

# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

Generated on: 8/7/2018 8:57:35 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 <sup>1</sup> (g)
Mon - 09/10/2018																
High School Breakfast	Total	151														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	50	230	60	530	3.25	0.54	970.0	10450	1.2	11	15.0	30.0	8.5	2.50	0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
BAR, CHIA OATMEAL STRAWBERRY	1 BAR	25	200	10	200	6.00	1.44	80.0	*N/A*	*N/A*	15	7.0	39.0	6.0	2.00	*N/A*
EGG, SKILLET OMELET W/CH EESE	1 EACH.+ 1+1G	25	294	237	723	*2.29	2.44	177.8	423	*0.0	*0	21.61	17.09	16.3	5.01	*0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	151	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	1 CARTON	150	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE FF 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
ASSORTED JELLY	1 PKG	5	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
SYRUP PANCAKE CUP	1 EACH	5	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			511	*68	549	*7.64	*4.10	*705.5	*5279	*31.96	*63	19.29	95.52	*8.37	*2.67	*0.00
% of Calories											*49.4%	15.1%	74.8%	*14.7%	*4.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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High School Breakfast

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Tue - 09/11/2018																
High School Breakfast	Total	151														
BISCUIT, EGG, CHEESE & SAU	1G+1E+1	50	411	*62	1023	*1.99	2.33	342.3	*134	*1.2	*6	21.22	31.79	22.71	8.47	*0.00
SAGE	C+1S															
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
EGG, SKILLET FRITTATA W/C H/TRK	1 E+2 B.+ 1GR	25	242	181	696	*2.29	*1.24	*68.7	*11	*0.0	0	16.75	16.99	12.76	2.86	*0.00
PASTRY, APPLE FRUDEL	1 FRUDEL	25	210	*N/A*	260	2.00	1.08	*N/A*	*N/A*	*N/A*	11	4.99	35.94	5.99	1.00	*N/A*
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	76	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
FRUIT JUICE, VARIETY	1 CARTON	75	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
ASSORTED JELLY	1 PKG	5	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			473	*58	715	*3.57	*4.03	*453.9	*1696	*14.01	*42	20.22	71.97	*12.49	*4.12	*0.00
% of Calories											*35.9%	17.1%	60.8%	*23.8%	*7.8%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

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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)
Wed - 09/12/2018																
High School Breakfast	Total	151														
PANCAKE WRAP, BB TR/PK 2. 51 OZ	1 EACH	50	210	20	371	1.00	1.08	20.0	50	0.0	8	6.01	20.05	11.02	3.01	0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
SMOOTHIE, CARROTS/STRAWBERRY	1 EACH	25	515	4	200	3.90	2.47	223.1	4138	70.64	91	6.64	115.68	3.39	0.73	0.00
TAQUITO,EGG CHORIZO SAUSAGE	1 TAQUITO (#12)	25	187	*224	257	2.20	1.85	45.3	*302	*0.0	*1	11.97	15.8	8.45	3.40	*0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	151	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	1 CARTON	150	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE FF 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	5	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
SAUCE, TACO PKG	2 EACH	5	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00
Weighted Daily Average			538	*51	426	*6.53	*4.35	*392.7	*2501	*43.25	*75	14.66	104.49	*7.48	*2.36	*0.00
% of Calories											*55.6%	10.9%	77.6%	*12.5%	*3.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Thu - 09/13/2018																
High School Breakfast	Total	151														
CINNAMON ROLL W/GLAZE	2 ROLLS	50	109	*0	*70	*2.00	*0.72	*0.0	*100	*N/A*	9	*2.0	23.09	0.72	0.65	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
PANCAKE W/SAUSAGE SAND WICH	2-G+1	25	237	48	460	*2.03	2.14	*81.1	*0	*0.0	*4	14.47	29.34	9.74	1.42	*0.00
BAGEL MINI STRWBER CR CH SE IW	1 BAGEL	25	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.95	5.99	2.50	0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	151	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
FRUIT JUICE, VARIETY	1 CARTON	150	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
Weighted Daily Average			443	*17	*349	*5.02	*3.69	*348.4	*1764	*21.06	*57	*14.14	87.81	*4.71	*1.54	*0.00
% of Calories											*51.4%	*12.8%	79.3%	*9.6%	*3.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

