

# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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Generated on: 8/10/2018 10:19:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/10/2018																
Early Childhood Lunch	Total	252														
PIZZA 16' LS,WG,SP, CHEESE	1 SLICE	100	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	100	392	73	705	*2.98	3.32	*247.4	*144	*0.0	*2	25.76	*26.5	19.79	8.00	*0.00
SANDWICH, SUNFLOWER BUTTER W/J	1 SAND WICH	50	639	0	568	12.60	4.54	130.5	119	*0.0	24	23.18	66.92	35.78	4.05	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	50	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	50	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)	50	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	50	70	0	5	1.00	*N/A*	*N/A*	*N/A*	60.0	15	*N/A*	19.0	*N/A*	*N/A*	*N/A*
BANANA FRESH	1 EACH	50	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	10	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	50	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	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
MUSTARD PKG	2 EACH	50	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	50	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			607	*46	*901	*6.31	*4.49	*473.4	*3102	*24.19	*30	*29.45	*69.09	*24.48	*7.05	*0.00
% of Calories											*19.9%	*19.4%	*45.5%	*36.3%	*10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/11/2018																
Early Childhood Lunch	Total	252														
PASTA, LASAGNA TURKEY ROLLUP	1 ROLL	125	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	100	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
SANDWICH, HAM & CH SUB (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
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)	50	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)	40	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 SERVING	75	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*
APPLE SLICES, IW	1 PACKAG	50	30	*N/A*	*N/A*	1.33	*N/A*	*N/A*	*N/A*	0.8	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	10	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	50	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	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBERRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
CHEESE, PARMESAN PKG	1 PACKAG	10	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
DRESSING RANCH PKG	2 EACH	50	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			425	*54	*803	*3.51	*1.80	*477.4	*2268	*19.91	*22	*28.05	*44.76	*15.36	*6.40	*0.04
% of Calories											*20.7%	*26.4%	*42.1%	*32.5%	*13.5%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Early Childhood 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)
Wed - 09/12/2018																
Early Childhood Lunch	Total	252														
CHICKEN STRIPS	3 STRIPS	150	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	100	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. SALAD, CHEF ( K - 4)	1 COOKIE	50	199	*N/A*	169	2.99	1.79	39.9	*N/A*	*N/A*	13	3.99	40.86	3.49	1.49	*N/A*
	1 SALAD (1C(G))	50	269	126	785	*1.23	*1.93	*124.0	*2501	*10.98	*4	16.84	20.59	13.76	5.33	*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
SOUP, VEGETABLE HOMEMADE	1 CUP	50	148	0	301	8.04	1.22	78.7	2858	64.23	*5	5.98	26.62	0.22	0.00	0.00
CARROTS MINI IW	1/2 CUP	50	35	*N/A*	65	*N/A*	*N/A*	*N/A*	25	*N/A*	5	1.0	8.0	0.0	*N/A*	0.00
SALAD, ROMAINE W/TOMATO	1/2C(G)+ 1/4C(R)	40	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	75	75	0	11	1.07	0.77	21.5	322	22.54	18	1.07	18.25	0.0	0.00	0.00
ORANGE FRESH	1 EACH	50	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	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	10	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	50	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	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
KETCHUP PKG 9 GM	2 EACH	50	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	25	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			708	*98	*1021	*7.70	*17.71	*615.2	*4352	*27.26	*39	*36.84	*84.35	*26.05	*7.96	*0.00
% of Calories											*22.2%	*20.8%	*47.7%	*33.1%	*10.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Early Childhood 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 <sup>1</sup> (g)
Thu - 09/13/2018																
Early Childhood Lunch	Total	252														
PORK, BBQ PULLED SANDWICH	2 OZ. (#1 2 SCP)	125	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	75	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	50	271	*37	772	*2.96	*3.63	*29.2	2102	*9.26	*4	14.53	28.96	10.35	*1.91	*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	100	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	75	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	100	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
APPLES SLICES, RED, IW	1 PKG	150	30	*N/A*	*N/A*	1.33	*N/A*	*N/A*	*N/A*	0.8	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	10	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	50	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	100	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
SAUCE, 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	10	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	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
Weighted Daily Average % of Calories			627	*58	*1210	*7.96	*3.68	*409.1	*2195	*11.46	*36 *22.7%	*30.29 *19.3%	*87.18 *55.6%	*17.90 *25.7%	*5.66 *8.1%	*0.00 *0.0%
Nutrient Guideline			550-650		1230										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/14/2018																
Early Childhood Lunch	Total	252														
CHICKEN ALFREDO	#8 SCOOP	125	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	100	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	1	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	25	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	1	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
SANDWICH,COURTESY MEAL	1 EACH	1	190	15	700	*4.00	*1.44	280.0	300	*0.0	1	15.0	26.0	7.0	2.50	0.00
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	65	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	125	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)	65	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	125	72	*0	12	*0.43	*N/A*	*4.0	*N/A*	44.66	*7	*0.21	18.21	*N/A*	*N/A*	*N/A*
DRIED MIXED FRUIT	1/4 cup	127	116	0	4	2.00	0.00	0.0	95	0.0	19	1.0	30.0	0.0	0.00	0.00
MILK, BOTTLED FF SKIM	8 OZ	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	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	25	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	10	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	25	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			531	*82	*1056	*5.17	*1.88	*1905.9	*12623	*41.13	*38	*32.25	*66.86	*15.30	*5.74	*0.00
% of Calories											*28.7%	*24.3%	*50.3%	*25.9%	*9.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Early Childhood Lunch

