

# The Maryland School for the Blind

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

Week 1 Lunch K-8

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)
Mon - 09/04/2023																
Week 1 Lunch K-8	Total	1														
HAMBURGER ON ROLL K-8	1 EACH	1	380	80	235	1.00	2.80	50.0	*N/A*	*N/A*	1	22.0	16.0	24.0	9.00	1.50
FRENCH FRIES ORE-IDA L/S	3 OZ	1	136	0	30	3.03	0.55	0.0	0	*N/A*	0	1.52	19.7	3.03	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
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			713	87	475	8.45	3.86	424.3	*1164	*99.09	35	33.24	74.32	28.08	9.53	1.50
% of Calories											19.6%	18.7%	41.7%	35.5%	12.0%	1.9%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Tue - 09/05/2023																
Week 1 Lunch K-8	Total	1														
FRENCH BREAD PIZZA	1 EACH	1	361	44	866	4.01	2.30	470.1	*95	*0.01	3	22.21	36.26	14.33	6.55	0.00
SPINACH: frozen,boiled	3/4 cup	1	58	0	165	6.29	3.33	260.2	20515	3.74	1	6.82	8.16	1.48	0.27	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			608	50	1157	12.93	6.23	1036.1	*21425	*13.73	31	38.13	82.49	16.98	7.43	0.00
% of Calories											20.5%	25.1%	54.2%	25.1%	11.0%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Wed - 09/06/2023																
Week 1 Lunch K-8	Total	1														
CHILI CON CARNE	.75 CUP	1	223	36	201	4.34	2.84	34.3	*157	*3.27	*3	13.88	16.63	10.84	*4.21	*0.00
RICE, BROWN	1/2 CUP	1	126	0	2	1.18	0.50	8.1	0	0.0	*N/A*	2.71	26.42	1.0	0.20	0.00
CAULIFLOWER, ROASTED	.75 CUP	1	31	0	73	1.36	0.29	15.0	0	32.79	*1	1.31	3.52	1.87	0.33	*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			553	42	403	10.20	4.13	366.3	*981	*43.61	*33	26.26	80.62	14.77	*5.28	*0.00
% of Calories											*24.1%	19.0%	58.4%	24.1%	*8.6%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=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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Week 1 Lunch 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)
Thu - 09/07/2023																
Week 1 Lunch K-8	Total	1														
CHICKEN BRST BBQ SAND. K-8	1 EACH	1	288	65	574	1.96	1.00	30.0	*N/A*	*N/A*	10	28.96	30.4	5.0	1.50	0.00
CARROTS, HONEY GLAZED	.75 CUP	1	69	0	84	4.67	0.77	50.8	23567	3.33	*4	0.84	15.32	0.96	0.17	*0.00
POPCORN CHEDDAR .625	1 EACH	1	100	0	125	1.00	0.20	20.0	*N/A*	*N/A*	1	2.0	9.0	6.0	1.00	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			651	72	910	12.78	2.61	416.4	*24358	*11.67	*46	40.39	95.00	13.03	3.21	*0.00
% of Calories											*28.2%	24.8%	58.4%	18.0%	4.4%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Fri - 09/08/2023																
Week 1 Lunch K-8	Total	1														
CHICKEN SALAD FULL BATCH	1.75 OZ	1	154	39	96	0.05	0.36	7.3	*20	*0.1	*0	10.49	0.11	12.0	2.30	*0.00
BUN, HOT DOG WG BK	1 EACH	1	110	0	220	2.00	1.00	16.0	*N/A*	*N/A*	1	3.0	22.0	1.5	0.00	0.00
CHICK PEA SALAD L/S	3/4 CUP	1	205	0	192	5.88	1.99	31.7	*133	*5.72	*6	9.82	30.5	5.04	0.34	*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			655	45	633	12.35	3.86	429.2	*1317	*104.91	*38	33.05	89.23	19.60	3.17	*0.00
% of Calories											*23.5%	20.2%	54.5%	26.9%	4.3%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Weighted Average			636	59	716	11.34	4.14	534.5	*9849	*54.60	*37	34.21	84.33	18.49	*5.72	*0.30
											*52.0%	21.5%	53.0%	26.2%	*8.1%	*0.4%

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Base Menu Spreadsheet

Week 1 Lunch 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	636		691	92%				55		Correction Required - Calories are Low							
Cholesterol (mg)	59																
Sodium (mg)	716		1360														
Fiber (g)	11.34																
Iron (mg)	4.14		3.70	112%													
Calcium (mg)	534.5		311.33	172%													
Vitamin A (IU)	9849		1203	818%	Missing												
Sugars (g)	37	23.11%			Missing												
Vitamin C (mg)	54.60		15.57	351%	Missing												
Protein (g)	34.21	21.52%	10.98	312%													
Carbohydrate (g)	84.33	53.04%															
Total Fat (g)	18.49	26.17%	<=30.00%														
Saturated Fat (g)	5.72	8.10%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.30	0.42%			Missing												

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