

# The Maryland School for the Blind

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Week 2 Breakfast K - 8

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)
Mon - 09/11/2023																
Week 2 Breakfast K - 8	Total	1														
BAGEL WG 2 OZ	1 EACH	1	150	0	270	3.00	1.80	30.0	0	0.0	3	5.0	29.0	1.0	0.00	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, PEAR, DEL MONTE	1 EACH	1	50	0	5	1.00	0.00	13.0	*N/A*	*N/A*	8	0.0	13.0	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			450	12	460	4.00	2.13	641.2	*750	*10.70	53	16.00	90.50	1.83	0.50	0.00
% of Calories											46.8%	14.2%	80.4%	3.7%	1.0%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Tue - 09/12/2023																
Week 2 Breakfast K - 8	Total	1														
CEREAL, CHEX CINNAMON	1 EACH	1	230	0	320	3.00	14.40	100.0	*N/A*	*N/A*	12	3.0	46.0	5.0	0.50	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			517	193	522	4.00	*15.33	*433.2	*1010	*10.70	51	17.29	88.06	11.14	2.63	*0.00
% of Calories											39.6%	13.4%	68.1%	19.4%	4.6%	*0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Wed - 09/13/2023																
Week 2 Breakfast K - 8	Total	1														
MUFFIN, CHOCOLATE CHIP	MUFFIN	1	170	20	100	1.00	1.00	15.0	0	0.0	15	3.0	29.0	5.0	1.00	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			510	32	286	3.63	1.60	618.2	*815	*19.49	69	15.10	100.57	6.17	1.61	0.00
% of Calories											54.1%	11.8%	78.9%	10.9%	2.8%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=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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Portion Values - Detailed

Page 2

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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)
Thu - 09/14/2023																
Week 2 Breakfast K - 8	Total	1														
BFST. CROS. T SAUS. & EGG	1 EACH	1	300	159	405	3.00	2.54	103.0	*N/A*	*N/A*	4	14.0	29.0	14.5	5.00	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			490	166	535	5.00	*2.87	*411.2	*750	*10.70	38	22.00	66.50	15.33	5.50	0.00
% of Calories											30.7%	18.0%	54.3%	28.2%	10.1%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Fri - 09/15/2023																
Week 2 Breakfast K - 8	Total	1														
CINNAMON TST. CRUNCH BAR	BAR	1	160	0	120	3.00	1.70	230.0	0	0.0	8	2.0	30.0	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	250	5.00	2.75	558.2	*750	*11.90	58	11.00	88.50	4.33	0.50	0.00
% of Calories											52.4%	10.0%	80.5%	8.9%	1.0%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Weighted Average			481	82	411	4.33	*4.94	*532.4	*815	*12.70	54	16.28	86.83	7.76	2.15	*0.00
											100.3%	13.5%	72.1%	14.5%	4.0%	*0.0%

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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	481		518	93%				37										Correction Required - Calories are Low
Cholesterol (mg)	82																	
Sodium (mg)	411		600															
Fiber (g)	4.33																	
Iron (mg)	4.94		2.80	176%	Missing													
Calcium (mg)	532.4		233.33	228%	Missing													
Vitamin A (IU)	815		903	90%	Missing			88										Correction Required - Vitamin A is Low
Sugars (g)	54	44.57%																
Vitamin C (mg)	12.70		11.67	109%	Missing													
Protein (g)	16.28	13.52%	8.24	197%														
Carbohydrate (g)	86.83	72.13%																
Total Fat (g)	7.76	14.51%	<=30.00%															
Saturated Fat (g)	2.15	4.02%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing												

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