

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:58 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------|--------------------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/10/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | | | | | | | | | | | | | | | | |
| | Total | 1002 | | | | | | | | | | | | | | |
| | PIZZA 16' LS,WG,SP, CHEESE | 500 | 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 | 425 | 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 | 75 | 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 | 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 | 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 | 600 | 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 | 200 | 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 | 200 | 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 | 500 | 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 | 400 | 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 | 50 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| | MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| | MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 450 | 110 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| | MILK BOTTLED 1 % STRAWBERRY | 8 OZ | 200 | 170 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 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 | 0.0 | 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* | 7.8 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 688 | *52 | *982 | *6.21 | *4.99 | *567.8 | *3773 | *45.86 | *41 | *32.25 | *88.71 | *23.35 | *7.78 | *0.00 |
| % of Calories | | | | | | | | | | | *23.8% | *18.7% | *51.5% | *30.5% | *10.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/11/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| PASTA, LASAGNA TURKEY ROLLUP | 1 ROLL | 525 | 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 | 425 | 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 | 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 |
| POTATO, LOADED BAKED MASHED | 1/2 (#8SC OOP) | 625 | 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 | 200 | 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) | 175 | 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 | 800 | 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 | 200 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 400 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBERRY | 8 OZ | 300 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| CHEESE, PARMESAN PKG | 1 PACKAG | 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 |
| 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 | | | 521 | *55 | *890 | *4.48 | *1.88 | *560.7 | *2903 | *45.19 | *36 | *31.02 | *66.16 | *15.26 | *7.19 | *0.04 |
| % of Calories | | | | | | | | | | | *27.5% | *23.8% | *50.8% | *26.4% | *12.4% | *0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/12/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| CHICKEN STRIPS | 3 STRIPS | 525 | 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 | 300 | 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 | 250 | 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 (K - 4) | 1 SALAD (1C(G)) | 175 | 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 | 125 | 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 | 500 | 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) | 275 | 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 | 500 | 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 | 400 | 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 | 500 | 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 | 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 | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBE RRY | 8 OZ | 300 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 100 | 140 | 10 | 200 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.0 | 14.0 | 2.00 | 0.00 |
| SEASONING, LS, TAJIN 1 GM. | 1 PKG | 100 | 3 | *N/A* | 191 | *N/A* | *N/A* | *N/A* | *N/A* | 7.8 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 679 | *84 | *887 | *7.02 | *12.17 | *574.4 | *3956 | *28.62 | *50 | *34.73 | *88.89 | *21.92 | *6.79 | *0.00 |
| % of Calories | | | | | | | | | | | *29.5% | *20.5% | *52.4% | *29.0% | *9.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/13/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| PORK, BBQ PULLED SANDWICH | 2 OZ. (#1 2 SCP) | 525 | 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 | 450 | 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 |
| 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 | 150 | 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 | 500 | 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 | 1 | 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 | 300 | 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 | 300 | 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 | 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 | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBE RRY | 8 OZ | 300 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| SAUCE, BBQ CUP 1 OZ. | 1 EACH | 100 | 20 | *N/A* | 107 | *N/A* | 0.12 | *N/A* | 33 | 0.8 | 4 | *N/A* | 4.67 | 0.67 | *N/A* | *N/A* |
| SAUCE, MARINARA CUP | 2 EACH | 100 | 30 | 0 | 243 | 2.02 | 0.73 | 0.0 | 202 | 0.0 | 4 | 2.02 | 6.07 | 0.0 | 0.00 | 0.00 |
| 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 |
| Weighted Daily Average % of Calories | | | 650 | *63 | *1251 | *8.16 | *3.68 | *543.0 | *1759 | *5.81 | *39 | *34.47 | *88.70 | *17.84 | *6.54 | *0.00 |
| | | | | | | | | | | | *24.3% | *21.2% | *54.6% | *24.7% | *9.1% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/14/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| CHICKEN ALFREDO | #8 SCOOP | 525 | 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 | 400 | 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 | 525 | 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 | 350 | 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 | 75 | 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 | 300 | 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 | 200 | 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) | 200 | 12 | 0 | 6 | 1.56 | 0.53 | 16.1 | 3981 | 16.01 | 1 | 0.77 | 2.52 | 0.01 | 0.00 | 0.00 |
| FRUIT CUPS, ASSORTED | 1 SERVING | 500 | 72 | *0 | 12 | *0.43 | *N/A* | *4.0 | *N/A* | 44.66 | *7 | *0.21 | 18.21 | *N/A* | *N/A* | *N/A* |
