

Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Mon - 09/10/2018																
High School Lunch	Total	952														
PIZZA 16' LS,WG,SP, CHEESE	1 SLICE	300	304	25	294	3.04	4.56	303.7	1266	12.15	5	19.24	33.41	10.13	5.06	*N/A*
BEEF, STEAKBURGER W/ CHEESE	1 BURGER	325	392	73	705	*2.98	3.32	*247.4	*144	*0.0	*2	25.76	*26.5	19.79	8.00	*0.00
BEEF,STEAK, COUNTRY FRIED, WG	1 EACH	300	300	50	450	2.00	1.80	20.0	10	1.2	2	15.0	16.0	19.0	6.00	0.00
BREAD, GARLIC TOAST WG, R F,RS	1 SLICE	150	140	0	150	2.00	1.80	20.0	400	0.0	1	5.0	21.0	4.5	0.50	0.00
SALAD, FRUIT CHEF	1SALAD	25	596	*0	582	*10.79	*3.47	*110.5	*4546	*46.28	*13	*13.65	55.82	*43.69	*4.06	*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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
POTATO, SAVORY LOOPS	1/2 CUP	500	162	*N/A*	435	0.00	1.09	0.0	0	0.0	*N/A*	2.03	21.26	7.09	1.01	*N/A*
CELERY STICKS	1/2 CUP	150	30	0	91	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00
SALAD, SIDE ROM & SPIN/TOMATO	1/2C(G)+ 1/4C(R)	250	21	*0	169	*1.13	*0.56	*42.9	*2941	*17.38	2	0.96	4.0	0.18	*0.00	*0.00
FRUIT CUP, DICED PEARS	1 EACH	400	70	0	5	1.00	*N/A*	*N/A*	*N/A*	60.0	15	*N/A*	19.0	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	500	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
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	300	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	500	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	200	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
GRAVY PEPPER MIX	2 OZ	100	6	0	24	0.00	0.01	1.0	1	0.0	*0	0.0	0.79	0.32	0.16	0.00
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PORTION CUP 1 OZ .(HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			736	*61	*1046	*6.42	*4.62	*518.3	*3894	*44.03	*42	*30.92	*87.95	*29.05	*8.58	*0.00
% of Calories											*23.0%	*16.8%	*47.8%	*35.5%	*10.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

High School Lunch

Generated on: 8/14/2018 10:37:47 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 - 09/11/2018																
High School Lunch	Total	952														
PASTA, LASAGNA TURKEY ROLLUP	1 ROLL	400	336	*63	629	3.27	2.00	441.1	*328	*0.0	5	25.18	28.33	14.55	*7.41	*0.08
TURKEY & GRAVY, BOIL BAG ROLLS, SUB WHOLE WHEAT 2.4 OZ.	# 8 SCOOP	300	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
SANDWICH, HAM & CH SUB	1 ROLL	400	200	*N/A*	290	3.00	1.80	60.0	0	3.6	4	5.0	34.02	6.0	3.50	*N/A*
CHICKEN CLUX DELUX	1 EACH	50	356	*72	967	*3.24	3.06	*210.9	*676	7.91	*5	22.94	36.26	14.82	7.50	*0.00
SANDWICH, COURTESY MEAL	1 BURGER	200	331	46	890	3.88	1.95	290.6	2291	0.55	2	24.19	40.34	9.77	2.32	0.00
SACK LUNCH, FT/EO	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
POTATO, LOADED BAKED MA SHED	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
VEGETABLE, ITALIAN BLEND SALAD, SPINACH W/TOMATO	1/2 (#8SC OOP)	620	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.05	1.50	*N/A*
APPLESAUCE CUPS, ASSORTED	1/2 CUP	100	41	*0	81	*2.03	*0.00	*20.3	*762	*9.15	*2	1.02	7.18	*0.0	*0.00	*0.00
FRUIT FRESH ASSORTED (O & R.A)	1/2C(G)+ 1/4C(R)	300	26	0	27	1.98	0.88	70.2	4006	16.9	3	1.6	4.7	0.0	0.00	*0.00
MILK, BOTTLED FF SKIM	1 EACH	400	56	*N/A*	*6	1.20	*N/A*	*N/A*	*N/A*	*24.0	12	*N/A*	14.43	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	1 EACH	500	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	20	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 % STRAWBE RRY	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*
