

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

May 1, 2024 thru May 31, 2024

**Menu Name:** Woodridge Lunch - K-8      **Include Cost:** No  
**Site:**      **Report Style:** Detailed  
**Use Alternate Menu Name:** No

### Wednesday - 05/01/2024      Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990587 Sandwich, Hamburger - OKI	2BG, 2MMA	400	266	2.70	490	3	*N/A*	8.99	0.00	29	27.86	2.99	17.97	*N/A*	91.7	*N/A*	3.39
990610 Sandwich, Burger, Veggie, - OKI	2BG, 2MMA	100	289	0.50	679	6	*N/A*	6.49	0.00	0	34.86	4.99	21.97	*N/A*	*49.7	*N/A*	*1.39
990686 Ketchup, Pkt - OKI	1	300	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990679 Mustard, PKT - OKI	1	200	4	0.02	65	0	*N/A*	0.27	0.00	0	0.22	0.10	0.20	*N/A*	2.1	*N/A*	0.08
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
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
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
990668 Milk, 1/2PNT, 1% - OKI	1c	200	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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
990669 Milk, 1/2PNT, Skim - OKI	1c	200	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			461	3.02	887	29	4	10.09	0.00	32	65.61	6.70	28.59	*5839	*410.1	*13.93	*3.94
% of Calories				5.90%		25.2%	3.5%	19.7%	0.0%		56.9%		24.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 05/02/2024      Reimbursable Meal Total 500

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	400	133	3.87	205	0	*N/A*	7.41	0.00	47	1.33	0.00	13.48	*12	*99.5	*0.00	0.58
991777 Tortilla, WG, 6-IN, 2BG - OKI	2BG	500	180	2.99	379	2	*N/A*	4.99	0.00	0	29.94	0.00	3.99	*N/A*	*N/A*	*N/A*	*N/A*
990705 Sauce, Taco, PKT - OKI	1	400	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*
991776 Taco, Filling, Bean, Refried, Cheese, Shred - OKI	2MMA	100	185	6.00	260	0	*N/A*	10.00	0.00	30	13.50	2.00	9.00	*N/A*	*199.0	*N/A*	*0.00
990747 Beans, Black, Seasoned, 3/4c - OKI	3/4c	500	137	0.00	444	1	0	0.51	0.00	0	24.07	6.15	8.20	25	50.2	0.00	2.05
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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
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			621	8.22	1248	31	4	14.98	0.00	55	87.26	6.70	32.55	*429	*463.0	*0.72	*2.55
% of Calories				11.91 %		20.0%	2.6%	21.7%	0.0%		56.2%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Friday - 05/03/2024

### Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991960 Sandwich, Sub, Hero, Italian - OKI	2BG, 2MMA	400	285	3.52	649	2	1	9.69	0.00	48	31.17	2.00	19.13	*0	105.5	*0.00	1.50
991932 Cheese-stuffed, Breadsticks - OKI	2BG, 2MMA	100	292	6.05	494	5	1	11.09	0.00	30	30.25	2.02	19.16	81	363.0	0.00	1.92
990815 Potato, French Fries, 3/4c - OKI	3/4c	500	120	0.50	150	0	*N/A*	5.00	0.00	0	19.00	1.00	1.00	*N/A*	10.0	*N/A*	0.20

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
990686 Ketchup, Pkt - OKI	1	500	11	0.00	96	2	*N/A*	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	499	300.0	1.20	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			597	4.88	1035	34	12	15.78	0.00	52	89.15	7.35	28.05	*213	469.5	*6.09	2.13
% of Calories				7.36%		22.8%	8.0%	23.8%	0.0%		59.7%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Monday - 05/06/2024**

**Reimbursable Meal Total 500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991735 Tortellini, Alfredo - OKI	2BG, 2MMA	500	292	2.79	489	4	0	6.07	0.00	50	42.61	4.04	15.16	*N/A*	174.6	*N/A*	4.06
991303 Peas, Green 3/4c - OKI	3/4c	500	93	0.06	86	5	*N/A*	0.32	0.00	0	17.04	5.38	6.15	2509	28.7	11.83	1.82
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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	200	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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

