

The Maryland School for the Blind

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Week 2 Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 8/29/2023 4:52:44 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)
Mon - 09/11/2023																
Week 2 Lunch 9-12	Total	1														
CHICKEN TENDERS WG 2.07 OZ.	2.07 OZ	1	110	20	200	1.00	0.72	0.0	*N/A*	*N/A*	1	10.0	6.0	6.0	1.00	0.00
CHICKEN TENDERS WG 2.07 OZ.	2.07 OZ	1	110	20	200	1.00	0.72	0.0	*N/A*	*N/A*	1	10.0	6.0	6.0	1.00	0.00
CHICKEN TENDERS WG 2.07 OZ.	2.07 OZ	1	110	20	200	1.00	0.72	0.0	*N/A*	*N/A*	1	10.0	6.0	6.0	1.00	0.00
KETCHUP RED GOLD PACKET	2 EACH	1	20	0	170	0.00	0.00	0.0	*N/A*	*N/A*	4	0.0	4.0	0.0	0.00	0.00
BREAD, W/W DINNER ROLL H&S	1 EACH	1	80	0	120	2.00	0.72	40.0	*N/A*	*N/A*	1	3.0	15.0	1.5	0.00	0.00
SWEET POTATO FRIES McCAIN	1 CUP	1	362	0	463	4.03	0.72	40.3	*N/A*	*N/A*	14	2.01	48.32	18.12	3.02	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			979	67	1478	13.44	4.12	454.5	*1164	*99.09	54	44.74	121.94	38.67	6.55	0.00
% of Calories											22.1%	18.3%	49.8%	35.6%	6.0%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 09/12/2023																
Week 2 Lunch 9-12	Total	1														
HOT DOG, TURKEY, PERDUE	1 EACH	1	140	50	300	0.00	0.18	60.0	*N/A*	*N/A*	1	6.0	1.0	11.0	3.50	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
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
MUSTARD, YELLOW PACKET	1 EACH	1	0	0	80	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BAKED BEANS R/S BUSH'S VE GETAR	1 CUP	1	300	0	740	10.00	3.60	80.0	*N/A*	*N/A*	24	14.0	60.0	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
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			780	57	1611	16.63	5.68	525.7	*815	*9.99	57	35.10	128.07	14.17	4.61	0.00
% of Calories											29.2%	18.0%	65.7%	16.3%	5.3%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 09/13/2023																
Week 2 Lunch 9-12	Total	1														
MEAT BALL SUB MIX	4 OZ	1	248	42	690	1.95	1.66	160.0	*233	*0.0	3	13.98	10.73	16.66	7.18	0.12
ROLL,STEAK H&S	1 ROLL	1	140	0	290	1.00	0.00	80.0	0	0.0	*N/A*	5.0	29.0	1.5	0.00	0.00
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
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

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 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Week 2 Lunch 9-12

Portion Values - Detailed

Page 2

Generated on: 8/29/2023 4:52:44 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)
Weighted Daily Average			752	49	1232	10.31	2.89	548.9	*1058	*7.55	*34	29.36	102.06	23.27	7.72	0.12
% of Calories											*18.0%	15.6%	54.3%	27.9%	9.2%	0.1%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 09/14/2023																
Week 2 Lunch 9-12	Total	1														
TERIYAKI CHICKEN	4 OZ	1	172	65	565	0.00	*0.00	*0.0	*0	*0.0	*6	25.64	7.68	4.0	1.50	*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
ZUCCHINI ROASTED	1 CUP	1	98	0	40	2.65	0.20	26.2	0	0.0	*N/A*	2.65	5.33	6.72	0.96	*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			717	72	736	10.17	*1.84	*358.1	*792	*8.34	*37	42.32	106.12	13.78	3.40	*0.00
% of Calories											*20.8%	23.6%	59.2%	17.3%	4.3%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 09/15/2023																
Week 2 Lunch 9-12	Total	1														
SANDWICH, PEANUT BU. & JELLY	1 EACH	1	400	0	417	6.66	1.44	75.9	*N/A*	*N/A*	17	14.2	54.77	17.17	2.66	0.00
CHEESE, MOZZ, STRING, LAND O L	1 EACH	1	80	20	200	0.00	0.00	198.0	*N/A*	*N/A*	*N/A*	*N/A*	2.0	6.0	4.00	0.00
CHEESE, MOZZ, STRING, LAND O L	1 EACH	1	80	20	200	0.00	0.00	198.0	*N/A*	*N/A*	*N/A*	*N/A*	2.0	6.0	4.00	0.00
SALAD,SIDE	1 EACH	1	32	0	20	2.93	1.13	43.7	10876	10.17	*2	1.78	6.84	0.42	0.06	*0.00
DRESSING LITE RANCH KEN'S	1 OZ	1	70	5	250	0.00	0.00	0.0	*N/A*	*N/A*	1	1.0	1.0	7.0	1.00	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			849	52	1212	14.01	3.09	889.9	*12040	*109.26	*52	*26.71	103.23	37.65	12.25	*0.00
% of Calories											*24.4%	*12.6%	48.7%	39.9%	13.0%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			815	59	1254	12.91	*3.52	*555.4	*3174	*46.84	*47	*35.65	112.28	25.51	6.90	*0.02
											*51.6%	*17.5%	55.1%	28.2%	7.6%	*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 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Week 2 Lunch 9-12

Portion Values - Detailed

Page 3

Generated on: 8/29/2023 4:52:44 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	815		846	96%			31			Correction Required - Calories are Low							
Cholesterol (mg)	59																
Sodium (mg)	1254		1420														
Fiber (g)	12.91																
Iron (mg)	3.52		4.50	78%	Missing	0.98				Correction Required - Iron is Low							
Calcium (mg)	555.4		400.00	139%	Missing												
Vitamin A (IU)	3174		1500	212%	Missing												
Sugars (g)	47	22.95%			Missing												
Vitamin C (mg)	46.84		19.20	244%	Missing												
Protein (g)	35.65	17.49%	16.70	213%	Missing												
Carbohydrate (g)	112.28	55.09%															
Total Fat (g)	25.51	28.16%	<=30.00%														
Saturated Fat (g)	6.90	7.62%	<10.00%														
Trans Fat ¹ (g)	0.02	0.03%			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.