CHEESE, PARMESAN PKG	8 OZ	450	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MUSTARD PKG	8 OZ	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
MAYONNAISE RC PKG	1 PACKAG	300	15	5	65	*N/A*	*N/A*	39.9	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
KETCHUP PORTION CUP 1 OZ (HS)	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
SEASONING, LS, TAJIN 1 GM.	2 EACH	300	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
Weighted Daily Average			742	*62	*1256	*7.20	*3.14	*623.0	*3572	*40.88	*43	*34.96	*95.89	*25.23	*9.28	*0.03
% of Calories											*23.3%	*18.9%	*51.7%	*30.6%	*11.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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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																
High School Lunch	Total	952														
CHICKEN STRIPS	3 STRIPS	400	288	61	470	1.52	1.64	30.3	152	0.0	3	24.27	16.69	13.65	2.28	0.00
BEEF, FRITO PIE (9-12)	4.79 OZ + 2 OZ	200	534	48	727	*5.11	*3.53	273.5	1776	*2.48	*1	22.78	49.82	28.3	10.16	*0.00
GINGERBREAD TEXAS 2.25 OZ. SALAD, CHEF (5-12)	1 COOKIE	200	199	*N/A*	169	2.99	1.79	39.9	*N/A*	*N/A*	13	3.99	40.86	3.49	1.49	*N/A*
	1 SALAD (1C+G)	50	340	228	1003	*1.23	*2.52	*134.0	*2653	*10.98	*5	22.62	21.71	18.11	6.85	*0.00
CHICKEN FILET, HOT & SPICY SANDWICH, COURTESY MEAL	1 BURGER	300	401	*45	702	2.00	3.25	140.5	108	*N/A*	3	26.04	45.2	12.51	*2.00	*N/A*
SACK LUNCH, FT/EO	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
SOUP, VEGETABLE HOMEMADE	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
CARROTS MINI IW	1 CUP	125	148	0	301	8.04	1.22	78.7	2858	64.23	*5	5.98	26.62	0.22	0.00	0.00
SALAD, ROMAINE W/TOMATO	1/2 CUP	288	35	*N/A*	65	*N/A*	*N/A*	*N/A*	25	*N/A*	5	1.0	8.0	0.0	*N/A*	0.00
	1/2C(G)+ 1/4C(R)	250	23	0	6	1.53	0.41	15.3	1623	11.47	3	1.15	4.59	0.0	0.00	*0.00
MANDARIN ORANGES, CANNED	1/2 CUP	300	75	0	11	1.07	0.77	21.5	322	22.54	18	1.07	18.25	0.0	0.00	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	500	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
DESSERT, 2 OZ. GB COOKIES	2 COOKIE	400	139	15	135	2.48	17.88	280.4	*981	*1.44	12	2.29	24.27	4.32	*1.21	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PORTION CUP 1 OZ .(HS)	2 EACH	100	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			782	*80	*1000	*8.25	*11.26	*564.5	*3483	*28.18	*51	*36.36	*101.89	*26.43	*6.54	*0.00
% of Calories											*26.2%	*18.6%	*52.1%	*30.4%	*7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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High School Lunch

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)
Thu - 09/13/2018																
High School Lunch	Total	952														
PORK, BBQ PULLED SANDWICH	2 OZ. (#1 2 SCP)	400	435	*64	845	*4.98	*2.51	*99.5	*10	*1.2	7	*23.94	47.87	15.97	*5.49	*0.00
PIZZA, CHEESE STICKS (9-12)	3 STICKS	300	440	30	1031	4.55	2.73	530.6	455	0.0	11	25.77	45.48	18.19	7.58	0.00
SALAD, CHICKEN (5-12)	1/2 CUP	50	312	56	1076	4.81	6.44	27.6	6784	28.88	8	21.63	29.43	11.45	0.17	*0.00
CHICKEN, GENERAL TSO'S (HS)	#10	200	203	46	519	2.03	1.46	*N/A*	*N/A*	*N/A*	14	14.23	26.43	4.07	1.02	*N/A*
