

# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/10/2018               |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch              | Total               | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PIZZA 16' LS,WG,SP, CHEESE     | 1 SLICE             | 200       | 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            | 225       | 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              | 150       | 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             | 75        | 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             | 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)+<br>1/4C(R) | 150       | 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              | 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                | 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*                   |
| 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         |                     |           | 670         | *57         | *1014     | *5.71     | *4.42     | *515.4     | *3910      | *46.68     | *38        | *30.57    | *81.21   | *25.30    | *7.99     | *0.00                   |
| % of Calories                  |                     |           |             |             |           |           |           |            |            |            | *22.5%     | *18.3%    | *48.5%   | *34.0%    | *10.7%    | *0.0%                   |
| Nutrient Guideline             |                     |           | 600-700     |             | 1360      |           |           |            |            |            |            |           |          | <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  
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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/11/2018               |                  |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch              | Total            | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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        | 150       | 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           | 25        | 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         | 225       | 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)   | 300       | 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          | 50        | 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) | 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 (O & R.A) | 1 EACH           | 200       | 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             | 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             | 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*                   |
| 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           | 200       | 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         |                  |           | 614         | *57         | *1130     | *6.32     | *6.60     | *942.5     | *4124      | *34.62     | *34        | *33.83    | *79.94   | *18.70    | *6.54     | *0.03                   |
| % of Calories                  |                  |           |             |             |           |           |           |            |            |            | *22.1%     | *22.0%    | *52.0%   | *27.4%    | *9.6%     | *0.0%                   |
| Nutrient Guideline             |                  |           | 600-700     |             | 1360      |           |           |            |            |            |            |           |          |           | <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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/12/2018                                   |                  |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch                                  | Total            | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CHICKEN STRIPS                                     | 3 STRIPS         | 300       | 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         | 75        | 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)   | 25        | 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         | 125       | 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            | 75        | 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          | 144       | 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) | 100       | 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          | 250       | 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           | 300       | 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         | 200       | 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             | 350       | 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*                   |
| 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           | 200       | 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 % of Calories               |                  |           | 688         | *77         | *906      | *7.15     | *9.27     | *531.3     | *3478      | *28.41     | *47        | *34.85    | *86.52   | *23.40    | *6.00     | *0.00                   |
| Nutrient Guideline                                 |                  |           | 600-700     |             | 1360      |           |           |            |            |            | *27.3%     | *20.3%    | *50.3%   | *30.6%    | *7.8%     | *0.0%                   |