Open Kitchens Inc

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			547	3.50	727	35	7	7.63	*0.00	59	90.42	12.29	29.16	*2869	501.8	*17.81	6.07
% of Calories				5.76%		25.6%	5.1%	12.6%	*0.0%		66.1%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Tuesday - 05/07/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991947 Sandwich, Chicken, Louisiana - OKI	2BG, 2MMA	400	359	1.00	849	3	*N/A*	7.99	0.00	50	44.86	2.99	23.97	*N/A*	*49.7	*N/A*	*1.39
991771 Sandwich, Veggie, Chicken - OKI	2BA, 2MMA	100	369	2.00	619	3	0	14.99	0.00	0	39.86	4.99	18.97	*N/A*	109.7	*N/A*	3.39
991967 Coleslaw, Cajun, 3/4c - OKI	3/4c	500	215	2.62	732	*4	*N/A*	18.14	0.00	0	13.24	3.25	1.68	889	42.0	80.42	0.67
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	200	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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			747	4.45	1687	*36	*7	28.77	0.00	49	89.77	9.30	33.41	*1185	*395.1	*80.90	*2.51
% of Calories				5.36%		*19.3%	*3.7%	34.7%	0.0%		48.1%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Wednesday - 05/08/2024

Reimbursable Meal Total 500

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991949 Meatballs, Beef, Korean, Rice - OKI	2BG, 2MMA	400	436	3.50	684	7	*N/A*	11.02	0.00	36	66.69	3.02	16.47	*N/A*	*61.2	*N/A*	*1.18
991291 Tofu, Korean, & Rice - OKI	2BG, 2MMA	100	450	1.57	376	*4	*N/A*	12.90	0.00	0	61.37	4.89	25.92	*207	*853.7	*0.25	*3.46
991174 Edamame, 3/4c - OKI	3/4c	500	140	0.00	6	3	*N/A*	5.74	0.00	0	11.48	6.38	12.75	*N/A*	76.5	*N/A*	2.55
990663 Grapes, 1/2 cup - OKI	1/2c	500	52	0.09	2	13	*N/A*	0.27	0.00	0	13.32	0.70	0.49	78	10.9	3.11	0.22
990668 Milk, 1/2PNT, 1% - OKI	1c	300	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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
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			729	4.13	763	*34	*4	18.95	0.00	40	103.07	10.47	39.33	*513	*600.4	*3.88	*4.45
% of Calories				5.10%		*18.7%	*2.2%	23.4%	0.0%		56.6%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Thursday - 05/09/2024**

**Reimbursable Meal Total 500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990850 Chicken, Drumstick, Italian - OKI	2MMA	400	178	2.72	117	0	*N/A*	10.17	0.00	102	0.12	0.00	19.99	0	8.8	0.00	0.78
991187 Toast, Texas, 2BG - OKI	2BG	400	180	0.00	220	0	*N/A*	6.00	0.00	0	28.00	2.00	6.00	*N/A*	20.0	*N/A*	2.20
991304 Veggie, Chicken, Tenders - OKI	2MMA	100	240	0.50	520	1	*N/A*	14.00	0.00	0	16.00	7.00	13.00	*N/A*	50.0	*N/A*	2.40
991131 Crackers, Veggie, Darlington, 2BG - OKI	2BG	100	210	1.00	250	1	*N/A*	7.00	0.00	0	34.00	4.00	*N/A*	4	18.0	*N/A*	2.00

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991969 Salad, Caprese - OKI	1c	500	150	2.02	405	10	7	10.68	*0.00	5	12.78	1.20	3.18	*835	*76.4	*13.74	*0.27
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990668 Milk, 1/2PNT, 1% - OKI	1c	300	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
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
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			684	5.42	961	38	10	29.35	*0.00	97	73.93	5.00	*34.30	*1230	*406.5	*14.46	*3.57
% of Calories				7.13%		22.2%	5.8%	38.6%	*0.0%		43.2%		*20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Friday - 05/10/2024**

**Reimbursable Meal Total 500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991950 Pizza, Galaxy, Pepperoni - OKI	2BG, 2MMA	400	290	6.00	490	8	2	13.00	0.00	35	28.00	3.00	16.00	*N/A*	260.0	*N/A*	1.90
991951 Pizza, Galaxy, Cheese, IW - OKI	2BG, 2MMA	100	280	6.00	410	8	2	12.00	0.00	30	28.00	3.00	15.00	*N/A*	280.0	*N/A*	1.70
990692 Greens, Mixed, Raw, Chopped 3/4c - OKI	3/4c	500	11	0.01	20	1	*N/A*	0.11	0.00	0	2.09	0.95	0.99	5404	26.3	6.71	0.63
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
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	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990669 Milk, 1/2PNT, Skim - OKI	1c	200	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			481	6.40	768	37	9	13.68	0.00	41	67.35	8.40	24.93	*5692	595.7	*12.80	2.82
% of Calories				11.98 %		30.8%	7.5%	25.6%	0.0%		56.0%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Monday - 05/13/2024**

