

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/07/2019																
High School Lunch	Total	1087														
CHICKEN PATTY BRD ON BUN	1 BURGER	260	419	26	691	5.87	3.52	133.0	114	0.0	3	22.18	40.42	17.94	3.07	0.00
PIZZA, CHEESE STICKS (9-12)	3 STICKS	525	440	30	1031	4.55	2.73	530.6	455	0.0	11	25.77	45.48	18.19	7.58	0.00
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	150	310	*N/A*	320	4.00	5.40	20.0	*N/A*	*N/A*	12	9.0	32.0	15.0	2.00	*N/A*
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CHALUPA, BEAN & CHEESE	1 BOWL	150	245	19	303	2.90	1.26	299.5	599	1.2	0	16.3	21.11	11.41	4.04	*N/A*
POTATO, FF, STRAIGHT CUT	1/2 CUP	1066	110	*N/A*	350	1.00	0.72	100.0	*N/A*	1.83	*N/A*	1.0	17.0	3.5	0.50	*N/A*
CELERY STICKS	1/2 CUP	105	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/TO MATO	1/2C(G)+ 1/4C(R)	200	34	*0	168	*1.89	*0.79	*44.9	*4259	*28.72	3	1.41	6.59	0.31	*0.00	*0.00
PEARS DICED, CANNED	1/2 CUP	100	80	0	15	1.00	0.00	0.0	75	0.0	15	0.0	19.1	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	250	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	600	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SAUCE, MARINARA CUP	2 EACH	200	0	0	1	0.01	0.00	0.0	1	0.0	0	0.01	0.02	0.0	0.00	0.00
SAUCE, TACO PKG	2 EACH	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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 PORTION CUP 1 OZ .(HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	25	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			717	*37	*1359	*7.02	*4.17	*739.7	*1916	*12.39	*36	*30.68	*87.80	*26.36	*7.45	*0.00
% of Calories											*19.9%	*17.1%	*49.0%	*33.1%	*9.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Tue - 10/08/2019																
High School Lunch																
	Total	1040														
	1 SLICE	300	360	35	490	3.00	1.80	350.2	500	*N/A*	9	21.01	35.02	16.01	7.00	*N/A*
	# 8 SCOOP	300	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
	1 ROLL	677	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
	1 EACH	40	343	53	884	6.34	3.40	*211.9	*676	3.91	5	21.43	45.64	10.37	4.52	*0.00
	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
	4 EACH	475	294	66	517	2.03	1.83	20.3	5	0.0	1	16.22	16.22	18.25	6.08	0.00
	#8 SCOOP	600	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.5	1.50	*N/A*
SHED																
	1/2 CUP	125	*76	*0	*154	*4.35	*1.99	*0.3	*434	*6.52	*4	*5.43	*13.03	*0.0	*0.00	*0.00
	1/2C(G)+	200	46	0	4	3.82	1.10	30.6	5153	29.8	6	2.29	9.18	0.0	0.00	*0.00
	1/4C(R)															
	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
	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
	8 OZ	400	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
	8 OZ	600	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
	8 OZ	300	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
	1 PACKAG	100	15	5	65	*N/A*	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
	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
	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
	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
.(HS)																
	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
	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																
% of Calories																
			*809	*66	*1087	*8.45	*14.63	*1493.2	*2074	*38.85	*53	*37.53	*105.73	*26.25	*9.23	*0.00
											*26.3%	*18.6%	*52.3%	*29.2%	*10.3%	*0.0%
Nutrient Guideline																
			750-850		1420										<10.00	

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Wed - 10/09/2019																
High School Lunch	Total	1052														
BEEF, SPAGHETTI SAUCE , BB	4 OZ+1/2 CUP	400	172	25	304	1.01	2.74	20.3	507	4.86	5	14.18	9.12	9.12	3.04	0.51
CHICKEN, CHERRY BLOSSOM	#8 SCOOP	300	200	45	350	2.00	1.26	0.0	*N/A*	2.4	14	13.0	27.0	4.0	1.00	*N/A*
