

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 10, 2018 thru Sep 21, 2018

Pre-Kinder Breakfast

Generated on: 8/7/2018 8:52:53 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																
Pre-Kinder Breakfast	Total	75														
FRENCH TOAST (PRE-K)	3 STICKS	75	160	35	270	3.25	0.18	950.0	10450	1.2	11	8.0	30.0	3.5	1.00	0.00
DRIED MIXED FRUIT	1/4 cup	75	116	0	4	2.00	0.00	0.0	95	0.0	19	1.0	30.0	0.0	0.00	0.00
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*
Weighted Daily Average			376	45	399	*5.25	0.18	1250.0	15595	3.60	42	17.00	72.00	6.00	2.50	*0.00
% of Calories											44.4%	18.1%	76.6%	14.4%	6.0%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 09/11/2018																
Pre-Kinder Breakfast	Total	75														
CEREAL CUPS, (PRE-K)	1 EACH	75	105	*N/A*	165	2.00	5.85	*100.0	700	8.4	4	1.5	22.5	1.75	*0.25	*N/A*
BANANA FRESH	1 EACH	75	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*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*
Weighted Daily Average			315	*10	290	*6.00	6.21	*400.0	5855	19.80	37	10.50	63.50	4.25	*1.75	*N/A*
% of Calories											46.3%	13.3%	80.6%	12.1%	*5.0%	*N/A%*
Nutrient Guideline			350-500		540											<10.00

Wed - 09/12/2018																
Pre-Kinder Breakfast	Total	75														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 EACH	75	210	20	371	1.00	1.08	20.0	50	0.0	8	6.01	20.05	11.02	3.01	0.00
ORANGE FRESH	1 EACH	75	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	0.0	0.00	0.00
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*
Weighted Daily Average			371	30	496	*3.83	*1.08	*320.0	5157	*2.40	31	15.43	47.60	13.52	4.51	*0.00
% of Calories											33.8%	16.6%	51.3%	32.8%	10.9%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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.

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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 10, 2018 thru Sep 21, 2018

Pre-Kinder Breakfast

Generated on: 8/7/2018 8:52:53 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)
Thu - 09/13/2018																
Pre-Kinder Breakfast	Total	75														
BAGEL MINI STRWBER CR CH SE IW	1 BAGEL	75	240	10	180	2.00	1.08	20.0	100	0.0	13	5.99	40.95	5.99	2.50	0.00
APPLE GREEN FRESH	1 EACH	75	68	0	0	4.27	0.31	17.1	85	10.24	15	0.0	18.78	0.0	0.00	0.00
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*
Weighted Daily Average % of Calories			408	20	305	*6.27	1.39	337.1	5235	12.64	39 38.7%	13.99 13.7%	71.74 70.3%	8.49 18.7%	4.00 8.8%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 09/14/2018																
Pre-Kinder Breakfast	Total	75														
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
APPLE RED FRESH	1 EACH	75	76	0	2	2.39	*N/A*	*N/A*	72	*N/A*	14	0.0	19.12	0.0	0.00	0.00
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*
Weighted Daily Average % of Calories			392	*240	564	*4.28	*1.41	*339.1	*5439	*2.40	*27 *27.8%	21.94 22.4%	46.31 47.2%	13.90 31.9%	4.43 10.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 09/17/2018																
Pre-Kinder Breakfast	Total	75														
CEREAL CUPS, (PRE-K)	1 EACH	75	105	*N/A*	165	2.00	5.85	*100.0	700	8.4	4	1.5	22.5	1.75	*0.25	*N/A*
RAISINS IW	1/4 CUP	75	138	0	0	1.25	0.90	25.1	138	*N/A*	28	1.25	37.6	0.0	0.00	0.00
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*
Weighted Daily Average % of Calories			343	*10	290	*3.25	6.75	*425.1	5888	*10.80	43 50.3%	10.75 12.5%	72.10 84.1%	4.25 11.2%	*1.75 *4.6%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

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.

