

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 10, 2018 thru Sep 21, 2018

Pre-Kinder Lunch

Generated on: 8/9/2018 2:38:55 PM

	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																
Pre-Kinder Lunch	Total	49														
PIZZA, 16" SP, CHEESE (PRE-K)	1 SLICE	47	152	13	147	1.52	2.28	151.9	633	6.07	3	9.62	16.71	5.06	2.53	*N/A*
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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	47	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*
FRUIT CUP, DICED PEARS	1 EACH	47	70	0	5	1.00	*N/A*	*N/A*	*N/A*	60.0	15	*N/A*	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			480	*24	*734	*2.68	*3.31	*447.2	*5639	*65.88	*29	*19.85	*67.73	*14.83	*5.10	*0.04
% of Calories											*23.9%	*16.5%	*56.5%	*27.8%	*9.6%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Tue - 09/11/2018																
Pre-Kinder Lunch	Total	49														
PASTA, LASAGNA TURKEY ROLLUP	1 ROLL	47	336	*63	629	3.27	2.00	441.1	*328	*0.0	5	25.18	28.33	14.55	*7.41	*0.08
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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, ITALIAN BLEND	1/4 CUP	47	20	*0	41	*1.02	*0.00	*10.2	*381	*4.57	*1	0.51	3.59	*0.0	*0.00	*0.00
APPLESAUCE FLAVORED	1/4 CUP	47	30	0	18	1.09	*0.00	*0.0	34	*0.0	*7	5.53	7.09	0.0	0.00	0.00
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
CHEESE, PARMESAN PKG	1 PACKAG	20	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*
Weighted Daily Average			489	*74	*856	*5.41	*2.00	*750.7	*5745	*6.89	*24	*39.02	*50.51	*17.54	*9.01	*0.11
% of Calories											*19.6%	*31.9%	*41.3%	*32.3%	*16.6%	*0.2%
Nutrient Guideline			550-650		1230											<10.00