| DRIED MIXED FRUIT | 1/4 cup | 400 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBE RRY | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 100 | 20 | 0 | 201 | 0.00 | 0.00 | 0.0 | 201 | 0.0 | 4 | 0.0 | 6.02 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 100 | 140 | 10 | 200 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.0 | 14.0 | 2.00 | 0.00 |
| SEASONING, LS, TAJIN 1 GM. | 1 PKG | 10 | 3 | *N/A* | 191 | *N/A* | *N/A* | *N/A* | *N/A* | 7.8 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 680 | *89 | *1108 | *6.37 | *20.83 | *2120.1 | *12801 | *40.95 | *36 | *38.60 | *91.30 | *18.43 | *7.21 | *0.00 |
| % of Calories | | | | | | | | | | | *21.3% | *22.7% | *53.7% | *24.4% | *9.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|------------------|------------------|------------------|-----------------|-------------------------|
| Mon - 09/17/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| PIZZA, 16', LS, WG, SP, PEPPERONI | 1 SLICE | 400 | 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 | 500 | 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 | 100 | 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 | 400 | 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 | 200 | 11 | 0 | 11 | 2.97 | 0.27 | 14.8 | 185 | 28.93 | 0 | 0.74 | 0.74 | 0.0 | 0.00 | 0.00 |
| SALAD, GARDEN | 1 CUP (G) | 200 | 12 | 0 | 6 | 1.56 | 0.53 | 16.1 | 3981 | 16.01 | 1 | 0.77 | 2.52 | 0.01 | 0.00 | 0.00 |
| FRUIT CUP, DICED PEARS | 1 EACH | 500 | 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 | 400 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1% LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE FF 8OZ | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1% STRAWBERRY | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 300 | 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 | | | 687 | *45 | *949 | *7.76 | *3.83 | *527.6 | *3733 | *54.56 | *42 *24.5% | *30.36 *17.7% | *90.47 *52.7% | *24.14 *31.6% | *8.67 *11.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/18/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | | | | | | | | | | | | | | | | |
| ENCHILADAS, THREE CHEESE | 2 EACH | 525 | 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 | 425 | 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 | 400 | 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 | 300 | *99 | *0 | *539 | *2.50 | *0.13 | *0.9 | *34 | *5.2 | *5 | *2.46 | *20.96 | *1.21 | *0.00 | *0.00 |
| BEANS, GREEN,FROZEN #30 LB. | 1/2 CUP | 200 | 28 | *0 | 91 | *2.30 | *0.01 | *0.1 | *0 | *0.0 | *1 | 1.15 | 5.9 | 0.0 | *0.00 | *0.00 |
| SALAD, SPINACH W/TOMATO | 1/2C(G)+ 1/4C(R) | 200 | 26 | 0 | 27 | 1.98 | 0.88 | 70.2 | 4006 | 16.9 | 3 | 1.6 | 4.7 | 0.0 | 0.00 | *0.00 |
| APPLESAUCE CUPS, ASSORTED | 1 EACH | 800 | 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 | 200 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBERRY | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 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 | | | *667 | *77 | *1195 | *5.84 | *6.05 | *2685.9 | *15131 | *28.10 | *36 | *36.71 | *74.86 | *25.56 | *10.21 | *0.00 |
| % of Calories | | | | | | | | | | | *21.6% | *22.0% | *44.9% | *34.5% | *13.8% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/19/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| SPAGHETTI W/MEAT SAUCE BB | 1/2 CUP #8 | 425 | 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 | 500 | 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 | 425 | 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 | 200 | 200 | *N/A* | 290 | 3.00 | 1.80 | 60.0 | 0 | 3.6 | 4 | 5.0 | 34.02 | 6.0 | 3.50 | *N/A* |
| SALAD, TUNA | (1/4 CUP) | 75 | 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 | 200 | 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 | 250 | 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) | 200 | 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 | 500 | 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 | 400 | 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 | 450 | 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 | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBE RRY | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 50 | 11 | 0 | 180 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP PKG 9 GM | 2 EACH | 100 | 20 | 0 | 201 | 0.00 | 0.00 | 0.0 | 201 | 0.0 | 4 | 0.0 | 6.02 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH PKG | 2 EACH | 100 | 140 | 10 | 200 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.0 | 14.0 | 2.00 | 0.00 |
| SEASONING, LS, TAJIN 1 GM. | 1 PKG | 10 | 3 | *N/A* | 191 | *N/A* | *N/A* | *N/A* | *N/A* | 7.8 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 657 | *49 | *999 | *7.71 | *3.89 | *399.6 | *4812 | *41.78 | *51 | *27.67 | *94.59 | *20.77 | *7.18 | *0.22 |
| % of Calories | | | | | | | | | | | *30.9% | *16.8% | *57.6% | *28.4% | *9.8% | *0.3% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/20/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| FISH, WEDGE | 3.6 OZ. | 500 | 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) | 400 | 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) | 200 | 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 | 200 | 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)) | 100 | 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 | 200 | 193 | *7 | 516 | 0.14 | *1.02 | *164.3 | *27 | *0.67 | *6 | *9.58 | 29.22 | *3.62 | *0.06 | *0.00 |
| CORN ON THE COB | 1 EAR | 300 | 131 | 0 | 68 | 4.36 | 2.36 | 0.0 | 218 | 7.85 | 4 | 4.36 | 28.35 | 3.27 | 1.09 | 0.00 |
| SALAD, SPRING ROMAINE | 1 CUP (G) | 200 | 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 | 400 | 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 | 600 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F F 8OZ | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| MILK BOTTLED 1 % STRAWBE RRY | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| SAUCE, TARTAR PKG | 2 EACH | 25 | 57 | 11 | 193 | 0.00 | 0.00 | 0.0 | 11 | 0.0 | 2 | 0.0 | 2.27 | 5.67 | 0.00 | 0.00 |
| SAUCE, SOY PKG 200/6ML | 2 EACH | 25 | 3 | 0 | 189 | 0.59 | 0.00 | 0.0 | *N/A* | 0.0 | *N/A* | 0.0 | 0.33 | *N/A* | *N/A* | *N/A* |
| KETCHUP PKG 9 GM | 2 EACH | 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 | | | 606 | *88 | *790 | *4.96 | *2.45 | *382.4 | *3121 | *16.92 | *36 | *32.85 | *77.20 | *19.02 | *4.04 | *0.00 |
| % of Calories | | | | | | | | | | | *24.1% | *21.7% | *51.0% | *28.3% | *6.0% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Sep 10, 2018 thru Sep 21, 2018