RICE BROWN WG, STEAMED (HS)	1 CUP	200	201	0	4	2.36	0.44	2.4	0	0.0	*0	4.72	42.52	1.77	0.00	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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
POTATOES,CRINKLE CUT	3 OZ	400	121	0	40	1.01	0.73	0.0	0	6.08	*N/A*	2.03	20.25	3.54	0.51	0.00
BEANS BAKED, CANNED	1/2 CUP	150	198	24	580	5.55	2.55	93.2	48	2.61	*10	10.13	29.59	3.91	1.09	0.00
COLESLAW	1/2 CUP	125	40	3	77	0.81	0.15	16.2	620	9.7	*4	0.4	4.69	2.29	0.25	0.00
FRUIT MIX, CANNED	1/2 CUP	300	93	0	10	1.04	0.75	41.5	208	21.81	19	1.04	21.81	0.0	0.00	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	500	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, BBQ CUP 1 OZ.	1 EACH	200	20	*N/A*	107	*N/A*	0.12	*N/A*	33	0.8	4	*N/A*	4.67	0.67	*N/A*	*N/A*
SAUCE, MARINARA CUP	2 EACH	200	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00
SAUCE, SOY PKG 200/6ML	2 EACH	10	3	0	189	0.59	0.00	0.0	*N/A*	0.0	*N/A*	0.0	0.33	*N/A*	*N/A*	*N/A*
KETCHUP PORTION CUP 1 OZ .(HS)	2 EACH	300	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			738	*61	*1207	*8.46	*4.03	*531.3	*2283	*16.22	*51	*35.28	*109.45	*18.15	*6.13	*0.00
% of Calories											*27.4%	*19.1%	*59.4%	*22.2%	*7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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 ¹ (g)
Fri - 09/14/2018																
High School Lunch	Total	952														
CHICKEN ALFREDO	#8 SCOOP	400	295	114	1038	*0.00	*0.74	3215.1	19018	*0.0	5	27.48	10.45	15.57	7.26	*0.00
CHICKEN CHUNKS, MINIS (K-12)	7 PIECES	300	183	41	345	1.01	1.10	*N/A*	*N/A*	*N/A*	*N/A*	16.24	10.15	9.13	1.52	*N/A*
PASTA, PENNE WG NOODLE	1/2 CUP	400	206	*0	10	3.40	36.15	168.3	*0	*0.0	*2	7.77	41.22	1.13	0.17	*0.00
ROLLS, SUB WHOLE WHEAT 2 .4 OZ.	1 ROLL	200	200	*N/A*	290	3.00	1.80	60.0	0	3.6	4	5.0	34.02	6.0	3.50	*N/A*
SANDWICH, TURKEY/CH CRO SSIANT	1 SAND WICH	50	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
PIZZA, 4 MEAT BIG DADDY PRIMO	1 EACH	200	371	40	651	4.01	2.70	200.3	401	0.0	9	20.03	36.06	17.03	7.01	*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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
BROCCOLI STEAMED	1/2 CUP	250	38	0	44	*2.37	*0.00	*23.9	*0	*35.58	*0	1.19	5.27	0.0	0.00	*0.00
PEAS FROZEN	1/2 CUP	250	76	0	367	4.35	1.21	0.3	434	6.52	*4	4.35	13.03	0.0	0.00	0.00
SALAD, SPRING ROMAINE	1 CUP (G)	300	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00
FRUIT CUPS, ASSORTED	1 SERVING	400	72	*0	12	*0.43	*N/A*	*4.0	*N/A*	44.66	*7	*0.21	18.21	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	500	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
CHEESE, PARMESAN PKG	1 PACKAG	200	15	5	65	*N/A*	*N/A*	39.9	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PORTION CUP 1 OZ (HS)	2 EACH	400	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			737	*85	*1184	*8.19	*17.84	*1806.5	*11075	*44.31	*45	*36.95	*96.34	*23.00	*7.89	*0.00
% of Calories											*24.4%	*20.1%	*52.3%	*28.1%	*9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Mon - 09/17/2018																
High School Lunch	Total	952														
PIZZA, 16',LS,WG,SP,PEPPERONI	1 SLICE	300	319	30	399	3.00	4.49	249.6	1248	11.98	5	19.97	32.94	11.98	5.99	*N/A*
PHILLY STEAK & CHEESE SUB	1 SUB	400	383	*48	780	*2.99	*1.97	235.3	*955	*3.59	*6	21.05	37.4	17.02	8.65	*N/A*
CHICKEN, EGG ROLL W/ NOO DLES	2 ROLL + 1/4 G.	225	418	*71	*701	*4.32	*23.95	*8.9	*1104	*2.45	*4	*18.7	*40.44	20.42	4.48	*0.00
