fruit Cups Apple 1% Milk Skim Milk	Jan 8 Stuffed Mini Bagels Strawberry Cream Cheese Pull-a-Part Donut Banana Craisins 1% Milk Skim Milk	Jan 9 Turkey-Sausage Biscuit Assorted Oatmeal Rounds Applesauce Cup Orange Jelly 1% Milk Skim Milk	Jan 10 Poffitz Pancake Bites WG Muffin Assorted Flavors String Cheese Pear Applesauce Cup Assorted Flavors Syrup 1% Milk Skim Milk
Jan 13 Cinnamon Toast Crunch Bar Yogurt Cup Assorted Flavors Granola Orange Apple Juice 1% Milk Skim Milk	Jan 14 Breakfast Wrap Whole Grain Bagel Apple Assorted Fruit Cups Cream Cheese Cup 1% Milk Skim Milk	Jan 15	Jan 16 Colby jack Omelet Snackn Waffles Assorted Flavors Applesauce Cup Orange Salsa Cup 1% Milk Skim Milk	Jan 17 Maple Biscuit String Cheese Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors Jelly 1% Milk Skim Milk
Jan 20	Jan 21 Breakfast Bowl Yogurt Cup Assorted Flavors Granola Apple Assorted Fruit Cups 1% Milk Skim Milk	Jan 22 Chicken Biscuit Pull-a-Part Donut Banana Craisins Syrup 1% Milk Skim Milk	Jan 23 Pancakes & Turkey Bacon Apple Cinnamon Round Applesauce Cup Orange Syrup 1% Milk Skim Milk	Jan 24 Fiesta Egg Scramble Tortilla Chips Cinnamon Roll Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk
Jan 27 Egg Bites Yogurt Cup Assorted Flavors Granola Orange Apple Juice Ketchup 1% Milk Skim Milk	Jan 28 French Toast Sticks Whole Grain Bagel Apple Assorted Fruit Cups Syrup 1% Milk Skim Milk	Jan 29 Pancake Sausage Bites WG Granola Bar Assorted Flavors String Cheese Banana Craisins 1% Milk Skim Milk	Jan 30 Caramel Cinnis Snackn Waffles Assorted Flavors Applesauce Cup Orange 1% Milk Skim Milk	Jan 31 Biscuits & Gravy Assorted Breakfast Bread Pear Applesauce Cup Assorted Flavors 1% Milk Skim Milk

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

Jan 1, 2025 thru Jan 30, 2025

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

Site:

Use Alternate Menu Name: No

Monday - 01/06/2025

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)
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*
999504 Cereal, Assorted, Fall - OKI	1BG	100	108	0.00	168	5	5	1.51	0.00	0	22.57	2.00	2.50	*2	*21.5	*1.52	*14.09
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
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
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			482	4.81	437	59	*9	9.59	0.00	42	84.71	4.90	*15.27	*342	*321.6	*1.02	*7.33
% of Calories				8.98%		49.0%	*7.5%	17.9%	0.0%		70.3%		*12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/07/2025

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)
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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
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
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
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			400	2.35	366	48	*6	6.54	*0.00	37	69.95	5.77	*15.33	*426	*479.1	*5.77	*1.43
% of Calories				5.29%		48.0%	*6.0%	14.7%	*0.0%		70.0%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/08/2025

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)
999764 Bagels, Mini, Stuffed, Strawberry, IW - OKI	2BG	100	230	2.00	190	13	12	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
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
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*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

Jan 1, 2025 thru Jan 30, 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			502	4.15	353	55	*10	10.10	0.00	15	92.30	6.01	13.67	*391	235.4	*7.00	1.54
% of Calories				7.44%		43.8%	*8.0%	18.1%	0.0%		73.5%		10.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/09/2025

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)
991234 Biscuit, WG, Turkey Sausage - OKI	1BG, 1MMA	100	160	2.00	260	3	*3	7.00	0.00	30	16.00	1.00	8.00	*N/A*	*126.0	*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
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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
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
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			418	3.94	360	45	*12	10.92	0.00	32	68.30	5.81	15.23	*557	*326.0	*51.33	*1.39
% of Calories				8.48%		43.1%	*11.5%	23.5%	0.0%		65.4%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/10/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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
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
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			519	3.72	418	61	*11	12.97	0.00	47	93.17	6.47	14.56	*341	348.2	*6.12	1.29
% of Calories				6.45%		47.0%	*8.5%	22.5%	0.0%		71.8%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 01/13/2025

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)
991450 Bar, Cinn Toast Crunch, Soft - OKI	2BG	100	264	2.53	294	15	13	8.11	0.00	5	41.56	3.04	6.08	*N/A*	30.4	*N/A*	1.62
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

Base Menu Spreadsheet

Portion Values

Jan 1, 2025 thru Jan 30, 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)
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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
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			420	2.10	327	49	*12	7.51	0.00	12	71.18	4.82	14.26	*557	*418.1	*51.33	*1.29
% of Calories				4.50%		46.7%	*11.4%	16.1%	0.0%		67.8%		13.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/14/2025

