

The Maryland School for the Blind

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Week 1 Lunch 9-12

Portion Values - Detailed

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	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)
Mon - 09/04/2023																
Week 1 Lunch 9-12	Total	1														
HAMBURGER on a ROLL	1 EACH	1	430	80	295	4.00	3.24	130.0	*N/A*	*N/A*	3	25.0	27.0	25.0	9.00	1.50
FRENCH FRIES ORE-IDA L/S	4 OZ	1	182	0	40	4.04	0.73	0.0	0	*N/A*	0	2.02	26.26	4.04	0.00	0.00
KETCHUP RED GOLD PACKET	1 EACH	1	10	0	85	0.00	0.00	0.0	*N/A*	*N/A*	2	0.0	2.0	0.0	0.00	0.00
ORANGES	1 EACH	1	86	0	0	4.42	0.18	73.6	414	97.89	17	1.73	21.62	0.22	0.03	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			808	87	545	12.46	4.48	504.3	*1164	*99.09	37	36.75	91.88	30.09	9.53	1.50
% of Calories											18.2%	18.2%	45.5%	33.5%	10.6%	1.7%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 09/05/2023																
Week 1 Lunch 9-12	Total	1														
FRENCH BREAD PIZZA	1 EACH	1	361	44	866	4.01	2.30	470.1	*95	*0.01	3	22.21	36.26	14.33	6.55	0.00
SPINACH: frozen,boiled	1 cup	1	77	0	220	8.39	4.45	347.0	27354	4.99	1	9.09	10.89	1.97	0.36	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
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			628	50	1212	15.03	7.34	1122.9	*28263	*14.98	32	40.41	85.21	17.47	7.52	0.00
% of Calories											20.1%	25.7%	54.3%	25.1%	10.8%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 09/06/2023																
Week 1 Lunch 9-12	Total	1														
CHILI CON CARNE	1 CUP	1	297	47	268	5.79	3.79	45.7	*209	*4.36	*4	18.5	22.17	14.45	*5.62	*0.00
RICE, BROWN	1 CUP	1	253	0	4	2.37	1.01	16.3	0	0.0	*N/A*	5.43	52.83	1.99	0.40	0.00
CAULIFLOWER, ROASTED	1 CUP	1	42	0	97	1.81	0.38	20.0	0	43.73	*2	1.74	4.69	2.49	0.44	*0.00
APPLES,Fresh	1 EACH	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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			764	54	496	13.28	5.67	390.8	*1034	*55.64	*35	34.03	113.75	20.01	*7.00	*0.00
% of Calories											*18.2%	17.8%	59.6%	23.6%	*8.2%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=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 Lunch 9-12

Portion Values - Detailed

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	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 - 09/07/2023																
Week 1 Lunch 9-12	Total	1														
CHICKEN BRST BBQ SAND.	1 SAND	1	338	65	634	4.96	1.40	110.0	*N/A*	*N/A*	12	31.96	41.4	6.0	1.50	0.00
CARROTS, HONEY GLAZED	1 CUP	1	91	0	112	6.23	1.03	67.7	31423	4.44	*6	1.12	20.43	1.29	0.23	*0.00
POPCORN CHEDDAR .625	1 EACH	1	100	0	125	1.00	0.20	20.0	*N/A*	*N/A*	1	2.0	9.0	6.0	1.00	0.00
PEARS,FRESH	1 EACH	1	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	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			724	72	998	17.34	3.26	513.4	*32214	*12.78	*49	43.67	111.11	14.35	3.26	*0.00
% of Calories											*27.2%	24.1%	61.4%	17.8%	4.1%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 09/08/2023																
Week 1 Lunch 9-12	Total	1														
CHICKEN SALAD FULL BATCH	3 OZ	1	265	66	165	0.09	0.62	12.5	*34	*0.18	*0	17.99	0.18	20.58	3.95	*0.00
BREAD, HOT DOG ROLL W/W H/S	1 EACH	1	140	0	280	4.00	1.30	80.0	0	0.0	3	6.0	27.0	2.0	0.50	0.00
CHICK PEA SALAD L/S	1 CUP	1	273	0	256	7.84	2.65	42.2	*177	*7.63	*7	13.1	40.67	6.72	0.45	*0.00
ORANGES	1 EACH	1	86	0	0	4.42	0.18	73.6	414	97.89	17	1.73	21.62	0.22	0.03	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			864	73	826	16.34	5.08	509.0	*1376	*106.89	*42	46.82	104.47	30.35	5.43	*0.00
% of Calories											*19.6%	21.7%	48.4%	31.6%	5.7%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			757	67	816	14.89	5.17	608.1	*12810	*57.88	*39	40.34	101.28	22.46	*6.55	*0.30
											*46.3%	21.3%	53.5%	26.7%	*7.8%	*0.4%

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Week 1 Lunch 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	757		846	90%		89		Correction Required - Calories are Low									
Cholesterol (mg)	67		1420														
Sodium (mg)	816																
Fiber (g)	14.89																
Iron (mg)	5.17		4.50	115%													
Calcium (mg)	608.1		400.00	152%													
Vitamin A (IU)	12810		1500	854%	Missing												
Sugars (g)	39	20.58%			Missing												
Vitamin C (mg)	57.88		19.20	301%	Missing												
Protein (g)	40.34	21.30%	16.70	242%													
Carbohydrate (g)	101.28	53.48%															
Total Fat (g)	22.46	26.68%	<=30.00%														
Saturated Fat (g)	6.55	7.78%	<10.00%		Missing												
Trans Fat ¹ (g)	0.30	0.36%			Missing												

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