Primary/Elementary Lunch

Generated on: 8/10/2018 10:19:59 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/21/2018 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | 1002 | | | | | | | | | | | | | | |
| BURRITO, BEEF, CH & BEAN WG | 1 BURRIT | 525 | 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 | 425 | 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 | 200 | 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, MMA | 2 OZ | 200 | 62 | 0 | 104 | 5.16 | 0.86 | 36.6 | 181 | 4.0 | *1 | 2.94 | 10.88 | 0.08 | 0.00 | *0.00 |
| SALAD, SIDE ROM & SPIN/TO | 1/2C(G)+ | 300 | 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 | 600 | 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 | 400 | 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 | 5 | 80 | 5 | 125 | *N/A* | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | *N/A* | *N/A* |
| MILK BOTTLED 1 % LOWFAT | 8 OZ | 300 | 100 | 10 | 125 | *N/A* | 0.00 | 300.0 | 5050 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | *N/A* |
| MILK BOTTLED CHOCOLATE F | 8 OZ | 500 | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| F 8OZ | | | | | | | | | | | | | | | | |
| MILK BOTTLED 1 % STRAWBE | 8 OZ | 200 | 170 | 10 | 110 | *N/A* | 0.00 | 250.0 | 500 | 1.2 | 30 | 8.0 | 31.0 | 2.5 | 1.50 | *N/A* |
| 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 | 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 | 100 | 3 | *N/A* | 191 | *N/A* | *N/A* | *N/A* | *N/A* | 7.8 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 653 | *46 | *986 | *7.70 | *2.78 | *435.5 | *3118 | *36.33 | *35 | *31.29 | *92.32 | *18.06 | *6.13 | *0.00 |
| % of Calories | | | | | | | | | | | *21.5% | *19.2% | *56.6% | *24.9% | *8.5% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|------|-----|-------|-------|-------|--------|-------|--------|--------|--------|--------|--------|--------|-------|
| Weighted Average | | | *649 | *65 | *1004 | *6.62 | *6.26 | *879.7 | *5511 | *34.41 | *40 | *33.00 | *85.32 | *20.43 | *7.18 | *0.03 |
| | | | | | | | | | | | *55.9% | *20.3% | *52.6% | *28.3% | *10.0% | *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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Sep 10, 2018 thru Sep 21, 2018

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

Page 11

Generated on: 8/10/2018 10:19:59 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 ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 649 | | 550 - 650 | 100% | Missing | | | | | | | | | | | | |
| Cholesterol (mg) | 65 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1004 | | 1230 | | Missing | | | | | | | | | | | | |
| Sodium 2 (mg) | 1004 | | 935 | | Missing | | 69 | | | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 6.62 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 6.26 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 879.7 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 5511 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 40 | 24.85% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 34.41 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 33.00 | 20.34% | | | Missing | | | | | | | | | | | | |
| Carbohydrate (g) | 85.32 | 52.59% | | | Missing | | | | | | | | | | | | |
| Total Fat (g) | 20.43 | 28.34% | | | Missing | | | | | | | | | | | | |
| Saturated Fat (g) | 7.18 | 9.95% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.03 | 0.04% | | | Missing | | | | | | | | | | | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.