

# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Junior High Breakfast

Generated on: 8/7/2018 8:56:57 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																
Junior High Breakfast	Total	251														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	100	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	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
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	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	5	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	75	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	150	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	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			449	*80	576	*6.07	*2.94	*766.7	*6405	*17.47	*49	20.76	76.68	*9.45	*3.10	*0.00
% of Calories											*43.2%	18.5%	68.3%	*18.9%	*6.2%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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

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# Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

Junior High 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)
Tue - 09/11/2018																
Junior High Breakfast	Total	251														
BISCUIT, EGG, CHEESE & SAU	1G+1E+1	100	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	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*
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	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	5	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	75	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	150	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	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			489	*68	777	*3.87	*3.13	*472.9	*2189	*11.15	*41	22.17	69.90	*14.40	*4.85	*0.00
% of Calories											*33.4%	18.1%	57.1%	*26.5%	*8.9%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

Junior High 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																
Junior High Breakfast	Total	251														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 EACH	100	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	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 CHORIZO SAUSAGE	1 TAQUITO (#12)	50	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	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	5	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	75	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	150	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	25	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	1 EACH	10	6	0	108	0.00	0.00	0.0	6	0.0	1	0.0	1.13	0.0	0.00	0.00
Weighted Daily Average			476	*61	424	*4.74	*3.25	*390.3	*3062	*31.06	*61	15.19	85.99	*8.37	*2.73	*0.00
% of Calories											*51.5%	12.8%	72.2%	*15.8%	*5.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Portion Values - Detailed

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Sep 10, 2018 thru Sep 21, 2018

Junior High 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)
Thu - 09/13/2018																
Junior High Breakfast	Total	251														
CINNAMON SWIRL ROLL W/ICING	1 ROLL	100	238	*0	*130	*2.89	*6.07	*N/A*	*N/A*	*N/A*	23	*4.82	49.64	1.71	0.98	*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
PANCAKE W/SAUSAGE SANDWICH	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 STRWBERR CR CHSE 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
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	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	5	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	75	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	150	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*
Weighted Daily Average % of Calories			418	*19	*358	*4.17	*4.80	*343.0	*2153	*10.68	*47 *45.1%	*15.38 *14.7%	78.68 75.2%	*5.44 *11.7%	*1.88 *4.0%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<10.00

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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																
Junior High Breakfast	Total	252														
TAQUITO, EGG, BACON	1 TAQUITO (#12)	75	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	75	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*
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	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	5	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	75	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	150	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	1 EACH	25	6	0	108	0.00	0.00	0.0	6	0.0	1	0.0	1.13	0.0	0.00	0.00
Weighted Daily Average			401	*83	484	*4.67	*3.50	*394.9	*2379	*18.11	*41	16.91	67.67	*7.83	*2.53	*0.00
% of Calories											*41.4%	16.9%	67.5%	*17.6%	*5.7%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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Mon - 09/17/2018																
Junior High Breakfast	Total	251														
EGG, CHEESE OMELET W/ TS T/LK	1+GR+LK	100	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	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*
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	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	5	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	75	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	150	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	10	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	10	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			471	*111	655	*4.33	*3.21	*429.3	*2322	*10.68	*42	21.15	*69.78	*12.87	*4.49	*0.00
% of Calories											*35.8%	18.0%	*59.3%	*24.6%	*8.6%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Sep 10, 2018 thru Sep 21, 2018

Junior High Breakfast

Generated on: 8/7/2018 8:56:57 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																
Junior High Breakfast	Total	251														
PANCAKE, MAPLE MINI WRAPS	5 PIECES	100	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	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*
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	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	5	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	75	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	150	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	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			452	*28	479	*6.11	*3.80	*370.0	*2197	*17.47	46	15.66	73.48	*10.19	*3.26	*0.00
% of Calories											40.5%	13.9%	65.1%	*20.3%	*6.5%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Junior High Breakfast

Generated on: 8/7/2018 8:56:57 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																
Junior High Breakfast																
	Total	251														
DONUT HOLE WG W/H. GLAZE	6 BITES	100	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
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
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
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	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	5	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	75	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	150	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	1 EACH	10	6	0	108	0.00	0.00	0.0	6	0.0	1	0.0	1.13	0.0	0.00	0.00
Weighted Daily Average			446	*56	*399	*4.07	*2.99	*397.0	*2363	*18.77	*42	*15.30	71.07	*11.74	*5.32	*0.00
% of Calories											*37.9%	*13.7%	63.7%	*23.7%	*10.7%	*0.0%
Nutrient Guideline			400-500		540											<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

Junior High 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)
Thu - 09/20/2018																
Junior High Breakfast	Total	251														
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	100	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
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	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	5	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	75	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	150	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	15	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			435	*36	466	*5.18	*3.31	*388.4	*2566	*18.89	*45	14.08	76.35	*8.75	*2.62	*0.00
% of Calories											*41.8%	12.9%	70.2%	*18.1%	*5.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Junior High Breakfast

Generated on: 8/7/2018 8:56:57 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)
Fri - 09/21/2018																
Junior High Breakfast	Total	251														
CINNAMON ROLL MINI IW	1 EACH	100	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	50	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	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
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	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	5	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	75	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	150	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	10	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			431	*18	518	*4.40	*3.36	*374.6	2332	*10.68	44	16.15	74.58	*8.48	*2.80	*0.00
% of Calories											40.8%	15.0%	69.2%	*17.7%	*5.8%	*0.0%
Nutrient Guideline			400-500		540										<10.00	
Weighted Average			447	*56	*514	*4.76	*3.43	*432.7	*2797	*16.50	*46	*17.27	*74.42	*9.75	*3.36	*0.00
											*92.4%	*15.5%	*66.6%	*19.6%	*6.8%	*0.0%

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Junior High Breakfast

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	447		400 - 500	100%													
Cholesterol (mg)	56				Missing												
Sodium 1 (mg)	514		540		Missing												
Sodium 2 (mg)	514		485		Missing		29			Correction Required - Sodium too High							
Fiber (g)	4.76				Missing												
Iron (mg)	3.43				Missing												
Calcium (mg)	432.7				Missing												
Vitamin A (IU)	2797				Missing												
Sugars (g)	46	41.07%			Missing												
Vitamin C (mg)	16.50				Missing												
Protein (g)	17.27	15.46%			Missing												
Carbohydrate (g)	74.42	66.61%			Missing												
Total Fat (g)	9.75	19.64%			Missing												
Saturated Fat (g)	3.36	6.76%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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