SALAD, MEDITERRANEAN DIP(5-12)	1 SERVIN	25	339	*0	620	*5.86	*4.60	*47.6	2742	*17.35	*9	10.74	45.59	12.9	*1.99	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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
POTATO SPUDSTERS	5 PIECES	500	182	*N/A*	323	2.02	0.73	0.0	*N/A*	2.42	*N/A*	2.02	26.24	8.07	1.01	*N/A*
BROCCOLI BITES FRESH	1/2 CUP	100	11	0	11	2.97	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
SALAD, GARDEN	1 CUP (G)	200	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00
FRUIT CUP, DICED PEARS	1 EACH	400	70	0	5	1.00	*N/A*	*N/A*	*N/A*	60.0	15	*N/A*	19.0	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	600	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, SWEET & SOUR, 100/1 OZ.	1 CUP	100	51	*N/A*	76	0.00	*N/A*	*N/A*	*N/A*	1.22	7	0.0	12.15	0.0	*N/A*	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	10	3	0	189	0.59	0.00	0.0	*N/A*	0.0	*N/A*	0.0	0.33	*N/A*	*N/A*	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PORTION CUP 1 OZ .(HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			752	*58	*1055	*7.41	*8.70	*476.2	*3545	*42.00	*44	*29.97	*97.95	*27.61	*8.80	*0.00
% of Calories											*23.5%	*15.9%	*52.1%	*33.1%	*10.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Tue - 09/18/2018																
High School Lunch	Total	952														
ENCHILADAS, THREE CHEESE	2 EACH	400	335	*49	580	*2.20	*7.56	*4378.9	*23592	*1.5	*3	*19.92	25.81	*17.71	*11.35	*N/A*
CHICKEN, BREADED DRUMSTICK	1 PIECE	300	347	91	822	1.83	2.63	36.5	183	*N/A*	*N/A*	32.88	9.13	20.09	4.57	*N/A*
RICE, SPANISH	2 OZ. (#16	200	*54	*0	*53	*0.63	*0.15	*1.4	*16	*0.45	*0	*1.21	*10.87	*0.73	*0.04	*0.00
BISCUIT, FULLY BAKED WG	1 BISCUIT	150	192	*0	340	*1.99	*1.44	*149.5	*N/A*	*1.2	*6	3.99	30.47	5.98	1.99	*0.00
SANDWICH, HAM & CH SUB	1 EACH	50	356	*72	967	*3.24	3.06	*210.9	*676	7.91	*5	22.94	36.26	14.82	7.50	*0.00
PINWHEELS, PEPPERONI, WGEEL	1 PINWH	200	280	20	600	*N/A*	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00	*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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
CORN, MEXICALI	1/2 CUP	300	*99	*0	*539	*2.50	*0.13	*0.9	*34	*5.2	*5	*2.46	*20.96	*1.21	*0.00	*0.00
BEANS, GREEN,FROZEN #30 LB.	1/2 CUP	200	28	*0	91	*2.30	*0.01	*0.1	*0	*0.0	*1	1.15	5.9	0.0	*0.00	*0.00
SALAD, SPINACH W/TOMATO	1/2C(G)+ 1/4C(R)	200	26	0	27	1.98	0.88	70.2	4006	16.9	3	1.6	4.7	0.0	0.00	*0.00
APPLESAUCE CUPS, ASSORTED	1 EACH	500	56	*N/A*	*6	1.20	*N/A*	*N/A*	*N/A*	*24.0	12	*N/A*	14.43	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	400	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	400	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*720	*73	*1230	*5.71	*5.22	*2244.3	*12408	*23.17	*38	*34.57	*76.32	*31.29	*10.45	*0.00
% of Calories											*21.0%	*19.2%	*42.4%	*39.1%	*13.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Wed - 09/19/2018																
High School Lunch	Total	952														
SPAGHETTI W/MEAT SAUCE BB	1/2 CUP #8	450	173	25	305	1.02	2.75	20.4	509	4.89	5	14.25	9.16	9.16	3.05	0.51
CORN DOG MINI'S, TURKEY	6 EACH	455	238	30	684	2.97	1.61	59.5	*N/A*	*N/A*	6	11.89	23.79	11.89	2.23	*N/A*
SPAGHETTI NOODLES	1/2 CUP	400	99	0	12	*3.04	*0.93	*3.6	*5	*0.0	*1	3.54	20.93	1.22	0.10	0.00
ROLLS, SUB WHOLE WHEAT 2 .4 OZ.	1 ROLL	400	200	*N/A*	290	3.00	1.80	60.0	0	3.6	4	5.0	34.02	6.0	3.50	*N/A*