**Reimbursable Meal Total 500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991922 Picadillo, Beef, Rice, White - OKI	2BG, 2MMA	400	425	4.75	435	4	*N/A*	12.80	*0.73	44	56.33	5.43	19.81	*112	*47.1	*24.31	*2.73
991300 Pizza, Boli - OKI	2BG, 2MMA	100	309	5.99	35	5	*N/A*	12.98	29.95	689	2.00	2.00	15.97	*N/A*	354.4	*N/A*	2.00
991423 Broccoli, Hot, 3/4c - OKI	3/4c	500	33	0.11	32	2	*N/A*	0.36	0.00	0	6.49	2.54	2.76	609	46.0	87.24	0.71
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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	499	300.0	1.20	0.00
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
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			554	5.47	474	26	4	13.94	*6.58	178	76.73	10.16	26.64	*957	*335.0	*112.43	*3.48
% of Calories				8.89%		18.8%	2.9%	22.6%	*10.7%		55.4%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Tuesday - 05/14/2024**

**Reimbursable Meal Total 500**

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991396 Taco, Chicken, Cheese, Shredded - OKI	2MMA	400	133	3.87	205	0	*N/A*	7.41	0.00	47	1.33	0.00	13.48	*12	*99.5	*0.00	0.58
991776 Taco, Filling, Bean, Refried, Cheese, Shred - OKI	2MMA	100	185	6.00	260	0	*N/A*	10.00	0.00	30	13.50	2.00	9.00	*N/A*	*199.0	*N/A*	*0.00
991777 Tortilla, WG, 6-IN, 2BG - OKI	2BG	500	180	2.99	379	2	*N/A*	4.99	0.00	0	29.94	0.00	3.99	*N/A*	*N/A*	*N/A*	*N/A*
990705 Sauce, Taco, PKT - OKI	1	500	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*
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
991224 Tajin, Packet, low sodium - OKI	1	250	0	0.00	119	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990657 Jicama, Cut, 3/4 cup - OKI	3/4c	500	43	0.02	5	2	*N/A*	0.10	0.00	0	10.00	5.56	0.82	24	13.6	22.91	0.68
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	499	300.0	1.20	0.00
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
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
Weighted Daily Average			530	7.69	880	32	4	13.85	0.00	50	75.91	8.80	26.27	*413	*417.0	*23.15	*1.21
% of Calories				13.06 %		24.2%	3.0%	23.5%	0.0%		57.3%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Wednesday - 05/15/2024

### Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991847 Sandwich, EM, Egg, Sausage, Turkey - OKI	2BG, 2MMA	400	241	2.01	431	2	*N/A*	10.06	0.00	106	22.01	1.00	15.04	*N/A*	*282.4	*N/A*	*1.60



# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991938 Sandwich, EM, Egg, Sausage, Veggie - OKI	2MMA, 2BG	100	301	1.01	681	3	*N/A*	13.06	0.00	76	27.01	3.00	18.04	*N/A*	312.4	*N/A*	3.00
990686 Ketchup, Pkt - OKI	1	400	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
991110 Potatoes, Diced, Seasoned, 3/4c - OKI	3/4c	500	182	0.00	136	0	*N/A*	4.55	0.00	0	31.84	3.03	3.03	*N/A*	15.2	*N/A*	0.91
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
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	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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	200	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			607	2.25	841	27	7	16.10	0.00	107	88.91	6.54	27.05	*338	*594.8	*6.97	*3.08
% of Calories				3.34%		17.8%	4.6%	23.9%	0.0%		58.6%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 05/16/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990578 Chicken, Nuggets, WG - OKI	2MMA, 1BG	400	240	2.50	440	1	*N/A*	14.01	0.00	25	16.01	3.00	14.01	*N/A*	30.0	*N/A*	1.90
991674 Crackers, Herb - OKI	1BG	400	90	0.00	190	2	2	3.00	0.00	0	15.00	1.00	1.00	*N/A*	7.0	*N/A*	2.00
990686 Ketchup, Pkt - OKI	1	400	11	0.00	96	2	*N/A*	0.08	0.00	0	2.59	0.12	0.10	*N/A*	0.9	*N/A*	0.03
990841 Sandwich, Cheese, Grilled, American - OKI	2BG, 2MMA	100	280	5.00	1060	8	*N/A*	10.00	0.00	30	32.00	4.00	20.00	*N/A*	448.0	*N/A*	2.00
990662 Bean, BBQ, Salad, 3/4 c - OKI	3/4c	500	244	0.00	682	3	0	2.09	0.00	0	45.51	10.21	11.72	*0	*69.4	*0.00	*2.06

