

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 14, 2018

After School Snack

Generated on: 8/14/2018 10:41:37 AM

| | 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 ¹ (g) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/10/2018 | | | | | | | | | | | | | | | | |
| After School Snack | Total | 330 | | | | | | | | | | | | | | |
| CRACKERS, GOLDFISH PRET | 1 EACH | 330 | 90 | 0 | 200 | 1.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 16.0 | 1.5 | 0.00 | 0.00 |
| ZEL IW | | | | | | | | | | | | | | | | |
| JUICE, POWER PUNCH, 6.75 OZ. | 1 EACH | 330 | 90 | *N/A* | 20 | *N/A* | *N/A* | *N/A* | 500 | 60.0 | 19 | *N/A* | 22.0 | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 180 | *0 | 220 | *1.00 | *0.72 | *0.0 | 500 | 60.00 | 19 | *2.00 | 38.00 | *1.50 | *0.00 | *0.00 |
| % of Calories | | | | | | | | | | | 42.2% | *4.4% | 84.4% | *7.5% | *0.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---------------------------------|--------|-----|---------|-------|------|-------|-------|--------|------|-------|-------|-------|--------|--------|-------|--------|
| Tue - 09/11/2018 | | | | | | | | | | | | | | | | |
| After School Snack | Total | 330 | | | | | | | | | | | | | | |
| CRACKERS, CHEEZ IT IW | 1 EACH | 330 | 101 | 4 | 152 | 1.01 | 0.73 | 101.2 | 506 | 0.0 | 0 | 2.02 | 14.17 | 3.54 | 1.01 | 0.00 |
| JUICE, BRILLIANT BURST 6.75 OZ. | 1 EACH | 330 | 90 | *N/A* | 20 | *N/A* | *N/A* | *N/A* | 4500 | 36.0 | 18 | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 191 | *4 | 172 | *1.01 | *0.73 | *101.2 | 5006 | 36.00 | 18 | *2.02 | 54.17 | *3.54 | *1.01 | *0.00 |
| % of Calories | | | | | | | | | | | 37.7% | *4.2% | 113.3% | *16.7% | *4.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---------------------------------|--------|-----|---------|-------|------|-------|-------|-------|-------|--------|-------|-------|-------|--------|-------|--------|
| Wed - 09/12/2018 | | | | | | | | | | | | | | | | |
| After School Snack | Total | 330 | | | | | | | | | | | | | | |
| CEREAL BAR, AFTERSCHOOL SNACK | 1 EACH | 330 | 148 | 7 | 117 | 1.98 | 0.95 | 19.8 | *N/A* | *N/A* | 10 | 3.3 | 23.73 | 4.94 | 2.31 | *N/A* |
| JUICE, TROPICAL TWIST, 6.75 OZ. | 1 EACH | 330 | 90 | *N/A* | 20 | *N/A* | *N/A* | *N/A* | 500 | 60.0 | 19 | *N/A* | 22.0 | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 238 | *7 | 137 | *1.98 | *0.95 | *19.8 | *500 | *60.00 | 29 | *3.30 | 45.73 | *4.94 | *2.31 | *N/A* |
| % of Calories | | | | | | | | | | | 49.0% | *5.5% | 76.8% | *18.7% | *8.7% | *N/A%* |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------------|--------|-----|-----|-------|-----|-------|-------|-------|-----|------|----|-------|-------|-------|-------|-------|
| Thu - 09/13/2018 | | | | | | | | | | | | | | | | |
| After School Snack | Total | 330 | | | | | | | | | | | | | | |
| CRACKERS, SCOOBY DO STIC KS | 1 OZ | 330 | 122 | 0 | 116 | 1.01 | 0.73 | 101.3 | 506 | 0.0 | 8 | 2.03 | 21.27 | 3.55 | 1.01 | 0.00 |
| JUICE, POWER PUNCH, 6.75 OZ. | 1 EACH | 330 | 90 | *N/A* | 20 | *N/A* | *N/A* | *N/A* | 500 | 60.0 | 19 | *N/A* | 22.0 | *N/A* | *N/A* | *N/A* |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Sep 10, 2018 thru Sep 14, 2018

Base Menu Spreadsheet

After School Snack

Portion Values - Detailed

| | 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 ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 212 | *0 | 136 | *1.01 | *0.73 | *101.3 | 1006 | 60.00 | 27 | *2.03 | 43.27 | *3.55 | *1.01 | *0.00 |
| % of Calories | | | | | | | | | | | 51.2% | *3.8% | 81.8% | *15.1% | *4.3% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| Fri - 09/14/2018 | | | | | | | | | | | | | | | | |
|--------------------------------|--------|-----|---------|-------|------|-------|-------|-------|------|-------|-------|-------|--------|--------|--------|-------|
| After School Snack | Total | 330 | | | | | | | | | | | | | | |
| CRACKERS, FISHSHAPE CHE | 1 EACH | 330 | 101 | 5 | 172 | 1.01 | 0.36 | 20.2 | 0 | 0.0 | 0 | 3.04 | 14.17 | 3.54 | 1.01 | 0.00 |
| DDAR IW | | | | | | | | | | | | | | | | |
| JUICE,BRILLIANT BURST 6.75 OZ. | 1 EACH | 330 | 90 | *N/A* | 20 | *N/A* | *N/A* | *N/A* | 4500 | 36.0 | 18 | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 191 | *5 | 192 | *1.01 | *0.36 | *20.2 | 4500 | 36.00 | 18 | *3.04 | 54.17 | *3.54 | *1.01 | *0.00 |
| % of Calories | | | | | | | | | | | 37.7% | *6.4% | 113.3% | *16.7% | *4.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|-------|-------|-------|-------|--------|-------|-------|-------|--------|-------|-------|
| Weighted Average | | | 202 | *3 | 171 | *1.20 | *0.70 | *48.5 | *2303 | *50.40 | 22 | *2.48 | 47.07 | *3.41 | *1.07 | *N/A* |
| | | | | | | | | | | | 99.0% | *4.9% | 93.0% | *15.2% | *4.8% | |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|--|
| Calories | 202 | | 550 - 650 | 37% | | 348 | | Correction Required - Calories are Low |
| Cholesterol (mg) | 3 | | | | Missing | | | |
| Sodium 1 (mg) | 171 | | 1230 | | | | | |
| Sodium 2 (mg) | 171 | | 935 | | | | | |
| Fiber (g) | 1.20 | | | | Missing | | | |
| Iron (mg) | 0.70 | | | | Missing | | | |
| Calcium (mg) | 48.5 | | | | Missing | | | |
| Vitamin A (IU) | 2303 | | | | Missing | | | |
| Sugars (g) | 22 | 43.99% | | | | | | |
| Vitamin C (mg) | 50.40 | | | | Missing | | | |
| Protein (g) | 2.48 | 4.89% | | | Missing | | | |
| Carbohydrate (g) | 47.07 | 92.99% | | | | | | |
| Total Fat (g) | 3.41 | 15.18% | | | Missing | | | |
| Saturated Fat (g) | 1.07 | 4.75% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | *N/A* | | | | Missing | | | |

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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