\*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  
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Junior High 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 <sup>1</sup> (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/13/2018               |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Junior High Lunch              | Total            | 602       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| PORK, BBQ PULLED SANDWICH      | 2 OZ. (#1 2 SCP) | 300       | 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                 | 1/4 CUP          | 25        | 271         | *37         | 772       | *2.96     | *3.63     | *29.2     | 2102       | *9.26      | *4         | 14.53     | 28.96    | 10.35     | *1.91     | *0.00                   |
| CHICKEN, GENERAL TSO'S         | #10 SCOOP        | 75        | 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          | 75        | 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             | 200       | 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          | 100       | 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          | 75        | 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           | 200       | 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             | 350       | 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, 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                    |
| DRESSING RANCH PKG             | 2 EACH           | 200       | 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         |                  |           | 669         | *61         | *1159     | *7.39     | *3.02     | *478.7    | *2118      | *7.40      | *39        | *31.77    | *88.87   | *20.83    | *6.28     | *0.00                   |
| % of Calories                  |                  |           |             |             |           |           |           |           |            |            | *23.5%     | *19.0%    | *53.2%   | *28.0%    | *8.4%     | *0.0%                   |
| Nutrient Guideline             |                  |           | 600-700     |             | 1360      |           |           |           |            |            |            |           |          |           | <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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 8/14/2018 10:28:57 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 - 09/14/2018                |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch               | Total        | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 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*                   |
| SANDWICH, TURKEY/CH CRO SSIANT  | 1 SAND WICH  | 25        | 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       | 175       | 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      | 100       | 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    | 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 (B & G.A)  | 1 EACH       | 300       | 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         | 350       | 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*                   |
| MUSTARD PKG                     | 2 EACH       | 25        | 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       | 25        | 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       | 200       | 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          |              |           | 650         | *77         | *1050     | *7.17     | *14.27    | *1517.5    | *9248      | *34.01     | *38        | *34.50    | *81.64   | *21.28    | *7.24     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |            |            |            | *23.1%     | *21.2%    | *50.3%   | *29.5%    | *10.0%    | *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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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|------------------|------------------|-----------------|-------------------------|
| Mon - 09/17/2018                     |                 |           |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
| Junior High Lunch                    |                 |           |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
|                                      | Total           | 602       |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
| 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. | 190       | 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        | 10        | 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)       | 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 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            | 350       | 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           | 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 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          | 200       | 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 % of Calories |                 |           | 678         | *59         | *1006     | *6.74     | *10.20    | *464.5     | *3893      | *37.13     | *38<br>*22.6% | *29.28<br>*17.3% | *86.29<br>*50.9% | *24.80<br>*32.9% | *7.94<br>*10.5% | *0.00<br>*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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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/18/2018               |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Total 602                      |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 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 (K-8)   | 1 EACH              | 25        | 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, WGEEL    | 1 PINWH             | 175       | 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)+<br>1/4C(R) | 125       | 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              | 200       | 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              | 300       | 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                | 350       | 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         |                     |           | *632        | *64         | *1095     | *6.25     | *5.11     | *1899.7    | *10510     | *24.13     | *37        | *34.62    | *76.93   | *21.61    | *8.53     | *0.00                   |
| % of Calories                  |                     |           |             |             |           |           |           |            |            |            | *23.2%     | *21.9%    | *48.7%   | *30.8%    | *12.1%    | *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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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|------------------|------------------|-----------------|-------------------------|
| Wed - 09/19/2018                     |                  |           |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
| Junior High Lunch                    |                  |           |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
|                                      | Total            | 602       |             |             |           |           |           |            |            |            |               |                  |                  |                  |                 |                         |
| SPAGHETTI W/MEAT SAUCE BB            | 1/2 CUP #8       | 250       | 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           | 300       | 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          | 200       | 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           | 150       | 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                   |
| 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          | 75        | 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           | 200       | 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            | 300       | 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             | 350       | 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           | 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 % of Calories |                  |           | 688         | *46         | *1070     | *8.05     | *4.04     | *406.9     | *5051      | *32.83     | *53<br>*30.7% | *27.47<br>*16.0% | *99.09<br>*57.6% | *22.21<br>*29.0% | *7.80<br>*10.2% | *0.21<br>*0.3%          |
| 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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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Junior High 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 <sup>1</sup> (g) |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/20/2018                     |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Junior High Lunch                    | Total           | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| FISH, WEDGE                          | 3.6 OZ.         | 250       | 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)      | 125       | 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               | 1/2 CUP         | 125       | 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)  | 25        | 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           | 200       | 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           | 150       | 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         | 125       | 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          | 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            | 350       | 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, 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*                   |
| 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 % of Calories |                 |           | 672         | *88         | *870      | *6.16     | *2.92     | *419.6     | *2936      | *17.92     | *38        | *35.22    | *82.52   | *22.74    | *5.76     | *0.00                   |
|                                      |                 |           |             |             |           |           |           |            |            |            | *22.5%     | *21.0%    | *49.2%   | *30.5%    | *7.7%     | *0.0%                   |
| Nutrient Guideline                   |                 |           | 600-700     |             | 1360      |           |           |            |            |            |            |           |          |           |           | <10.00                  |

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Junior High Lunch

Generated on: 8/14/2018 10:28:57 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 Lunch              |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
|                                | Total        | 602       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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       | 25        | 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      | 175       | 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)+     | 125       | 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         | 350       | 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       | 25        | 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       | 25        | 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       | 400       | 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         |              |           | 650         | *43         | *1136     | *7.97     | *2.88     | *504.2     | *2759      | *21.59     | *36        | *31.09    | *89.29   | *19.04    | *6.36     | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *21.9%     | *19.1%    | *54.9%   | *26.4%    | *8.8%     | *0.0%                   |
| Nutrient Guideline             |              |           | 600-700     |             | 1360      |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                  |  |  |      |     |       |       |       |        |       |        |        |        |        |        |       |       |
|------------------|--|--|------|-----|-------|-------|-------|--------|-------|--------|--------|--------|--------|--------|-------|-------|
| Weighted Average |  |  | *661 | *63 | *1044 | *6.89 | *6.27 | *768.0 | *4803 | *28.47 | *40    | *32.32 | *85.23 | *21.99 | *7.04 | *0.02 |
|                  |  |  |      |     |       |       |       |        |       |        | *54.0% | *19.6% | *51.6% | *29.9% | *9.6% | *0.0% |

\*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.

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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 Lunch

Generated on: 8/14/2018 10:28:57 AM

| 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                   | 661      |              | 600 - 700     | 100%        | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 63       |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sodium 1 (mg)              | 1044     |              | 1360          |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sodium 2 (mg)              | 1044     |              | 1035          |             | Missing     |           |           |                         | 9          | Correction Required - Sodium too High |            |            |           |          |           |           |                         |
| Fiber (g)                  | 6.89     |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Iron (mg)                  | 6.27     |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Calcium (mg)               | 768.0    |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 4803     |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sugars (g)                 | 40       | 24.00%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 28.47    |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Protein (g)                | 32.32    | 19.55%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 85.23    | 51.57%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Total Fat (g)              | 21.99    | 29.94%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 7.04     | 9.59%        | <10.00%       |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.02     | 0.03%        |               |             | 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

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