SALAD, TUNA (5-12)	1/2 CUP	25	273	*35	784	*4.87	*2.48	*28.8	6976	*29.08	*7	17.97	28.09	8.84	*0.59	*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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
VEGETABLE, MALIBU BLEND	1/2 CUP	100	25	*0	267	*1.01	*0.41	*151.1	*503	*9.05	*2	0.5	4.51	*0.0	*0.00	*0.00
CUCUMBER SLICES	1/2 CUP	300	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
SALAD, ROMAINE W/TOMATO	1/2C(G)+ 1/4C(R)	300	23	0	6	1.53	0.41	15.3	1623	11.47	3	1.15	4.59	0.0	0.00	*0.00
APRICOTS DICED PEELED	1/2 CUP	200	61	0	10	0.00	0.00	0.0	1767	1.2	11	0.0	14.14	0.0	0.00	0.00
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	600	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
DESSERT, 2 OZ. GB PIES	1 PIE	800	336	*17	388	2.99	1.80	28.3	4538	1.89	25	4.41	51.83	12.39	6.41	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
CHEESE, PARMESAN PKG	1 PACKAG	400	15	5	65	*N/A*	*N/A*	39.9	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 18 GM (9-12)	4 EACH	200	80	0	800	0.00	0.00	0.0	400	0.0	16	0.0	20.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	300	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			923	*57	*1416	*9.82	*5.05	*422.0	*6826	*14.60	*65	*30.09	*127.49	*34.28	*11.69	*0.24
% of Calories											*28.3%	*13.0%	*55.2%	*33.4%	*11.4%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Thu - 09/20/2018																
High School Lunch	Total	952														
FISH, WEDGE	3.6 OZ.	300	410	98	469	1.95	1.41	*N/A*	*N/A*	7.03	*N/A*	27.34	25.38	21.48	2.93	*N/A*
CHICKEN, CHERRY BLOSSOM (HS)	4 oz	200	159	36	278	1.59	1.00	0.0	*N/A*	1.9	11	10.31	21.41	3.17	0.79	*N/A*
MACARONI & CHEESE BOIL BAG	1/3 (#12 SCOOP)	150	129	11	297	0.89	0.48	177.4	333	0.0	3	7.54	12.86	4.88	2.22	0.00
RICE BROWN WG, STEAMED (HS)	1 CUP	200	201	0	4	2.36	0.44	2.4	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
SALAD, CHEF (5-12)	1 SALAD (1C+G)	100	340	228	1003	*1.23	*2.52	*134.0	*2653	*10.98	*5	22.62	21.71	18.11	6.85	*0.00
MEATBALL MARINARA W/CHEESE SUB	1 SUB	300	392	*55	531	*2.99	*2.51	111.9	*250	*1.2	*5	21.84	32.33	18.34	*6.92	*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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
SOUP, POTATO (HM)	1 CUP	200	193	*7	516	0.14	*1.02	*164.3	*27	*0.67	*6	*9.58	29.22	*3.62	*0.06	*0.00
CORN ON THE COB	1 EAR	300	131	0	68	4.36	2.36	0.0	218	7.85	4	4.36	28.35	3.27	1.09	0.00
SALAD, SPRING ROMAINE	1 CUP (G)	250	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/2 CUP	300	70	0	0	0.87	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
FRUIT FRESH ASSORTED (B & G.A)	1 EACH	600	95	0	0	4.50	0.36	10.0	102	10.5	19	0.5	25.5	0.0	0.00	*0.00
MILK, BOTTLED FF SKIM	8 OZ	20	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	450	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	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, TARTAR PKG	2 EACH	10	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00
SAUCE, SOY PKG 200/6ML	2 EACH	10	3	0	189	0.59	0.00	0.0	*N/A*	0.0	*N/A*	0.0	0.33	*N/A*	*N/A*	*N/A*
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			740	*95	*865	*7.60	*3.20	*418.8	*3090	*22.23	*45	*34.32	*95.49	*25.39	*6.33	*0.00
% of Calories											*24.2%	*18.5%	*51.6%	*30.9%	*7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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)