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Portion Values - Detailed

Sep 10, 2018 thru Sep 21, 2018

Pre-Kinder Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/12/2018																
Pre-Kinder Lunch	Total	49														
CHICKEN STRIPS (PRE-K)	2 EACH	47	127	27	207	0.67	0.72	13.3	67	0.0	1	10.67	7.33	6.0	1.00	0.00
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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
CARROT, BABY MINIS (PRE-K)	1 EACH	47	35	*N/A*	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	*N/A*	*N/A*	*N/A*
MANDARIN ORANGES, CANNED	1/4 CUP	47	38	0	5	0.54	0.39	10.7	161	11.27	9	0.54	9.12	0.0	0.00	0.00
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			303	*37	*436	*3.33	*1.49	*343.8	*11006	*19.06	*27	*20.38	*36.55	*8.93	*2.66	*0.04
% of Calories											*35.3%	*26.9%	*48.3%	*26.6%	*7.9%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/13/2018																
Pre-Kinder Lunch	Total	49														
PORK, BBQ PULLED SAND (PRE-K)	2 OZ. (#1 6 SCP)	47	386	*64	727	*4.00	*1.80	*60.0	*N/A*	*1.2	9	*22.0	41.01	14.5	*5.00	*N/A*
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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
BEANS BAKED, CANNED	1/4 CUP	47	99	12	290	2.77	1.27	46.6	24	1.3	*5	5.07	14.79	1.96	0.54	0.00
FRUIT COCKTAIL	1/4 CUP	47	40	*N/A*	5	0.99	*N/A*	*N/A*	99	0.6	6	0.5	9.44	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
SAUCE, BBQ CUP 1 OZ.	1 EACH	20	20	*N/A*	107	*N/A*	0.12	*N/A*	33	0.8	4	*N/A*	4.67	0.67	*N/A*	*N/A*
Weighted Daily Average			623	*84	*1195	*7.71	*3.08	*403.8	*5164	*5.80	*33	*35.12	*77.58	*19.23	*7.02	*0.04
% of Calories											*21.2%	*22.6%	*49.8%	*27.8%	*10.1%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 09/14/2018																
Pre-Kinder Lunch	Total	49														
CHICKEN CHUNKS, MINIS (PRE-K)	4 PIECES	47	105	23	198	0.58	0.63	*N/A*	*N/A*	*N/A*	*N/A*	9.3	5.82	5.23	0.87	*N/A*
SANDWICH, COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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
PEAS FROZEN	1/4 CUP	47	38	0	183	2.17	0.61	0.1	217	3.26	*2	2.17	6.52	0.0	0.00	0.00
FRUIT MIX, CANNED	1/4 CUP	47	47	0	5	0.52	0.37	20.8	104	10.91	9	0.52	10.91	0.0	0.00	0.00
MILK BOTTLED 1% LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
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			322	*36	*582	*3.40	*1.62	*321.6	*5340	*16.09	*23	*20.18	*35.79	*11.05	*2.94	*0.04
% of Calories											*28.5%	*25.1%	*44.5%	*30.9%	*8.2%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/17/2018																
Pre-Kinder Lunch	Total	49														
PIZZA, 16", SP, PEPPERONI (PRE-K)	1 SLICE	47	160	15	200	1.50	2.25	124.8	624	5.99	2	9.98	16.47	5.99	2.99	*N/A*
SANDWICH, COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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	47	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*
PEARS DICED, CANNED	1/4 CUP	47	40	0	8	0.50	0.00	0.0	38	0.0	8	0.0	9.55	0.0	0.00	0.00
MILK BOTTLED 1% LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			478	*26	*679	*4.11	*2.93	*421.2	*5667	*10.57	*21	*20.19	*63.22	*16.66	*5.54	*0.04
% of Calories											*18.0%	*16.9%	*53.0%	*31.4%	*10.4%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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Pre-Kinder Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/18/2018																
Pre-Kinder Lunch	Total	49														
ENCHILADAS, THREE CHEESE	1 EACH	47	167	*24	290	*1.10	*3.78	*2189.4	*11796	*0.75	*1	*9.96	12.9	*8.85	*5.67	*N/A*
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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
BEANS, GREEN,FROZEN #30 LB.	1/4 CUP	47	14	*0	46	*1.15	*0.01	*0.0	*0	*0.0	*1	0.58	2.95	0.0	*0.00	*0.00
APPLESAUCE FLAVORED	1/4 CUP	47	30	0	18	1.09	*0.00	*0.0	34	*0.0	*7	5.53	7.09	0.0	0.00	0.00
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			315	*35	*510	*3.46	*3.71	*2401.6	*16379	*3.22	*20	*24.08	*35.10	*11.67	*7.14	*0.04
% of Calories											*25.6%	*30.6%	*44.6%	*33.4%	*20.4%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Wed - 09/19/2018																
Pre-Kinder Lunch	Total	49														
SPAGHETTI W/MEAT SAUCE B B (PK)	1/4 CUP #16	47	87	13	153	0.51	1.37	10.2	254	2.44	3	7.13	4.58	4.58	1.53	0.25
SPAGHETTI NOODLES (PRE-K)	1/4 CUP #1	47	99	0	19	*3.04	*0.93	*3.6	*5	*0.0	*1	3.54	21.11	1.22	0.10	0.00
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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
CUCUMBER SLICES	1/4 CUP	47	4	0	0	0.38	0.14	7.6	76	2.29	0	0.38	0.76	0.0	0.00	0.00
MANDARIN ORANGES, CANNED	1/4 CUP	47	38	0	5	0.54	0.39	10.7	161	11.27	9	0.54	9.12	0.0	0.00	0.00
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			330	*24	*340	*4.54	*2.79	*332.4	*5509	*17.85	*24	*19.79	*47.22	*8.73	*3.26	*0.28
% of Calories											*29.6%	*24.0%	*57.3%	*23.8%	*8.9%	*0.8%
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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/20/2018																
Pre-Kinder Lunch	Total	49														
FISH STICKS (PRE-K)	2 EACH	47	115	25	145	0.50	0.54	10.0	2	0.0	1	7.5	11.0	4.5	0.50	0.00
MACARONI & CHEESE (PRE-K)	1/4 (#16 SCOOP)	47	97	8	223	0.67	0.36	133.4	250	0.0	2	5.67	9.67	3.67	1.67	0.00
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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 ON THE COB	1 EAR	47	131	0	68	4.36	2.36	0.0	218	7.85	4	4.36	28.35	3.27	1.09	0.00
PINEAPPLE TIDBITS, CANNED	1/4 CUP	47	35	0	0	0.44	0.00	8.7	33	3.94	7	0.0	8.31	0.0	0.00	0.00
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			474	*43	*589	*5.98	*3.20	*447.5	*5515	*13.81	*25	*25.49	*68.08	*14.15	*4.82	*0.04
% of Calories											*20.9%	*21.5%	*57.5%	*26.9%	*9.2%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Fri - 09/21/2018																
Pre-Kinder Lunch	Total	49														
BURRITO, BEEF, CH & BEAN WG	1 BURRIT	47	359	25	459	4.99	1.44	99.8	399	1.2	3	15.97	39.93	14.97	6.99	*N/A*
SANDWICH,COURTESY MEAL (PRE-K)	1 OZ	1	320	40	1180	*4.00	*1.44	460.1	600	*0.0	2	18.0	26.0	21.01	10.00	1.80
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	47	132	*N/A*	405	1.01	0.73	*N/A*	101	*N/A*	1	2.03	21.26	4.05	0.51	*N/A*
FRUIT COCKTAIL	1/4 CUP	47	40	*N/A*	5	0.99	*N/A*	*N/A*	99	0.6	6	0.5	9.44	*N/A*	*N/A*	*N/A*
MILK BOTTLED 1 % LOWFAT	8 OZ	47	100	10	125	*N/A*	0.00	300.0	5050	2.4	12	8.0	12.0	2.5	1.50	*N/A*
Weighted Daily Average			621	*35	*1004	*6.97	*2.16	*397.3	*5608	*4.22	*22	*26.42	*80.84	*21.42	*8.89	*0.04
% of Calories											*14.1%	*17.0%	*52.1%	*31.1%	*12.9%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			443	*42	*692	*4.76	*2.63	*626.7	*7157	*16.34	*25	*25.05	*56.26	*14.42	*5.64	*0.07
											*50.4%	*22.6%	*50.8%	*29.3%	*11.4%	*0.1%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	443		550 - 650	81%		107		Correction Required - Calories are Low									
Cholesterol (mg)	42				Missing												
Sodium 1 (mg)	692		1230		Missing												
Sodium 2 (mg)	692		935		Missing												
Fiber (g)	4.76				Missing												
Iron (mg)	2.63				Missing												
Calcium (mg)	626.7				Missing												
Vitamin A (IU)	7157				Missing												
Sugars (g)	25	22.38%			Missing												
Vitamin C (mg)	16.34				Missing												
Protein (g)	25.05	22.61%			Missing												
Carbohydrate (g)	56.26	50.78%			Missing												
Total Fat (g)	14.42	29.29%			Missing												
Saturated Fat (g)	5.64	11.45%	<10.00%		Missing			Correction Required - Sat. Fat too High									
Trans Fat ¹ (g)	0.07	0.14%			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.