

# The Maryland School for the Blind

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

Week 3 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)
Mon - 09/18/2023																
Week 3 Lunch K-8	Total	1														
CHICKEN, POPCORN, TYSON	3.36 OZ	1	258	22	392	3.36	2.02	*N/A*	*N/A*	*N/A*	1	15.68	15.68	14.56	2.80	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
LIMA BEANS	3/4 CUP	1	175	0	117	9.02	3.10	51.0	323	21.77	2	10.32	32.86	0.58	0.13	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			639	29	804	16.79	5.63	*425.3	*1487	*120.86	39	35.73	89.16	16.19	3.46	0.00
% of Calories											24.6%	22.4%	55.8%	22.8%	4.9%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Tue - 09/19/2023																
Week 3 Lunch K-8	Total	1														
HAM & SWISS SAND. K-8	1 EACH	1	235	44	850	1.00	1.54	*230.0	*N/A*	*N/A*	2	16.75	17.75	10.5	5.75	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
MAYONNAISE, DUKES 12 GM	1 EACH	1	90	10	60	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	10.0	1.50	0.00
COLE SLAW	1/2 Cup	1	120	7	175	1.27	0.25	20.3	1049	18.09	6	0.64	7.51	9.97	1.43	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			640	67	1213	5.25	2.47	*559.4	*2094	*31.59	36	26.75	64.43	31.69	9.30	0.00
% of Calories											22.2%	16.7%	40.3%	44.6%	13.1%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Wed - 09/20/2023																
Week 3 Lunch K-8	Total	1														
CHEESE STUFFED BREADSTI CKS	2 EACH	1	300	30	440	4.00	2.00	444.0	0	0.0	2	20.0	34.0	10.0	5.00	0.00
MARINARA RED PACK L/S	1/4 CUP	1	30	0	68	1.00	0.54	20.0	100	*N/A*	3	1.0	5.0	0.75	0.00	0.00
BROCCOLI: frozen, boiled	.75 CUP	1	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	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			540	37	649	12.45	3.88	818.5	2320	*62.89	36	33.64	80.44	11.98	5.56	0.00
% of Calories											26.7%	24.9%	59.5%	20.0%	9.3%	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  
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Base Menu Spreadsheet

Week 3 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)
Thu - 09/21/2023																
Week 3 Lunch K-8	Total	1														
BEEF N' MAC	1 CUP	1	280	45	329	3.14	1.69	194.2	358	*0.65	*7	14.51	22.07	15.17	*6.11	*0.00
GARLIC BREAD, TEX TST, BKE CRF	1 EACH	1	100	0	125	2.00	1.08	0.0	*N/A*	*N/A*	1	3.0	14.0	3.5	0.50	0.00
PEAS: frozen,boiled	1/2 CUP	1	62	0	58	3.60	1.22	19.2	1680	7.92	4	4.12	11.41	0.22	0.04	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			637	51	638	13.88	4.62	529.0	*2830	*16.91	*42	30.22	87.76	19.95	*7.18	*0.00
% of Calories											*26.3%	19.0%	55.1%	28.2%	*10.1%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Fri - 09/22/2023																
Week 3 Lunch K-8	Total	1														
TURKEY SUB K-8	1 EACH	1	280	50	860	2.00	1.72	216.0	*0	*0.0	1	21.0	23.0	12.5	6.00	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
MAYONNAISE, DUKES 12 GM	1 EACH	1	90	10	60	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	10.0	1.50	0.00
CARROTS, BABY FRESH	5 OZ	1	50	0	110	4.10	1.28	45.0	19545	3.76	*N/A*	0.89	11.55	0.17	0.03	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			682	72	1407	10.87	3.60	638.6	*20939	*106.35	*35	32.88	73.28	30.78	9.06	0.00
% of Calories											*20.3%	19.3%	43.0%	40.6%	12.0%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Weighted Average			628	51	942	11.85	4.04	*594.2	*5934	*67.72	*37	31.85	79.02	22.12	*6.91	*0.00
											*53.7%	20.3%	50.3%	31.7%	*9.9%	*0.0%

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Week 3 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	628		691	91%				63		Correction Required - Calories are Low							
Cholesterol (mg)	51																
Sodium (mg)	942		1360														
Fiber (g)	11.85																
Iron (mg)	4.04		3.70	109%													
Calcium (mg)	594.2		311.33	191%	Missing												
Vitamin A (IU)	5934		1203	493%	Missing												
Sugars (g)	37	23.88%			Missing												
Vitamin C (mg)	67.72		15.57	435%	Missing												
Protein (g)	31.85	20.29%	10.98	290%													
Carbohydrate (g)	79.02	50.35%															
Total Fat (g)	22.12	31.71%	<=30.00%							Correction Required - Total Fat too High							
Saturated Fat (g)	6.91	9.91%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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