Fri - 09/21/2018																
High School Lunch	Total	952														
BURRITO, BEEF, CH & BEAN WG	1 BURRIT	300	359	25	459	4.99	1.44	99.8	399	1.2	3	15.97	39.93	14.97	6.99	*N/A*
CHICKEN PATTY BRD ON BUN	1 BURGER	400	411	50	822	5.42	3.50	134.2	*11	*0.0	3	27.84	43.68	13.85	2.57	*0.00
SANDWICH, TURKEY/CH CRO	1 SAND	50	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
SSIAANT	WICH															
PIZZA CHEESE, BIG DADDY 9/16"	1 SLICE	200	290	25	480	2.00	1.80	350.0	400	0.0	7	17.0	28.0	12.0	6.00	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
SACK LUNCH, FT/EO	1 SACK	1	443	*48	*1300	*8.71	*2.41	*214.1	*8621	*9.74	*16	*31.21	*51.53	*17.06	*2.75	*0.00
POTATO, SIDEWINDERS	5 PIECES	500	132	*N/A*	405	1.01	0.73	*N/A*	101	*N/A*	1	2.03	21.26	4.05	0.51	*N/A*
BEANS, SEASONED PINTO, VE	1/2 CUP (200	103	0	184	8.97	1.45	61.1	125	2.37	*0	5.04	17.96	0.05	0.00	*0.00
GGIE	#8SP)															
SALAD, SIDE ROM & SPIN/TO	1/2C(G)+	250	21	*0	169	*1.13	*0.56	*42.9	*2941	*17.38	2	0.96	4.0	0.18	*0.00	*0.00
MATO	1/4C(R)															
FRUIT CUPS, ASSORTED	1 SERVIN	500	72	*0	12	*0.43	*N/A*	*4.0	*N/A*	44.66	*7	*0.21	18.21	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (O &	1 EACH	400	75	0	1	3.00	*N/A*	*N/A*	70	*N/A*	14	1.0	19.0	0.0	0.00	0.00
R.A)																
MILK, BOTTLED FF SKIM	8 OZ	20	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	8 OZ	450	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
F 8OZ																
MILK BOTTLED 1 % STRAWBE	8 OZ	300	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
RRY																
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	10	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PORTION CUP 1 OZ	2 EACH	300	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
.(HS)																
DRESSING RANCH PKG	4 EACH	200	280	20	400	0.00	0.00	0.0	0	0.0	0	0.0	4.0	28.0	4.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	10	3	*N/A*	191	*N/A*	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			738	*49	*1187	*8.64	*3.43	*491.0	*2652	*31.82	*38	*32.71	*98.93	*23.30	*6.78	*0.00
% of Calories											*20.8%	*17.7%	*53.6%	*28.4%	*8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			*761	*68	*1145	*7.77	*6.65	*809.6	*5283	*30.74	*46	*33.61	*98.77	*26.37	*8.25	*0.03
											*54.8%	*17.7%	*51.9%	*31.2%	*9.8%	*0.0%

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

High School Lunch

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 ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	761		750 - 850	100%	Missing													
Cholesterol (mg)	68				Missing													
Sodium 1 (mg)	1145		1420		Missing													
Sodium 2 (mg)	1145		1080		Missing		65			Correction Required - Sodium too High								
Fiber (g)	7.77				Missing													
Iron (mg)	6.65				Missing													
Calcium (mg)	809.6				Missing													
Vitamin A (IU)	5283				Missing													
Sugars (g)	46	24.34%			Missing													
Vitamin C (mg)	30.74				Missing													
Protein (g)	33.61	17.67%			Missing													
Carbohydrate (g)	98.77	51.93%			Missing													
Total Fat (g)	26.37	31.20%			Missing													
Saturated Fat (g)	8.25	9.76%	<10.00%		Missing													
Trans Fat ¹ (g)	0.03	0.03%			Missing													

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