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)
991233 Wrap, Breakfast, Egg, Turkey Scramble - OKI	1BG, 1MMA	100	181	3.80	405	1	*N/A*	7.99	0.00	59	19.47	0.00	7.50	*N/A*	*71.0	*N/A*	*0.50
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
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
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*
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

Jan 1, 2025 thru Jan 30, 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			416	4.75	504	39	*0	9.55	*0.00	49	68.18	5.27	*15.08	*406	*269.6	*5.77	*1.58
% of Calories				10.28 %		37.5%	*0%	20.7%	*0.0%		65.6%		*14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/16/2025

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)
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*
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*
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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
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
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			416	5.33	512	41	*7	11.20	0.00	114	64.39	4.80	17.22	*557	*247.9	*51.33	*0.13
% of Calories				11.53 %		39.4%	*6.7%	24.2%	0.0%		61.9%		16.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/17/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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
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
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
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
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			504	4.84	484	56	*17	11.03	0.00	20	90.01	7.40	15.83	*341	459.4	*6.12	1.97
% of Calories				8.64%		44.4%	*13.5%	19.7%	0.0%		71.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/21/2025

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)
999837 Scramble, Tater Tots, Eggs - OKI	2MMA	100	227	7.34	406	1	*N/A*	14.64	0.00	157	12.59	1.30	10.70	*N/A*	*218.7	*N/A*	*0.51
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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			424	4.52	380	45	*5	10.87	*0.00	88	64.74	5.42	*16.18	*406	*488.4	*5.77	*1.03
% of Calories				9.59%		42.5%	*4.7%	23.1%	*0.0%		61.1%		*15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/22/2025

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)
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
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
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*N/A*	0.00
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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			555	4.15	454	62	*6	11.35	0.00	21	97.40	6.01	16.67	*391	283.8	*7.00	1.65
% of Calories				6.73%		44.7%	*4.3%	18.4%	0.0%		70.2%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/23/2025

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
991013 Bar, Round, Oatmeal, Apple Cinnamon - OKI	2BG	100	270	4.50	240	15	13	12.00	0.00	20	39.00	4.00	5.00	*N/A*	30.0	*N/A*	1.40
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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
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			509	4.08	684	54	*7	13.46	0.00	40	84.50	6.30	18.22	*557	*263.3	*51.33	*1.04
% of Calories				7.21%		42.4%	*5.5%	23.8%	0.0%		66.4%		14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 01/24/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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*
999835 Roll, Cinnamon, IW, BC - OKI	2.5BG	100	210	0.00	190	10	9	0.50	0.00	0	40.00	3.00	6.00	*N/A*	20.0	*N/A*	1.70
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			429	2.45	379	42	*4	6.96	0.00	45	77.49	7.98	14.98	*341	*286.9	*6.12	*1.40
% of Calories				5.14%		39.2%	*3.7%	14.6%	0.0%		72.3%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 01/27/2025

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)
999502 Egg, Bites, Sunny Fresh, 2each- OKI	3MMA	100	239	4.97	378	2	*N/A*	17.90	0.00	259	5.97	1.99	11.94	*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
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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*
999647 Ketchup, Pkt - OKI	1	100	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
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			414	3.31	417	43	*6	12.45	0.00	139	54.68	4.36	17.24	*557	*403.4	*51.33	*0.49
% of Calories				7.20%		41.5%	*5.8%	27.1%	0.0%		52.8%		16.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 01/28/2025

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)
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
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
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
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

Base Menu Spreadsheet

Open Kitchens Inc

Portion Values

Jan 1, 2025 thru Jan 30, 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			471	1.35	385	55	*0	5.54	*0.00	15	92.04	6.27	*13.83	*406	*245.0	*5.77	*1.64
% of Calories				2.58%		46.7%	*0%	10.6%	*0.0%		78.2%		*11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 01/29/2025

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)
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
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
990646 Craisins - OKI	1/2c	200	110	0.00	0	24	*N/A*	0.00	0.00	0	27.00	2.00	0.00	*N/A*	0.0	*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			505	3.66	541	55	*4	9.35	0.00	37	86.80	6.51	21.29	*391	347.5	*7.00	2.24
% of Calories				6.52%		43.6%	*3.2%	16.7%	0.0%		68.8%		16.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 01/30/2025

Reimbursable Meal Total 200

Base Menu Spreadsheet

Portion Values

Jan 1, 2025 thru Jan 30, 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)
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
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*
990653 Applesauce, Cup - OKI	1/2c	200	50	0.00	0	12	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
990645 ORANGE, Fresh 138CT, - OKI	1/2c	200	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
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			414	3.33	393	45	*11	8.96	0.00	32	72.42	5.30	14.23	*557	*262.9	*51.33	*0.88
% of Calories				7.24%		43.5%	*10.6%	19.5%	0.0%		70.0%		13.7%				
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	459	4	435	50	7	9.90	*0.00	46	78.37	5.85	*15.83	*443	*334.5	*21.85	*1.67
% of Calories		7.25%		43.6%	*6.1%	19.4%	*0.0%		68.3%		*13.8%				

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.