

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Intermediate Breakfast

Generated on: 8/7/2018 8:56:21 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																
Intermediate Breakfast	Total	340														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	120	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	120	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	50	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	50	294	237	723	*2.29	2.44	177.8	423	*0.0	*0	21.61	17.09	16.3	5.01	*0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	25	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	25	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			521	*71	637	*5.06	*3.97	*945.7	*7751	*19.84	*61	25.13	89.40	*9.54	*3.41	*0.00
% of Calories											*46.6%	19.3%	68.7%	*16.5%	*5.9%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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

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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 ¹ (g)
Tue - 09/11/2018																
Interediate Breakfast	Total	340														
BISCUIT, EGG, CHEESE & SAU	1G+1E+1	120	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	120	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	50	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	50	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*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	50	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 % of Calories			564	*62	814	*3.36	*4.21	*691.9	*4031	*15.21	*55 *39.3%	26.53 18.8%	85.18 60.4%	*14.04 *22.4%	*5.06 *8.1%	*0.00 *0.0%
Nutrient Guideline			400-550		600										<10.00	

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Intermediate 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 ¹ (g)
Wed - 09/12/2018																
Interediate Breakfast	Total	340														
PANCAKE WRAP, BB TR/PK 2. 51 OZ	1 EACH	120	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	120	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	50	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, POTATO	1 TAQUITO (#12)	50	299	*242	408	*1.41	*1.62	*236.7	*606	*0.0	*1	16.17	21.79	16.49	*8.64	*0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	50	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	25	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 % of Calories			568	*57	552	*3.82	*4.19	*640.1	*4719	*29.81	*72	21.10	99.54	*10.08	*3.94	*0.00
											*50.8%	14.9%	70.1%	*16.0%	*6.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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Thu - 09/13/2018																
Intermediate Breakfast	Total	340														
CINNAMON ROLL W/GLAZE	2 ROLLS	120	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	120	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	50	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	50	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.95	5.99	2.50	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	150	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	10	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	200	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	300	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	100	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			455	*22	*431	*3.33	*3.77	*575.9	*4032	*14.79	*56	*19.56	83.34	*5.83	*2.30	*0.00
% of Calories											*49.1%	*17.2%	73.2%	*11.5%	*4.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Fri - 09/14/2018																
Intermediate Breakfast	Total	341														
TAQUITO, EGG, BACON	1 TAQUITO (#12)	120	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	120	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	50	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	50	210	*N/A*	380	2.00	*N/A*	150.0	100	*N/A*	2	9.0	26.0	8.0	3.00	*N/A*
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	50	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			487	*100	595	*3.94	*3.91	*611.4	*4129	*19.36	*54	23.01	80.28	*9.13	*3.20	*0.00
% of Calories											*44.6%	18.9%	65.9%	*16.9%	*5.9%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Mon - 09/17/2018																
Intermediate Breakfast	Total	340														
EGG, CHEESE OMELET W/ TS T/LK	1+GR+LK	120	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	120	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	50	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	50	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*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	50	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	25	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			552	*104	707	*3.72	*4.27	*650.0	*4149	*14.79	*58	25.80	*86.60	*12.52	*4.58	*0.00
% of Calories											*41.8%	18.7%	*62.7%	*20.4%	*7.5%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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Tue - 09/18/2018																
Interediate Breakfast	Total	340														
PANCAKE, MAPLE MINI WRAPS	5 PIECES	120	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	120	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	50	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	50	190	5	85	3.00	1.44	40.0	*N/A*	2.4	8	4.0	33.0	6.0	2.50	*N/A*
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	50	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			538	*31	564	*5.19	*4.74	*597.8	*4033	*19.77	61	21.07	89.59	*10.47	*3.63	*0.00
% of Calories											45.0%	15.7%	66.6%	*17.5%	*6.1%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 09/19/2018																
Interediate Breakfast	Total	340														
DONUT HOLE WG W/H. GLAZE	6 BITES	120	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	120	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 YOGURT	1 EACH	50	220	*3	*77	*3.89	*1.78	*112.9	*545	*40.62	*23	5.55	46.52	2.32	*0.51	*0.00
TAQUITO, EGG, POTATO	1 TAQUITO (#12)	50	299	*242	408	*1.41	*1.62	*236.7	*606	*0.0	*1	16.17	21.79	16.49	*8.64	*0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	25	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate Breakfast

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 % of Calories			525	*50	*505	*3.51	*4.05	*616.5	*4153	*20.76	*57 *43.1%	*20.45 *15.6%	86.16 65.7%	*11.68 *20.0%	*5.32 *9.1%	*0.00 *0.0%
Nutrient Guideline			400-550		600										<10.00	

Thu - 09/20/2018																
Intermediate Breakfast	Total	340														
MUFFIN, ASSORTED	1 MUFFIN	120	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	120	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	2 OZ.	50	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	50	389	*70	739	1.99	2.16	189.5	*15	1.2	*6	10.99	38.9	20.98	6.99	*0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	150	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	10	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	200	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	300	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	100	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 % of Calories			523	*38	513	*4.27	*4.15	*609.6	*4170	*20.54	*61 *46.9%	19.44 14.9%	92.12 70.5%	*9.34 *16.1%	*2.90 *5.0%	*0.00 *0.0%
Nutrient Guideline			400-550		600										<10.00	

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

Intermediate Breakfast

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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 ¹ (g)
Fri - 09/21/2018																
Intermediate Breakfast	Total	340														
CINNAMON ROLL MINI IW	1 EACH	120	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	120	224	*1	319	2.00	8.52	100.0	996	11.95	19	2.99	48.79	*3.0	*0.50	*0.00
BKF, BAGEL SAUSAGE & GRAVY	1 BAGEL	50	220	20	460	3.00	1.44	150.0	100	*N/A*	2	14.0	28.0	8.0	3.00	*N/A*
PANCAKE MNIS W/SAUSAGE PATTY	1PKG + 1	50	283	35	567	3.96	3.47	69.6	740	*0.0	11	10.96	35.12	11.43	2.49	*0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	150	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	10	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	200	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	300	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	100	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	25	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			514	*22	571	*3.76	*4.27	*600.4	4136	*14.79	59	21.28	90.41	*8.59	*3.01	*0.00
% of Calories											45.9%	16.6%	70.3%	*15.0%	*5.3%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Weighted Average			525	*56	*589	*4.00	*4.15	*653.9	*4530	*18.97	*59	*22.34	*88.26	*10.12	*3.73	*0.00
											*101.8	*17.0%	*67.3%	*17.4%	*6.4%	*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

Intermediate 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 ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	525		400 - 550	100%														
Cholesterol (mg)	56				Missing													
Sodium 1 (mg)	589		600		Missing													
Sodium 2 (mg)	589		535		Missing		54			Correction Required - Sodium too High								
Fiber (g)	4.00				Missing													
Iron (mg)	4.15				Missing													
Calcium (mg)	653.9				Missing													
Vitamin A (IU)	4530				Missing													
Sugars (g)	59	45.24%			Missing													
Vitamin C (mg)	18.97				Missing													
Protein (g)	22.34	17.03%			Missing													
Carbohydrate (g)	88.26	67.29%			Missing													
Total Fat (g)	10.12	17.36%			Missing													
Saturated Fat (g)	3.73	6.41%	<10.00%		Missing													
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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