Generated on: 8/10/2018 10:19:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/17/2018																
Early Childhood Lunch	Total	252														
PIZZA, 16', LS, WG, SP, PEPPERONI	1 SLICE	100	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	100	383	*48	780	*2.99	*1.97	235.3	*955	*3.59	*6	21.05	37.4	17.02	8.65	*N/A*
SANDWICH, SUNFLOWER BUTTER W/J	1 SAND	50	639	0	568	12.60	4.54	130.5	119	*0.0	24	23.18	66.92	35.78	4.05	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	125	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	25	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)	75	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	150	70	0	5	1.00	*N/A*	*N/A*	*N/A*	60.0	15	*N/A*	19.0	*N/A*	*N/A*	*N/A*
BANANA FRESH	1 EACH	100	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1% LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE FF 8OZ	8 OZ	100	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*
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
Weighted Daily Average			776	*43	*1024	*8.87	*4.17	*511.6	*4112	*56.38	*48	*30.76	*101.77	*29.75	*8.82	*0.00
% of Calories											*24.8%	*15.8%	*52.4%	*34.5%	*10.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Early Childhood 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																
Early Childhood Lunch	Total	252														
ENCHILADAS, THREE CHEESE	2 EACH	100	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	100	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	25	*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	25	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
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	125	*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	75	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)	52	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	150	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*
APPLE SLICES, IW	1 PACKAG	100	30	*N/A*	*N/A*	1.33	*N/A*	*N/A*	*N/A*	0.8	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	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*
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	50	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			*631	*80	*1266	*6.08	*5.06	*2110.4	*12196	*24.46	*35	*36.07	*71.25	*23.79	*9.32	*0.00
% of Calories											*22.5%	*22.9%	*45.2%	*33.9%	*13.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Early Childhood 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																
Early Childhood Lunch	Total	252														
SPAGHETTI W/MEAT SAUCE BB	1/2 CUP #8	75	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	150	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	75	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	50	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	(1/4 CUP)	25	319	*84	836	*3.01	*1.63	*35.1	2377	*9.47	*6	19.51	30.7	12.09	*1.96	*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	75	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)	75	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	125	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*
ORANGE FRESH	1 EACH	125	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	0.0	0.00	0.00
DESSERT, 2 OZ. GB PIES	1 PIE	150	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	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	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*
CHEESE, PARMESAN PKG	1 PACKAG	10	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	10	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	10	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			712	*52	*1130	*8.68	*4.02	*432.5	*5744	*44.45	*57	*28.12	*105.07	*22.11	*7.98	*0.15
% of Calories											*32.0%	*15.8%	*59.0%	*27.9%	*10.1%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

## Base Menu Spreadsheet

Early Childhood 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																
Early Childhood Lunch	Total	252														
FISH, WEDGE	3.6 OZ.	100	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)	100	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)	50	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	50	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 ( K - 4)	1 SALAD (1C(G))	50	269	126	785	*1.23	*1.93	*124.0	*2501	*10.98	*4	16.84	20.59	13.76	5.33	*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
SOUP, POTATO (HM)	1 CUP	75	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	100	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)	75	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	100	70	0	0	0.87	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
APPLES SLICES, RED, IW	1 PKG	125	30	*N/A*	*N/A*	1.33	*N/A*	*N/A*	*N/A*	0.8	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
MILK, BOTTLED FF SKIM	8 OZ	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	100	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*
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	50	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
Weighted Daily Average			669	*95	*946	*5.38	*2.89	*407.7	*3798	*19.41	*39	*33.24	*83.52	*23.40	*5.13	*0.00
% of Calories											*23.1%	*19.9%	*49.9%	*31.5%	*6.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Early Childhood 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)
Fri - 09/21/2018																
Early Childhood Lunch	Total	252														
BURRITO, BEEF, CH & BEAN WG	1 BURRIT	100	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	100	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															
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	100	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 (	75	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)+	75	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	125	72	*0	12	*0.43	*N/A*	*4.0	*N/A*	44.66	*7	*0.21	18.21	*N/A*	*N/A*	*N/A*
DRIED MIXED FRUIT	1/4 cup	125	116	0	4	2.00	0.00	0.0	95	0.0	19	1.0	30.0	0.0	0.00	0.00
MILK, BOTTLED FF SKIM	8 OZ	2	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	75	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F	8 OZ	100	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	50	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	25	140	10	200	0.00	0.00	0.0	0	0.0	0	0.0	2.0	14.0	2.00	0.00
Weighted Daily Average			691	*49	*1164	*9.39	*3.09	*437.3	*3148	*30.47	*35	*32.89	*98.58	*19.00	*6.25	*0.00
% of Calories											*20.5%	*19.0%	*57.1%	*24.7%	*8.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*638	*66	*1052	*6.90	*4.88	*778.1	*5354	*29.91	*38	*31.80	*81.24	*21.71	*7.03	*0.02
											*53.6%	*19.9%	*50.9%	*30.6%	*9.9%	*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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Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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	638		550 - 650	100%	Missing													
Cholesterol (mg)	66				Missing													
Sodium 1 (mg)	1052		1230		Missing													
Sodium 2 (mg)	1052		935		Missing		117			Correction Required - Sodium too High								
Fiber (g)	6.90				Missing													
Iron (mg)	4.88				Missing													
Calcium (mg)	778.1				Missing													
Vitamin A (IU)	5354				Missing													
Sugars (g)	38	23.82%			Missing													
Vitamin C (mg)	29.91				Missing													
Protein (g)	31.80	19.94%			Missing													
Carbohydrate (g)	81.24	50.95%			Missing													
Total Fat (g)	21.71	30.64%			Missing													
Saturated Fat (g)	7.03	9.92%	<10.00%		Missing													
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing													

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