# Base Menu Spreadsheet

Open Kitchens Inc

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991826 Juice, Fruit Punch, Citrus Sun, 4oz - OKI	1/2c	500	60	0.00	0	15	0	0.00	0.00	0	16.00	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	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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	200	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			728	3.35	1622	38	9	18.34	0.00	33	109.09	14.31	35.26	*288	*476.0	*0.24	*5.67
% of Calories				4.14%		20.9%	4.9%	22.7%	0.0%		59.9%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 05/17/2024

### Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991932 Cheese-stuffed, Breadsticks - OKI	2BG, 2MMA	500	292	6.05	494	5	1	11.09	0.00	30	30.25	2.02	19.16	81	363.0	0.00	1.92
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
990807 Sauce, Marinara, PC - OKI	1/4c	500	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*
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
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	200	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	499	300.0	1.20	0.00
990670 Milk, 1/2PNT, Choc, Skim - OKI	1c	200	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

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			522	*6.74	1038	*36	*8	12.98	*0.00	*39	76.52	*7.51	28.87	*1924	*676.6	*69.47	*2.45
% of Calories				*11.62 %		*27.6%	*6.1%	22.4%	*0.0%		58.6%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Monday - 05/20/2024

### Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991056 Sandwich, Sloppy Joe, Turkey, - OKI	2BG, 2MMA	400	287	1.50	853	4	*N/A*	8.00	*0.00	45	34.82	2.53	18.47	*13	54.3	*3.11	1.85
990607 Pasta, Macaroni & Cheese - OKI	2BG, 2MMA	100	438	12.00	703	0	*N/A*	20.02	0.00	60	44.45	6.08	19.58	*N/A*	*434.0	*N/A*	*0.00
991113 Celery, Fresh, Sticks, 3/4c - OKI	3/4c	500	14	0.04	78	1	*N/A*	0.16	0.00	0	2.88	1.55	0.67	435	38.8	3.01	0.19
990648 Apple, Fresh, 138CT, - OKI	1/2c	500	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
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	499	300.0	1.20	0.00
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
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
Weighted Daily Average			491	4.06	1151	31	4	11.39	*0.00	55	71.13	7.89	27.45	*890	*466.7	*11.23	*1.90
% of Calories				7.44%		25.3%	3.3%	20.9%	*0.0%		57.9%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Tuesday - 05/21/2024

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991736 Totchos, Barbacoa, Cheese - OKI	2MMA	400	175	6.51	643	0	0	11.02	0.00	55	6.01	0.00	13.57	*N/A*	223.0	*N/A*	0.56
990690 Chips, tortilla, WG, IW- OKI	2BG	500	200	1.00	160	0	*N/A*	7.00	0.00	0	29.00	3.00	3.00	*N/A*	40.0	*N/A*	0.60
991880 Nacho, Bean, Pinto & Cheese Sauce - OKI	2MMA	100	202	6.00	503	1	*N/A*	9.73	0.00	30	18.20	4.40	11.40	*0	267.0	*0.00	1.05
991098 Pepper, Fresh, Red, Strip, 1/2c - OKI	1/2c	500	13	0.03	2	2	*N/A*	0.15	0.00	0	2.98	1.04	0.49	1548	3.5	63.14	0.21
990684 Salsa Cup - OKI	1/4c Veg	500	15	0.00	100	2	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	0.0	*N/A*	0.00
991204 Clementine, Fresh - OKI	1/2c	500	72	0.00	2	14	*N/A*	0.20	0.00	0	18.41	2.66	1.23	*N/A*	*N/A*	*N/A*	*N/A*
990678 Sauce, Ranch, PKT - OKI	1	400	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	499	300.0	1.20	0.00
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
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
Weighted Daily Average			576	7.81	1103	32	4	18.73	0.00	57	76.38	8.77	26.59	*1927	*564.5	*63.38	*1.55
% of Calories				12.20 %		22.2%	2.8%	29.3%	0.0%		53.0%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	592	*5.16	1012	*33	*6	16.30	*0.44	*63	82.75	*8.68	*29.90	*1647	*491.5	*29.16	*3.16
% of Calories		*7.84%		*22.3%	*4.1%	24.8%	*0.7%		55.9%		*20.2%				

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*