

# The Maryland School for the Blind

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

Week 2 Lunch K-8

Portion Values - Detailed

Page 1

Generated on: 8/29/2023 4:50:20 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 <sup>1</sup> (g)
Mon - 09/11/2023																
Week 2 Lunch K-8	Total	1														
CHICKEN TENDERS WG 2.07 OZ.	2.07 OZ	1	110	20	200	1.00	0.72	0.0	*N/A*	*N/A*	1	10.0	6.0	6.0	1.00	0.00
CHICKEN TENDERS WG 2.07 OZ.	2.07 OZ	1	110	20	200	1.00	0.72	0.0	*N/A*	*N/A*	1	10.0	6.0	6.0	1.00	0.00
SWEET POTATO FRIES McCAIN	3/4 CUP	1	272	0	347	3.02	0.54	30.2	*N/A*	*N/A*	11	1.51	36.24	13.59	2.27	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
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			698	47	1042	9.44	2.50	404.5	*1164	*99.09	48	31.24	88.86	26.64	4.79	0.00
% of Calories											27.7%	17.9%	50.9%	34.3%	6.2%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Tue - 09/12/2023																
Week 2 Lunch K-8	Total	1														
HOT DOG, TURKEY, PERDUE BUN, HOT DOG WG BK	1 EACH	1	140	50	300	0.00	0.18	60.0	*N/A*	*N/A*	1	6.0	1.0	11.0	3.50	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
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
MUSTARD, YELLOW PACKET	1 EACH	1	0	0	80	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BAKED BEANS R/S BUSH'S VE GETAR	3/4 CUP	1	225	0	555	7.50	2.70	60.0	*N/A*	*N/A*	18	10.5	45.0	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
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			675	57	1366	12.13	4.48	441.7	*815	*9.99	49	28.60	108.07	13.67	4.11	0.00
% of Calories											29.1%	17.0%	64.1%	18.2%	5.5%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Wed - 09/13/2023																
Week 2 Lunch K-8	Total	1														
MEAT BALL SUB MIX	3 OZ	1	186	32	518	1.46	1.25	120.0	*175	*0.0	2	10.49	8.05	12.5	5.38	0.09
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
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
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

\*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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Base Menu Spreadsheet

Week 2 Lunch K-8

Portion Values - Detailed

Page 2

Generated on: 8/29/2023 4:50:20 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 <sup>1</sup> (g)
Weighted Daily Average			614	38	979	9.81	3.29	444.9	*1000	*7.55	34	23.36	85.81	18.09	5.92	0.09
% of Calories											22.2%	15.2%	55.9%	26.5%	8.7%	0.1%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Thu - 09/14/2023																
Week 2 Lunch K-8	Total	1														
TERIYAKI CHICKEN	4 OZ	1	172	65	565	0.00	*0.00	*0.0	*0	*0.0	*6	25.64	7.68	4.0	1.50	*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
ZUCCHINI ROASTED	3/4 CUP	1	73	0	30	1.99	0.15	19.6	0	0.0	*N/A*	1.99	4.0	5.04	0.72	*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			566	72	724	8.32	*1.29	*343.4	*792	*8.34	*37	38.94	78.37	11.10	2.96	*0.00
% of Calories											*26.3%	27.5%	55.4%	17.6%	4.7%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Fri - 09/15/2023																
Week 2 Lunch K-8	Total	1														
SANDWICH, PEANUT BU. & JELLY	1 EACH	1	400	0	417	6.66	1.44	75.9	*N/A*	*N/A*	17	14.2	54.77	17.17	2.66	0.00
SALAD,SIDE	1 EACH	1	32	0	20	2.93	1.13	43.7	10876	10.17	*2	1.78	6.84	0.42	0.06	*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			689	12	812	14.01	3.09	493.9	*12040	*109.26	*52	26.71	99.23	25.65	4.25	*0.00
% of Calories											*30.1%	15.5%	57.6%	33.5%	5.6%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Weighted Average			648	45	985	10.74	*2.93	*425.7	*3162	*46.84	*44	29.77	92.07	19.03	4.41	*0.02
											*61.2%	18.4%	56.8%	26.4%	6.1%	*0.0%

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Week 2 Lunch K-8

Portion Values - Detailed

Page 3

Generated on: 8/29/2023 4:50:20 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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	648		691	94%				42		Correction Required - Calories are Low							
Cholesterol (mg)	45																
Sodium (mg)	985		1360														
Fiber (g)	10.74																
Iron (mg)	2.93		3.70	79%	Missing	0.77				Correction Required - Iron is Low							
Calcium (mg)	425.7		311.33	137%	Missing												
Vitamin A (IU)	3162		1203	263%	Missing												
Sugars (g)	44	27.22%			Missing												
Vitamin C (mg)	46.84		15.57	301%	Missing												
Protein (g)	29.77	18.36%	10.98	271%													
Carbohydrate (g)	92.07	56.79%															
Total Fat (g)	19.03	26.41%	<=30.00%														
Saturated Fat (g)	4.41	6.12%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing												

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