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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)
Fri - 09/14/2018																
High School Breakfast	Total	152														
TAQUITO, EGG, BACON	1 TAQUITO (#12)	50	216	*230	436	1.89	1.41	39.1	*317	*0.0	*1	13.94	15.18	11.4	2.93	*0.00
TAQUITO, EGG, SAUSAGE	1 TAQUITO (#12)	1	188	*219	349	1.77	1.62	48.6	*338	*0.0	*1	10.34	13.37	10.26	3.83	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
BKF SLIDERS SAU/EGG/CH, IW	1 EACH	25	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
PIZZA, DOUBLESTUFF SAU/G RAVY	1 EACH	25	210	*N/A*	380	2.00	*N/A*	150.0	100	*N/A*	2	9.0	26.0	8.0	3.00	*N/A*
SANDWICH, COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	200	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, TACO PKG	2 EACH	5	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00
Weighted Daily Average			490	*89	480	*7.90	*4.05	*392.0	*1889	*29.80	*60	17.14	91.36	*7.73	*2.40	*0.00
% of Calories											*48.8%	14.0%	74.6%	*14.2%	*4.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Mon - 09/17/2018																
High School Breakfast	Total	151														
EGG, CHEESE OMELET W/ TS T/LK	1+GR+LK	50	293	235	722	*2.29	2.43	177.2	*420	*0.0	*0	21.54	*17.09	16.23	4.98	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
WAFFLES, BLUEBERRY W/ SA USAGE	1 PKG +1L	25	320	50	540	*4.00	1.08	60.0	*100	*0.0	*20	12.0	*43.0	12.0	3.00	*0.00
BISCUIT, APPLE COBBLER	2 BISCUIT	25	280	*N/A*	400	2.00	1.44	120.0	*N/A*	*N/A*	12	4.0	40.02	12.01	6.00	*N/A*
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	200	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
ASSORTED JELLY	1 PKG	5	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
SYRUP PANCAKE CUP	1 EACH	5	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			534	*93	615	*6.41	*4.11	*418.5	*1875	*16.09	*58	20.19	*90.90	*11.22	*3.82	*0.00
% of Calories											*43.4%	15.1%	*68.1%	*18.9%	*6.4%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

Generated on: 8/7/2018 8:57:35 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 <sup>1</sup> (g)
Tue - 09/18/2018																
High School Breakfast	Total	151														
PANCAKE, MAPLE MINI WRAPS	5 PIECES	50	300	42	467	5.00	3.00	33.3	*N/A*	*N/A*	7	10.0	25.0	15.0	4.17	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
BKF, PIZZA TRK SAU. W/ CHEESE	1 EACH	25	210	15	480	2.00	1.80	100.0	200	*N/A*	9	9.0	26.0	7.0	2.00	*N/A*
CONCHA, CHOCOLATE & WHITE IW	1 SERVING	25	190	5	85	3.00	1.44	40.0	*N/A*	2.4	8	4.0	33.0	6.0	2.50	*N/A*
SANDWICH, COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	200	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1% LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE FF 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1% STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	5	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			529	*24	467	*9.13	*4.90	*377.5	*1795	*30.40	64	15.21	97.86	*8.99	*2.80	*0.00
% of Calories											48.5%	11.5%	74.0%	*15.3%	*4.8%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

