

# The Maryland School for the Blind

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Week 3 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 <sup>1</sup> (g)
<b>Mon - 09/18/2023</b>																
Week 3 Lunch 9-12	Total	1														
CHICKEN, POPCORN, TYSON	5.04 OZ	1	386	34	588	5.04	3.02	*N/A*	*N/A*	*N/A*	2	23.52	23.52	21.84	4.20	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
LIMA BEANS	1 CUP	1	234	0	156	12.02	4.13	68.0	431	29.03	3	13.77	43.82	0.77	0.17	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
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			906	40	1159	23.48	8.39	*482.3	*1595	*128.12	42	50.01	122.96	25.16	4.90	0.00
% of Calories											18.4%	22.1%	54.3%	25.0%	4.9%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

<b>Tue - 09/19/2023</b>																
Week 3 Lunch 9-12	Total	1														
HAM & SWISS SAND.	1 EACH	1	330	62	1270	4.00	2.48	*310.0	*N/A*	*N/A*	5	26.5	29.5	13.0	6.50	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	0.00
MAYONNAISE, DUKES 12 GM	1 EACH	1	90	10	60	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	10.0	1.50	0.00
COLE SLAW	3/4 Cup	1	180	11	263	1.91	0.37	30.4	1574	27.14	9	0.96	11.26	14.95	2.15	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			795	90	1721	8.89	3.54	*649.5	*2619	*40.64	41	36.82	79.94	39.18	10.77	0.00
% of Calories											20.8%	18.5%	40.2%	44.3%	12.2%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

<b>Wed - 09/20/2023</b>																
Week 3 Lunch 9-12	Total	1														
CHEESE STUFFED BREADSTI	3 EACH	1	450	45	660	6.00	3.00	666.0	0	0.0	3	30.0	51.0	15.0	7.50	0.00
CKS																
MARINARA RED PACK L/S	1/4 CUP	1	30	0	68	1.00	0.54	20.0	100	*N/A*	3	1.0	5.0	0.75	0.00	0.00
BROCCOLI: frozen, boiled	1 CUP	1	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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			703	52	874	15.83	5.16	1055.7	2785	*81.33	38	45.06	99.90	17.04	8.07	0.00
% of Calories											21.4%	25.6%	56.8%	21.8%	10.3%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Week 3 Lunch 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 <sup>1</sup> (g)
Thu - 09/21/2023																
Week 3 Lunch 9-12	Total	1														
BEEF N' MAC	1.50 CUP	1	421	67	494	4.71	2.54	291.3	537	*0.97	*10	21.76	33.11	22.75	*9.16	*0.00
GARLIC BREAD, TEX TST, BKE CRF	1 EACH	1	100	0	125	2.00	1.08	0.0	*N/A*	*N/A*	1	3.0	14.0	3.5	0.50	0.00
GARLIC BREAD, TEX TST, BKE CRF	1 EACH	1	100	0	125	2.00	1.08	0.0	*N/A*	*N/A*	1	3.0	14.0	3.5	0.50	0.00
PEAS: frozen,boiled	3/4 CUP	1	94	0	86	5.40	1.82	28.8	2520	11.88	5	6.18	17.11	0.32	0.06	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			909	74	957	19.25	7.16	635.7	*3849	*21.19	*48	42.54	118.50	31.14	*10.75	*0.00
% of Calories											*21.1%	18.7%	52.2%	30.8%	*10.6%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 09/22/2023																
Week 3 Lunch 9-12	Total	1														
TURKEY SUB	1 EACH	1	310	50	910	3.00	2.22	270.0	*0	*0.0	0	24.0	28.0	13.0	6.00	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	0.00
MAYONNAISE, DUKES 12 GM	1 EACH	1	90	10	60	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	10.0	1.50	0.00
CARROTS, BABY FRESH	5 OZ	1	50	0	110	4.10	1.28	45.0	19545	3.76	*N/A*	0.89	11.55	0.17	0.03	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			712	72	1457	11.87	4.10	692.6	*20939	*106.35	*34	35.88	78.28	31.28	9.06	0.00
% of Calories											*18.9%	20.2%	44.0%	39.6%	11.5%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			805	65	1234	15.86	5.67	*703.2	*6357	*75.53	*40	42.06	99.92	28.76	*8.71	*0.00
											*45.2%	20.9%	49.6%	32.2%	*9.7%	*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.

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Week 3 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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	805		846	95%				41		Correction Required - Calories are Low							
Cholesterol (mg)	65																
Sodium (mg)	1234		1420														
Fiber (g)	15.86																
Iron (mg)	5.67		4.50	126%													
Calcium (mg)	703.2		400.00	176%	Missing												
Vitamin A (IU)	6357		1500	424%	Missing												
Sugars (g)	40	20.10%			Missing												
Vitamin C (mg)	75.53		19.20	393%	Missing												
Protein (g)	42.06	20.90%	16.70	252%													
Carbohydrate (g)	99.92	49.64%															
Total Fat (g)	28.76	32.15%	<=30.00%							Correction Required - Total Fat too High							
Saturated Fat (g)	8.71	9.74%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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