

# The Maryland School for the Blind

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Week 4 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 - 09/25/2023																
Week 4 Breakfast K - 8	Total	1														
CINN RAISIN BAGEL WG 2.2 OZ	1 EACH	1	170	0	280	3.00	1.08	20.0	0	0.0	7	5.0	37.0	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			470	12	470	4.00	1.41	631.2	*750	*10.70	57	16.00	98.50	1.83	0.50	0.00
% of Calories											48.2%	13.6%	83.8%	3.5%	1.0%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Tue - 09/26/2023																
Week 4 Breakfast K - 8	Total	1														
CEREAL, BLUEBERRY CHEX	1 EACH	1	240	0	350	1.00	16.20	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			527	193	552	2.00	*17.13	*433.2	*1010	*10.70	51	17.29	88.06	11.14	2.63	*0.00
% of Calories											38.8%	13.1%	66.8%	19.0%	4.5%	*0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	

Wed - 09/27/2023																
Week 4 Breakfast K - 8	Total	1														
CORNBREAD LOAF BAKE CRAFTERS	1 EACH	1	180	15	90	1.00	1.08	20.0	*N/A*	*N/A*	15	3.0	29.0	6.0	0.50	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			520	27	276	3.63	1.68	623.2	*815	*19.49	69	15.10	100.57	7.17	1.11	0.00
% of Calories											53.1%	11.6%	77.4%	12.4%	1.9%	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

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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)
<b>Thu - 09/28/2023</b>																
Week 4 Breakfast K - 8	Total	1														
BFST. BISC. SAUS & EGG	1 EACH	1	300	130	525	2.00	1.84	181.0	*N/A*	*N/A*	2	13.0	24.0	16.5	8.00	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	137	655	4.00	*2.17	*489.2	*750	*10.70	36	21.00	61.50	17.33	8.50	0.00
% of Calories											29.1%	17.1%	50.2%	31.8%	15.6%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	
<b>Fri - 09/29/2023</b>																
Week 4 Breakfast K - 8	Total	1														
CHEERIOS CEREAL BAR	1 EACH	1	160	0	90	3.00	4.30	270.0	*N/A*	*N/A*	9	2.0	29.0	3.5	0.50	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	220	5.00	5.35	598.2	*750	*11.90	59	11.00	87.50	4.33	1.00	0.00
% of Calories											53.3%	10.0%	79.5%	8.9%	2.0%	0.0%
Nutrient Guideline			518		600		2.80	233.33	903	11.67		8.24		<=30.0	<10.00	
Weighted Average			489	75	435	3.73	*5.55	*555.0	*815	*12.70	54	16.08	87.23	8.36	2.75	*0.00
											99.7%	13.1%	71.3%	15.4%	5.1%	*0.0%

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Week 4 Breakfast K - 8

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	489		518	94%				29		Correction Required - Calories are Low							
Cholesterol (mg)	75																
Sodium (mg)	435		600														
Fiber (g)	3.73																
Iron (mg)	5.55		2.80	198%	Missing												
Calcium (mg)	555.0		233.33	238%	Missing												
Vitamin A (IU)	815		903	90%	Missing	88				Correction Required - Vitamin A is Low							
Sugars (g)	54	44.33%															
Vitamin C (mg)	12.70		11.67	109%	Missing												
Protein (g)	16.08	13.14%	8.24	195%													
Carbohydrate (g)	87.23	71.28%															
Total Fat (g)	8.36	15.37%	<=30.00%														
Saturated Fat (g)	2.75	5.05%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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