

The Maryland School for the Blind

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Week 4 Lunch 9-12

Portion Values - Detailed

Page 1

Generated on: 8/29/2023 5:35:19 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 - 09/25/2023																
Week 4 Lunch 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
WAFFLE, WG BAKE CRAFTERS SYRUP, BUTTERWORTH'S	2 EACH	1	160	10	230	2.00	1.48	127.0	*N/A*	*N/A*	4	4.0	24.0	6.0	0.00	0.00
POTATOES, HASHBROWNS O RE IDA	1 EACH	1	110	0	80	0.00	0.00	0.0	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
ORANGES	1 EACH	1	206	0	157	4.11	0.06	20.7	*149	*0.0	*2	2.04	36.16	7.04	1.01	*0.00
MILK, VARIETY (MSB)	8 OZ	1	86	0	0	4.42	0.18	73.6	414	97.89	17	1.73	21.62	0.22	0.03	0.00
Weighted Daily Average			100	7	125	0.00	0.33	300.7	750	1.2	15	8.0	15.0	0.83	0.50	0.00
% of Calories			851	441	1021	10.52	3.90	583.4	*1850	*99.09	*62	28.05	125.81	28.23	7.38	*0.00
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20	*29.1%	13.2%	59.1%	29.8%	7.8%	*0.0%

Tue - 09/26/2023																
Week 4 Lunch 9-12	Total	1														
CHICKEN PATTY TYSON 3 OZ	1 EACH	1	240	25	440	3.00	1.80	20.0	*N/A*	*N/A*	1	14.01	16.01	14.01	2.50	0.00
BREAD, HB ROLLS W/W H&S	1 EACH	1	140	0	220	4.00	1.44	110.0	*N/A*	*N/A*	3	6.0	27.0	2.0	0.00	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
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
GREEN BEANS ROASTED	1 CUP	1	45	0	8	2.67	0.79	44.3	502	3.79	*0	1.36	5.86	2.39	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			630	32	881	12.65	4.72	483.4	*1546	*17.29	*34	30.73	90.05	19.62	3.48	*0.00
% of Calories			846		1420		4.50	400.00	1500	19.20	*21.4%	19.5%	57.2%	28.0%	5.0%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 09/27/2023																
Week 4 Lunch 9-12	Total	1														
TACO MEAT / BEEF	3 OZ	1	199	55	221	0.45	1.74	19.0	411	0.05	*0	13.4	1.02	15.58	5.87	*0.91
TORTILLAS CHIPS TSTITO 1.4 OZ	1 EACH	1	190	0	160	3.00	0.60	40.0	*N/A*	*N/A*	0	3.0	28.0	7.0	1.00	0.00
NACHOS GRANDE GARNISH	1 EACH	1	112	23	135	0.97	0.37	127.3	*761	*7.3	*3	5.48	6.72	7.63	4.46	0.11
BEANS, TEXAS RANCHERO B USH'S	1 CUP	1	220	0	980	10.00	3.60	80.0	0	0.0	2	12.0	40.0	0.1	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

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¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Week 4 Lunch 9-12

Portion Values - Detailed

Page 2

Generated on: 8/29/2023 5:35:19 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			893	85	1622	17.73	6.82	575.2	*1996	*14.90	*34	42.24	109.79	31.38	11.87	*1.02
% of Calories											*15.4%	18.9%	49.2%	31.6%	12.0%	*1.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 09/28/2023																
Week 4 Lunch 9-12	Total	1														
FISH SQUARE HL 3.6 OZ W/CHS	3.6 OZ	1	270	40	640	2.00	1.44	150.0	*N/A*	*N/A*	1	13.0	21.0	15.0	6.00	0.00
BREAD, HB ROLLS W/W H&S	1 EACH	1	140	0	220	4.00	1.44	110.0	*N/A*	*N/A*	3	6.0	27.0	2.0	0.00	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
CARROTS:frozen, boiled	1 CUP	1	54	0	86	4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	0.18	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			664	47	1075	16.32	4.37	630.1	*25736	*15.21	42	28.70	100.67	19.11	6.72	0.00
% of Calories											25.0%	17.3%	60.7%	25.9%	9.1%	0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 09/29/2023																
Week 4 Lunch 9-12	Total	1														
CHICKEN BREAST FOR CAESER	1 EACH	1	154	65	90	0.00	0.00	0.0	*0	*0.0	*0	25.0	0.0	5.68	1.74	*0.00
CAESER SALAD COMPONENTS	1 EACH	1	297	7	578	2.97	1.27	82.0	*8187	*3.76	3	4.91	13.09	26.16	4.60	0.00
BREAD STICK BAKE CRAFT, W G-L/S	2 EACH	1	160	0	130	2.00	1.60	0.0	*N/A*	*N/A*	2	2.0	28.0	3.0	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			798	79	923	9.39	3.39	456.3	*9351	*102.85	*37	41.63	77.71	35.89	6.87	*0.00
% of Calories											*18.5%	20.9%	38.9%	40.5%	7.7%	*0.0%
Nutrient Guideline			846		1420		4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			767	137	1104	13.32	4.64	545.7	*8096	*49.87	*42	34.27	100.81	26.85	7.26	*0.20
											*48.9%	17.9%	52.5%	31.5%	8.5%	*0.2%

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
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Base Menu Spreadsheet

Week 4 Lunch 9-12

Portion Values - Detailed

Page 3

Generated on: 8/29/2023 5:35:19 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	767		846	91%				79										Correction Required - Calories are Low
Cholesterol (mg)	137																	
Sodium (mg)	1104		1420															
Fiber (g)	13.32																	
Iron (mg)	4.64		4.50	103%														
Calcium (mg)	545.7		400.00	136%														
Vitamin A (IU)	8096		1500	540%														
Sugars (g)	42	21.75%				Missing												
Vitamin C (mg)	49.87		19.20	260%	Missing													
Protein (g)	34.27	17.87%	16.70	205%														
Carbohydrate (g)	100.81	52.55%																
Total Fat (g)	26.85	31.49%	<=30.00%															Correction Required - Total Fat too High
Saturated Fat (g)	7.26	8.52%	<10.00%															
Trans Fat ¹ (g)	0.20	0.24%				Missing												

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