

The Maryland School for the Blind

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Week 3 Breakfast 9-12

Portion Values - Detailed

Page 1

Generated on: 8/1/2023 3:38:37 PM

	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 - 09/18/2023																
Week 3 Breakfast 9-12	Total	1														
APPLE MUFFINS (BAKECRAFT ERS)	1 EACH	1	160	25	100	1.00	1.00	14.0	0	0.0	13	*N/A*	27.0	5.0	0.50	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	37	290	2.00	1.69	625.2	*750	*10.70	63	*11.00	87.50	5.83	1.00	0.00
% of Calories											54.5%	*9.6%	76.1%	11.4%	2.0%	0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	

Tue - 09/19/2023																
Week 3 Breakfast 9-12	Total	1														
CEREAL, LUCKY CHARMS	1 EACH	1	210	0	360	4.00	5.40	150.0	*N/A*	*N/A*	19	5.0	46.0	2.5	*N/A*	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	562	5.00	*6.33	*483.2	*1010	*10.70	58	19.29	88.06	8.64	*2.13	*0.00
% of Calories											46.8%	15.5%	70.8%	15.6%	*3.9%	*0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	

Wed - 09/20/2023																
Week 3 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.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.

The Maryland School for the Blind

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Week 3 Breakfast 9-12

Portion Values - Detailed

Page 2

Generated on: 8/1/2023 3:38:37 PM

	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)
Thu - 09/21/2023																
Week 3 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
MUFFIN, ENGLISH SLICED WG BK	1 EACH	1	120	0	270	2.00	1.44	90.0	*N/A*	*N/A*	1	6.0	21.0	1.5	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			499	431	829	4.00	*3.62	*459.6	*1287	*10.70	*35	26.28	59.52	16.47	6.35	*0.00
% of Calories											*27.8%	21.1%	47.7%	29.7%	11.4%	*0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	
Fri - 09/22/2023																
Week 3 Breakfast 9-12	Total	1														
COCOA PUFFS BAR	1 EACH	1	160	0	105	3.00	1.90	260.0	*N/A*	*N/A*	9	3.0	29.0	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			440	7	235	5.00	2.95	588.2	*750	*11.90	59	12.00	87.50	4.33	0.50	0.00
% of Calories											53.3%	10.9%	79.5%	8.9%	1.0%	0.0%
Nutrient Guideline			618		640		3.40	300.00	1125	14.00		12.00		<=30.0	<10.00	
Weighted Average			486	136	430	4.40	*3.35	*554.5	*922	*12.70	*54	*16.97	84.58	8.76	*2.51	*0.00
											*99.4%	*14.0%	69.6%	16.2%	*4.6%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.

The Maryland School for the Blind

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Week 3 Breakfast 9-12

Portion Values - Detailed

Page 3

Generated on: 8/1/2023 3:38:37 PM

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	486		618	79%		132		Correction Required - Calories are Low									
Cholesterol (mg)	136																
Sodium (mg)	430		640														
Fiber (g)	4.40																
Iron (mg)	3.35		3.40	98%	Missing	0.05		Correction Required - Iron is Low									
Calcium (mg)	554.5		300.00	185%	Missing												
Vitamin A (IU)	922		1125	82%	Missing	203		Correction Required - Vitamin A is Low									
Sugars (g)	54	44.16%			Missing												
Vitamin C (mg)	12.70		14.00	91%	Missing	1.30		Correction Required - Vitamin C is Low									
Protein (g)	16.97	13.97%	12.00	141%	Missing												
Carbohydrate (g)	84.58	69.62%															
Total Fat (g)	8.76	16.22%	<=30.00%														
Saturated Fat (g)	2.51	4.65%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.