

Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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																
Intermediate Lunch	Total	502														
PIZZA 16' LS,WG,SP, CHEESE	1 SLICE	250	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	200	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	40	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	15	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	10	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	300	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	75	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)	130	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	300	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	250	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	150	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	250	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*
GRAVY PEPPER MIX	2 OZ	25	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 PKG 9 GM	2 EACH	200	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			702	*55	*1047	*6.41	*4.89	*565.5	*3962	*55.41	*43	*31.42	*91.00	*24.11	*8.05	*0.00
% of Calories											*24.8%	*17.9%	*51.9%	*30.9%	*10.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Base Menu Spreadsheet

Intermediate 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)
Tue - 09/11/2018																
Intermediate Lunch	Total	502														
PASTA, LASAGNA TURKEY ROLLUP	1 ROLL	200	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	# 8 SCOOP	200	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	150	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
SANDWICH, HAM & CH SUB (K-8)	1 EACH	50	353	*72	967	*3.00	2.97	*208.0	*134	4.8	*5	22.8	35.67	14.8	7.50	*0.00
CHICKEN CLUX DELUX	1 BURGER	50	331	46	890	3.88	1.95	290.6	2291	0.55	2	24.19	40.34	9.77	2.32	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, LOADED BAKED MASHED	1/2 (#8SC OOP)	320	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.05	1.50	*N/A*
VEGETABLE, ITALIAN BLEND	1/2 CUP	80	41	*0	81	*2.03	*0.00	*20.3	*762	*9.15	*2	1.02	7.18	*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	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*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	100	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	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	150	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	275	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	75	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	150	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	0.00	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	2 EACH	150	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			624	*57	*1049	*6.38	*7.56	*1024.9	*4002	*49.59	*37	*34.27	*80.17	*18.76	*7.29	*0.03
% of Calories											*23.8%	*22.0%	*51.4%	*27.1%	*10.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Intermediate Lunch

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 ¹ (g)
Wed - 09/12/2018																
Intermediate Lunch	Total	502														
CHICKEN STRIPS	3 STRIPS	200	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 (K-8)	4.79 OZ + 1 OZ	150	391	48	554	*3.07	*3.16	253.1	1776	*2.48	*1	20.74	29.42	22.18	9.14	*0.00
GINGERBREAD TEXAS 2.25 OZ.	1 COOKIE	100	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*
SALAD, CHEF (5-12)	1 SALAD (1C+G)	75	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	75	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	100	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	300	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)	125	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	200	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	300	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	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	150	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	250	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	75	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 PKG 9 GM	2 EACH	25	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	100	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			747	*97	*1033	*8.53	*14.46	*620.9	*4677	*40.24	*53	*35.95	*99.11	*24.03	*7.06	*0.00
% of Calories											*28.6%	*19.3%	*53.1%	*29.0%	*8.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Intermediate Lunch