Generated on: 8/7/2018 8:57:35 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 <sup>1</sup> (g)
Wed - 09/19/2018																
High School Breakfast	Total	151														
DONUT HOLE WG W/H. GLAZE	6 BITES	50	286	*N/A*	300	*2.00	*1.44	*11.5	*N/A*	*N/A*	7	*4.0	31.42	*16.0	*7.00	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
PARFAIT, MIXED FRUIT (HS)	4 OZ	25	1202	*10	*404	*19.40	*9.13	*463.2	*2284	*162.47	*112	27.73	254.21	14.05	*2.04	*0.00
TAQUITO, EGG, POTATO	1 TAQUITO (#12)	25	299	*242	408	*1.41	*1.62	*236.7	*606	*0.0	*1	16.17	21.79	16.49	*8.64	*0.00
SANDWICH, COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	200	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, TACO PKG	2 EACH	5	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00
Weighted Daily Average			676	*49	*460	*8.77	*5.15	*449.7	*2196	*42.99	*73	*19.01	126.39	*12.22	*4.77	*0.00
% of Calories											*43.1%	*11.2%	74.8%	*16.3%	*6.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Breakfast

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 - 09/20/2018																
High School Breakfast	Total	151														
MUFFIN, ASSORTED	1 MUFFIN	50	238	33	148	2.39	1.05	29.7	69	1.18	19	4.16	40.93	6.83	0.64	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
KOLACHE, CHICKEN & BEEF, IW	1 EACH	25	169	20	279	2.98	1.79	39.8	995	3.58	6	4.97	27.85	3.98	0.99	0.00
BKF PATTY BRD, HAM/EGG/CHS	1 BAR+GR	25	389	*70	739	1.99	2.16	189.5	*15	1.2	*6	10.99	38.9	20.98	6.99	*0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	200	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
ASSORTED JELLY	1 PKG	5	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			532	*33	435	*8.26	*4.37	*391.0	*1951	*31.18	*67	13.77	103.73	*8.26	*2.21	*0.00
% of Calories											*50.4%	10.4%	78.0%	*14.0%	*3.7%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

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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)
Fri - 09/21/2018																
High School Breakfast	Total	151														
CINNAMON ROLL MINI IW	1 EACH	50	240	0	299	2.00	1.44	20.0	75	0.0	15	4.99	39.93	6.99	2.00	0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
PIZZA, BKF TRK SAU BAGEL IW	1 EACH	25	231	20	531	3.01	1.81	150.4	100	0.0	2	13.03	28.08	9.02	4.01	0.00
PANCAKE MNIS W/SAUSAGE PATTY	1 PKG + 1	25	283	35	567	3.96	3.47	69.6	740	*0.0	11	10.96	35.12	11.43	2.49	*0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	200	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
FRUIT JUICE, VARIETY	1 CARTON	100	60	*N/A*	3	*N/A*	*0.09	*5.0	60	15.0	12	0.0	13.5	0.0	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	1	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	25	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	5	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			501	*16	501	*6.48	*4.24	*373.0	1883	*16.09	60	16.04	94.89	*7.57	*2.42	*0.00
% of Calories											47.5%	12.8%	75.8%	*13.6%	*4.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00
Weighted Average			523	*50	*500	*6.97	*4.30	*430.2	*2283	*27.68	*62	*16.97	*96.49	*8.90	*2.91	*0.00
											*106.5	*13.0%	*73.8%	*15.3%	*5.0%	*0.0%

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# Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

High School Breakfast

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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	523		450 - 600	100%													
Cholesterol (mg)	50				Missing												
Sodium 1 (mg)	500		640		Missing												
Sodium 2 (mg)	500		570		Missing												
Fiber (g)	6.97				Missing												
Iron (mg)	4.30				Missing												
Calcium (mg)	430.2				Missing												
Vitamin A (IU)	2283				Missing												
Sugars (g)	62	47.34%			Missing												
Vitamin C (mg)	27.68				Missing												
Protein (g)	16.97	12.98%			Missing												
Carbohydrate (g)	96.49	73.83%			Missing												
Total Fat (g)	8.90	15.33%			Missing												
Saturated Fat (g)	2.91	5.01%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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