

The Maryland School for the Blind

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Week 1 Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/04/2023																
Week 1 Breakfast 9-12	Total	1														
BANANA MUFFINS (BAKECRAFTERS)	2 OZ	1	160	20	100	1.00	1.00	14.0	0	0.0	15	3.0	28.0	4.0	0.05	0.00
YOGURT UPSTATE FARMS-AL L FLAV.	1 EACH	1	90	5	55	0.00	0.00	290.0	*N/A*	*N/A*	14	3.0	19.0	0.0	0.00	0.00
FRUIT CUP, PEACH, DEL MONTE	1 EACH	1	50	0	5	1.00	0.36	13.0	*N/A*	*N/A*	8	0.0	12.0	0.0	0.00	0.00
JUICES ASSORTED	4.23 OZ	1	60	0	5	0.00	0.00	7.5	*0	*9.5	13	0.0	14.5	0.0	0.00	0.00
MILK, VARIETY (MSB)	8 OZ	1	100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
Weighted Daily Average			460	32	290	2.00	1.69	625.2	*750	*10.70	65	14.00	88.50	4.83	0.55	0.00
% of Calories											56.2%	12.2%	77.0%	9.5%	1.1%	0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	

Tue - 09/05/2023																
Week 1 Breakfast 9-12	Total	1														
CEREAL, CHEERIOS HONEY NUT	1 EACH	1	210	0	320	4.00	5.40	150.0	*N/A*	*N/A*	19	5.0	45.0	2.5	0.50	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Musselman's Unsweet Applesce	4 OZ	1	50	0	10	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	12.0	0.0	0.00	0.00
JUICES ASSORTED	4.23 OZ	1	60	0	5	0.00	0.00	7.5	*0	*9.5	13	0.0	14.5	0.0	0.00	0.00
MILK, VARIETY (MSB)	8 OZ	1	100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
Weighted Daily Average			497	193	522	5.00	*6.33	*483.2	*1010	*10.70	58	19.29	87.06	8.64	2.63	*0.00
% of Calories											46.8%	15.5%	70.0%	15.6%	4.8%	*0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	

Wed - 09/06/2023																
Week 1 Breakfast 9-12	Total	1														
OATMEAL, BROWN SUGAR	1 CUP	1	193	0	49	3.37	1.55	13.1	*0	*0.0	*0	4.18	28.74	7.35	1.96	*0.00
YOGURT UPSTATE FARMS-AL L FLAV.	1 EACH	1	90	5	55	0.00	0.00	290.0	*N/A*	*N/A*	14	3.0	19.0	0.0	0.00	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
JUICES ASSORTED	4.23 OZ	1	60	0	5	0.00	0.00	7.5	*0	*9.5	13	0.0	14.5	0.0	0.00	0.00
MILK, VARIETY (MSB)	8 OZ	1	100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
Weighted Daily Average			533	12	235	6.00	2.15	616.3	*815	*19.49	*54	16.28	100.31	8.51	2.57	*0.00
% of Calories											*40.5%	12.2%	75.3%	14.4%	4.3%	*0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Week 1 Breakfast 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2023																
Week 1 Breakfast 9-12	Total	1														
EGGS SCRAMBLED/MARTINS LIQUID	3.5 OZ	1	189	425	429	0.00	1.84	61.4	*537	*0.0	*0	12.28	1.02	14.14	5.85	*0.00
BAGEL WG 2 OZ	1 EACH	1	150	0	270	3.00	1.80	30.0	0	0.0	3	5.0	29.0	1.0	0.00	0.00
APPLES SLICED FRESH	2 OZ	1	30	0	0	2.00	*N/A*	*N/A*	*N/A*	*N/A*	6	0.0	8.0	0.0	0.00	0.00
JUICES ASSORTED	4.23 OZ	1	60	0	5	0.00	0.00	7.5	*0	*9.5	13	0.0	14.5	0.0	0.00	0.00
MILK, VARIETY (MSB)	8 OZ	1	100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
Weighted Daily Average			529	431	829	5.00	*3.98	*399.6	*1287	*10.70	*37	25.28	67.52	15.97	6.35	*0.00
% of Calories											*27.7%	19.1%	51.1%	27.2%	10.8%	*0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	
Fri - 09/08/2023																
Week 1 Breakfast 9-12	Total	1														
GOLDEN GRAHAMS CEREAL B AR	1 EACH	1	150	0	115	3.00	1.30	250.0	*N/A*	*N/A*	9	2.0	30.0	3.5	0.00	0.00
RAISINS POWER SNACK 1.3 OZ	1 EACH	1	120	0	0	2.00	0.72	20.0	0	1.2	22	1.0	29.0	0.0	0.00	0.00
JUICES ASSORTED	4.23 OZ	1	60	0	5	0.00	0.00	7.5	*0	*9.5	13	0.0	14.5	0.0	0.00	0.00
MILK, VARIETY (MSB)	8 OZ	1	100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
Weighted Daily Average			430	7	245	5.00	2.35	578.2	*750	*11.90	59	11.00	88.50	4.33	0.50	0.00
% of Calories											54.6%	10.2%	82.3%	9.1%	1.0%	0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	
Weighted Average			490	135	424	4.60	*3.30	*540.5	*922	*12.70	*54	17.17	86.38	8.46	2.52	*0.00
											*100.0	14.0%	70.5%	15.5%	4.6%	*0.0%

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Week 1 Breakfast 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	490		618	79%		128		Correction Required - Calories are Low									
Cholesterol (mg)	135																
Sodium (mg)	424		640														
Fiber (g)	4.60																
Iron (mg)	3.30		3.40	97%	Missing	0.10		Correction Required - Iron is Low									
Calcium (mg)	540.5		300.00	180%	Missing												
Vitamin A (IU)	922		1125	82%	Missing	203		Correction Required - Vitamin A is Low									
Sugars (g)	54	44.46%			Missing												
Vitamin C (mg)	12.70		14.00	91%	Missing	1.30		Correction Required - Vitamin C is Low									
Protein (g)	17.17	14.02%	12.00	143%													
Carbohydrate (g)	86.38	70.52%															
Total Fat (g)	8.46	15.54%	<=30.00%														
Saturated Fat (g)	2.52	4.63%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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