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Thu - 09/13/2018																
Intermediate Lunch	Total	502														
PORK, BBQ PULLED SANDWICH	2 OZ. (#1 2 SCP)	200	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	2 STICKS	200	290	20	680	3.00	1.80	350.0	300	0.0	7	17.0	30.0	12.0	5.00	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	#10 SCOOP	50	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	1/2 CUP	50	100	0	2	1.18	0.22	1.0	0	0.0	*0	2.36	21.26	0.89	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	300	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	100	40	3	77	0.81	0.15	16.2	620	9.7	*4	0.4	4.69	2.29	0.25	0.00
FRUIT COCKTAIL	1/2 CUP	200	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*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
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	150	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	250	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, BBQ CUP 1 OZ.	1 EACH	100	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	100	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 PKG 9 GM	2 EACH	200	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	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			683	*59	*1255	*8.53	*3.93	*505.8	*3044	*12.68	*43	*33.67	*97.82	*17.94	*5.73	*0.00
% of Calories											*25.0%	*19.7%	*57.3%	*23.7%	*7.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 09/14/2018																
Intermediate Lunch	Total	502														
CHICKEN ALFREDO	#8 SCOOP	200	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	200	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	200	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	50	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	125	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	100	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)	150	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	300	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	200	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	150	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	250	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*
CHEESE, PARMESAN PKG	1 PACKAG	100	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*
GRAVY PEPPER MIX	2 OZ	50	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 PKG 9 GM	2 EACH	100	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			690	*82	*1129	*7.65	*16.79	*1734.6	*10887	*49.60	*38	*37.03	*91.80	*20.28	*7.58	*0.00
% of Calories											*21.9%	*21.5%	*53.2%	*26.5%	*9.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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																
Intermediate Lunch	Total	502														
PIZZA, 16',LS,WG,SP,PEPPERONI	1 SLICE	200	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	200	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.	75	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	200	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	75	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)	125	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	200	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	300	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	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	150	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	250	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, SWEET & SOUR, 100/1 OZ.	1 CUP	40	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*
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 PKG 9 GM	2 EACH	200	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			671	*51	*992	*7.17	*6.85	*495.9	*4200	*43.06	*41	*29.51	*89.81	*22.66	*8.16	*0.00
% of Calories											*24.3%	*17.6%	*53.5%	*30.4%	*10.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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																
Intermediate Lunch	Total	502														
ENCHILADAS, THREE CHEESE	2 EACH	200	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	200	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	100	*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	100	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 (K-8)	1 EACH	50	353	*72	967	*3.00	2.97	*208.0	*134	4.8	*5	22.8	35.67	14.8	7.50	*0.00
PINWHEELS, PEPPERONI, WHEEL	1 PINWH	50	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	150	*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	100	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)	150	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	300	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 (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
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	150	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	250	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*
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	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			*648	*75	*1150	*6.76	*5.40	*2152.9	*12637	*29.78	*39	*35.92	*76.11	*23.42	*9.15	*0.00
% of Calories											*24.0%	*22.2%	*47.0%	*32.5%	*12.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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																
Intermediate Lunch																
	Total	502														
SPAGHETTI W/MEAT SAUCE BB	1/2 CUP #8	225	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	225	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	225	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	100	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	50	273	*35	784	*4.87	*2.48	*28.8	6976	*29.08	*7	17.97	28.09	8.84	*0.59	*0.00
PITA CHEESE WRAP	1 WRAP	25	327	*25	797	3.63	*2.81	*246.0	*699	*8.11	6	14.63	41.44	*11.25	*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
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	150	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)	150	23	0	6	1.53	0.41	15.3	1623	11.47	3	1.15	4.59	0.0	0.00	*0.00
FRUIT CUP, PEACHES	1 EACH	100	70	*N/A*	10	1.00	*N/A*	*N/A*	*N/A*	60.0	16	1.0	18.0	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED (O & R.A)	1 EACH	300	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	250	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	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	150	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	250	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*
CHEESE, PARMESAN PKG	1 PACKAG	100	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 9 GM	2 EACH	100	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			708	*48	*1090	*8.81	*4.30	*418.6	*5813	*28.05	*52	*28.82	*100.36	*23.07	*7.91	*0.23
% of Calories											*29.5%	*16.3%	*56.7%	*29.3%	*10.1%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Intermediate Lunch

Portion Values - Detailed

	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)
Thu - 09/20/2018																
Intermediate Lunch	Total	502														
FISH, WEDGE	3.6 OZ.	150	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	4 oz. (#8)	150	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)	100	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	1/2 CUP	150	100	0	2	1.18	0.22	1.0	0	0.0	*0	2.36	21.26	0.89	0.00	0.00
SALAD, CHEF (5-12)	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
MEATBALL MARINARA W/CHEESE SUB	1 SUB	150	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	100	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	200	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)	125	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	200	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	150	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	150	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	250	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, 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	25	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 PKG 9 GM	2 EACH	100	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			680	*92	*883	*6.50	*3.27	*422.0	*3466	*20.00	*40	*34.36	*87.86	*22.11	*5.90	*0.00
% of Calories											*23.2%	*20.2%	*51.7%	*29.2%	*7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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)
Fri - 09/21/2018																
Intermediate Lunch																
	Total	502														
BURRITO, BEEF, CH & BEAN WG	1 BURRIT	200	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	200	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	50	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	250	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 (100	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)+	150	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	200	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 & R.A)	1 EACH	300	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	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	150	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	250	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	100	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 PKG 9 GM	2 EACH	100	20	0	201	0.00	0.00	0.0	201	0.0	4	0.0	6.02	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	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			690	*48	*1138	*9.27	*3.09	*472.2	*3153	*26.28	*35	*32.74	*94.31	*20.43	*6.46	*0.00
% of Calories											*20.4%	*19.0%	*54.7%	*26.7%	*8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			*684	*66	*1077	*7.60	*7.05	*841.3	*5584	*35.47	*42	*33.37	*90.83	*21.68	*7.33	*0.03
											*55.4%	*19.5%	*53.1%	*28.5%	*9.6%	*0.0%

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Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Intermediate 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	684		600 - 700	100%	Missing												
Cholesterol (mg)	66				Missing												
Sodium 1 (mg)	1077		1360		Missing												
Sodium 2 (mg)	1077		1035		Missing		42			Correction Required - Sodium too High							
Fiber (g)	7.60				Missing												
Iron (mg)	7.05				Missing												
Calcium (mg)	841.3				Missing												
Vitamin A (IU)	5584				Missing												
Sugars (g)	42	24.61%			Missing												
Vitamin C (mg)	35.47				Missing												
Protein (g)	33.37	19.51%			Missing												
Carbohydrate (g)	90.83	53.12%			Missing												
Total Fat (g)	21.68	28.53%			Missing												
Saturated Fat (g)	7.33	9.64%	<10.00%		Missing												
Trans Fat ¹ (g)	0.03	0.03%			Missing												

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