

# The Maryland School for the Blind

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Week 4 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)
<b>Mon - 09/25/2023</b>																
Week 4 Lunch K-8	Total	1														
EGGS SCRAMBLED/MARTINS LIQUID	2 OZ	1	108	243	245	0.00	1.05	35.1	*307	*0.0	*0	7.02	0.58	8.08	3.34	*0.00
WAFFLE, WG BAKE CRAFTERS SYRUP, BUTTERWORTH'S	1 EACH	1	80	5	115	1.00	0.74	63.5	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00	0.00
POTATOES, HASHBROWNS O RE IDA	1 EACH	1	110	0	80	0.00	0.00	0.0	*N/A*	*N/A*	24	0.0	28.0	0.0	0.00	0.00
ORANGES	3/4 CUP	1	154	0	118	3.08	0.05	15.5	*112	*0.0	*2	1.53	27.12	5.28	0.75	*0.00
MILK, VARIETY (MSB)	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
	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	254	683	8.50	2.36	488.4	*1583	*99.09	*59	20.28	104.33	17.41	4.62	*0.00
% of Calories											*37.2%	12.7%	65.3%	24.5%	6.5%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

<b>Tue - 09/26/2023</b>																
Week 4 Lunch K-8	Total	1														
CHICKEN PATTY TYSON 3 OZ	1 EACH	1	240	25	440	3.00	1.80	20.0	*N/A*	*N/A*	1	14.01	16.01	14.01	2.50	0.00
BUN, HAMBURGER WG BK	1 EACH	1	90	0	160	1.00	1.00	30.0	*N/A*	*N/A*	1	3.0	16.0	1.0	0.00	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
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
GREEN BEANS ROASTED	.75 CUP	1	34	0	6	2.00	0.59	33.3	376	2.84	*0	1.02	4.4	1.79	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			569	32	819	8.99	4.08	392.3	*1421	*16.34	*32	27.39	77.58	18.02	3.39	*0.00
% of Calories											*22.3%	19.3%	54.6%	28.5%	5.4%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

<b>Wed - 09/27/2023</b>																
Week 4 Lunch K-8	Total	1														
TACO MEAT / BEEF	1.5 OZ	1	100	27	111	0.22	0.87	9.5	205	0.02	*0	6.7	0.51	7.79	2.94	*0.45
TORTILLAS CHIPS TSTITO 1.4 OZ	1 EACH	1	190	0	160	3.00	0.60	40.0	*N/A*	*N/A*	0	3.0	28.0	7.0	1.00	0.00
NACHOS GRANDE GARNISH	1 EACH	1	112	23	135	0.97	0.37	127.3	*761	*7.3	*3	5.48	6.72	7.63	4.46	0.11
BEANS, TEXAS RANCHERO B USH'S	1/2 CUP	1	110	0	490	5.00	1.80	40.0	0	0.0	1	6.0	20.0	0.05	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 4 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)
Weighted Daily Average			684	57	1022	12.51	4.15	525.7	*1791	*14.87	*33	29.54	89.29	23.54	8.93	*0.57
% of Calories											*19.5%	17.3%	52.2%	31.0%	11.8%	*0.7%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Thu - 09/28/2023																
Week 4 Lunch K-8	Total	1														
FISH SQUARE HL 3.6 OZ W/CHS	3.6 OZ	1	270	40	640	2.00	1.44	150.0	*N/A*	*N/A*	1	13.0	21.0	15.0	6.00	0.00
BUN, HAMBURGER WG BK	1 EACH	1	90	0	160	1.00	1.00	30.0	*N/A*	*N/A*	1	3.0	16.0	1.0	0.00	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
CARROTS:frozen, boiled	3/4 CUP	1	41	0	65	3.61	0.58	38.3	18536	2.52	4	0.64	8.46	0.74	0.13	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			600	47	993	12.11	3.74	537.3	*19558	*14.37	38	25.49	86.85	17.87	6.68	0.00
% of Calories											25.4%	17.0%	57.9%	26.8%	10.0%	0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Fri - 09/29/2023																
Week 4 Lunch K-8	Total	1														
CHICKEN BREAST FOR CAESER	1 EACH	1	154	65	90	0.00	0.00	0.0	*0	*0.0	*0	25.0	0.0	5.68	1.74	*0.00
CAESER SALAD COMPONENTS	1 EACH	1	297	7	578	2.97	1.27	82.0	*8187	*3.76	3	4.91	13.09	26.16	4.60	0.00
BREAD STICK BAKE CRAFT, W G-L/S	1 EACH	1	80	0	65	1.00	0.80	0.0	*N/A*	*N/A*	1	1.0	14.0	1.5	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			718	79	858	8.39	2.59	456.3	*9351	*102.85	*36	40.63	63.71	34.39	6.87	*0.00
% of Calories											*20.0%	22.6%	35.5%	43.1%	8.6%	*0.0%
Nutrient Guideline			691		1360		3.70	311.33	1203	15.57		10.98		<=30.0	<10.00	

Weighted Average			642	94	875	10.10	3.38	480.0	*6741	*49.50	*40	28.67	84.35	22.25	6.10	*0.11
											*55.7%	17.9%	52.6%	31.2%	8.5%	*0.2%

\*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 4 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	642		691	93%		49		Correction Required - Calories are Low									
Cholesterol (mg)	94																
Sodium (mg)	875		1360														
Fiber (g)	10.10																
Iron (mg)	3.38		3.70	91%		0.32		Correction Required - Iron is Low									
Calcium (mg)	480.0		311.33	154%													
Vitamin A (IU)	6741		1203	560%													
Sugars (g)	40	24.74%				Missing											
Vitamin C (mg)	49.50		15.57	318%		Missing											
Protein (g)	28.67	17.86%	10.98	261%													
Carbohydrate (g)	84.35	52.56%															
Total Fat (g)	22.25	31.19%	<=30.00%														
Saturated Fat (g)	6.10	8.55%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.11	0.16%				Missing											

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