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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Pre-Kinder Breakfast

Generated on: 8/7/2018 8:52:53 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)
Tue - 09/18/2018																
Pre-Kinder Breakfast	Total	75														
PANCAKE, MAPLE MINI WRAP S -PRK	3 PIECES	75	180	25	280	3.00	1.80	20.0	*N/A*	*N/A*	4	6.0	15.0	9.0	2.50	*N/A*
BANANA FRESH	1 EACH	75	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*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*
Weighted Daily Average			390	35	405	*7.00	2.16	320.0	*5155	*11.40	37	15.00	56.00	11.50	4.00	*N/A*
% of Calories											37.9%	15.4%	57.4%	26.5%	9.2%	*N/A%*
Nutrient Guideline			350-500		540											<10.00

Wed - 09/19/2018																
Pre-Kinder Breakfast	Total	75														
DONUT HOLE WG W/H. GLAZE (PK)	3 BITES	75	143	*N/A*	150	*1.00	*0.72	*5.7	*N/A*	*N/A*	4	*2.0	15.71	*8.0	*3.50	*N/A*
ORANGE FRESH	1 EACH	75	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	0.0	0.00	0.00
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*
Weighted Daily Average			304	*10	275	*3.83	*0.72	*305.7	*5107	*2.40	27	*11.41	43.26	*10.50	*5.00	*0.00
% of Calories											35.6%	*15.0%	57.0%	*31.1%	*14.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 09/20/2018																
Pre-Kinder Breakfast	Total	75														
MUFFIN, APPLE CINNAMON (P RK)	2 OZ.	75	189	40	129	1.99	1.07	39.8	99	2.39	16	2.98	30.84	5.97	1.99	0.00
APPLE GREEN FRESH	1 EACH	75	68	0	0	4.27	0.31	17.1	85	10.24	15	0.0	18.78	0.0	0.00	0.00
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*
Weighted Daily Average			357	50	254	*6.26	1.38	356.9	5235	15.03	42	10.98	61.62	8.47	3.49	*0.00
% of Calories											47.5%	12.3%	69.0%	21.3%	8.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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.

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.

Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

Page 4

Generated on: 8/7/2018 8:52:53 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)
Fri - 09/21/2018																
Pre-Kinder Breakfast	Total	75														
CINNAMON ROLL MINI IW	1 EACH	75	240	0	299	2.00	1.44	20.0	75	0.0	15	4.99	39.93	6.99	2.00	0.00
APPLE RED FRESH	1 EACH	75	76	0	2	2.39	*N/A*	*N/A*	72	*N/A*	14	0.0	19.12	0.0	0.00	0.00
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*
Weighted Daily Average			416	10	427	*4.39	*1.44	*320.0	5197	*2.40	41	12.99	71.05	9.49	3.50	*0.00
% of Calories											39.7%	12.5%	68.3%	20.5%	7.6%	*0.0%
Nutrient Guideline			350-500		540										<10.00	
Weighted Average			367	*46	370	*5.04	*2.27	*437.4	*6386	*8.29	*37	*14.00	60.52	*9.04	*3.49	*N/A*
											*90.0%	*15.2%	65.9%	*22.1%	*8.6%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	367		350 - 500	100%				
Cholesterol (mg)	46				Missing			
Sodium 1 (mg)	370		540					
Sodium 2 (mg)	370		485					
Fiber (g)	5.04				Missing			
Iron (mg)	2.27				Missing			
Calcium (mg)	437.4				Missing			
Vitamin A (IU)	6386				Missing			
Sugars (g)	37	40.00%			Missing			
Vitamin C (mg)	8.29				Missing			
Protein (g)	14.00	15.25%			Missing			
Carbohydrate (g)	60.52	65.92%						
Total Fat (g)	9.04	22.15%						
Saturated Fat (g)	3.49	8.56%	<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
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.