PASTA, SPAGHETTI NOODLES	1/2 CUP	400	180	0	0	6.00	1.80	0.0	10	0.0	2	7.0	41.0	1.0	0.00	0.00
RICE, STEAMED WHITE	#8 SCOOP	300	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
ROLL, MINI SUB DOUGH	1 ROLL	0	0	*N/A*	0	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	*N/A*
SALAD, CHEF (5-12)	1 SALAD (1C(G))	50	305	233	603	*1.23	*2.14	*142.3	*2689	*10.98	*4	21.28	20.68	15.44	5.36	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CHICKEN & WAFFLE OPEN FACE	1 EACH	300	403	74	521	*2.93	2.48	*39.0	*N/A*	*N/A*	*12	24.88	*41.96	15.18	3.43	*N/A*
VEGETABLE, MALIBU BLEND	1/2 CUP	80	25	*0	267	*1.01	*0.41	*151.1	*503	*9.05	*2	0.5	4.51	*0.0	*0.00	*0.00
CARROTS MINI IW	1/2 CUP	400	25	*N/A*	47	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	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 FLAVORED	1/2 CUP	400	61	0	36	2.18	*0.00	*0.0	67	*0.0	*13	11.05	14.19	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	400	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	500	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
DESSERT, 2 OZ. GB PIES	1 PIE	400	336	*17	388	2.99	1.80	28.3	4538	1.89	25	4.41	51.83	12.39	6.41	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	200	15	5	65	*N/A*	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	200	1	*N/A*	0	0.01	0.01	0.3	*N/A*	0.01	*N/A*	0.09	0.06	*N/A*	*N/A*	*N/A*
SYRUP PANCAKE CUP	1 EACH	25	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	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 PORTION CUP 1 OZ (HS)	2 EACH	300	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	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			739	*76	*863	*8.14	*4.11	*354.6	*3429	*14.69	*56	*34.88	*107.97	*21.19	*6.99	*0.19
% of Calories											*30.3%	*18.9%	*58.4%	*25.8%	*8.5%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 10/10/2019																
High School Lunch	Total	1052														
FISH, POLLOCK NUGGETS (HS)	6 NUGGETS	300	347	75	438	3.02	1.63	30.2	*N/A*	*N/A*	2	22.64	34.72	12.08	2.26	*N/A*
CHICKEN, EGG ROLL W/ NOO DLES	2 ROLL + 1/4 G.	200	394	*92	*577	*5.44	*26.25	*81.9	*1906	*1.09	*3	*20.98	*48.74	*12.46	*3.42	*0.00
MACARONI & CHEESE BOIL (HS)	1/2 8# SC OOP	500	228	24	769	1.57	0.85	313.9	589	0.0	5	13.34	24.33	8.63	4.71	0.00
SALAD, TUNA W/CRKR(5-12)	#8 SCOOP	50	330	*74	1006	*2.32	*2.04	*21.5	4434	*19.83	*12	36.89	16.05	10.79	*1.17	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
PINWHEEL, PEPPERONI, RF, WG	1 EACH	500	280	20	600	*N/A*	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00	*N/A*
BEANS, GREEN,FROZEN #30 LB.	1/2 CUP	150	28	*0	91	*2.30	*0.01	*0.1	*0	*0.0	*1	1.15	5.9	0.0	*0.00	*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)	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, STRAWBERRY FROZE N CUPS	1 EACH	500	90	*N/A*	*N/A*	1.99	*N/A*	*N/A*	*N/A*	*N/A*	18	1.0	21.93	*N/A*	*N/A*	*N/A*
FRUIT FRESH O& R.A (5-12)	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	450	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SAUCE, TARTAR PKG	2 EACH	100	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00
SAUCE, SWEET & SOUR, 100/1 OZ.	1 CUP	200	50	*N/A*	75	0.00	*N/A*	*N/A*	*N/A*	1.2	7	0.0	12.0	0.0	*N/A*	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	50	1	*N/A*	0	0.01	0.01	0.3	*N/A*	0.01	*N/A*	0.09	0.06	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			740	*77	*1191	*7.23	*7.99	*563.0	*2050	*12.32	*42	*36.79	*97.44	*22.84	*8.06	*0.00
% of Calories											*22.9%	*19.9%	*52.7%	*27.8%	*9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/11/2019																
High School Lunch	Total	1052														
PASTA, LASAGNA CHEESE ROLL UP	1 ROLL	300	298	*45	356	*1.19	*0.82	354.6	*763	*11.56	*5	*18.14	27.23	12.72	*8.08	*N/A*
BEEF, COUNTRY FRIED STEAK ROLL, DINNER DOUGH 2.5 OZ.	1 STEAK	300	300	50	450	2.00	1.80	20.0	0	0.0	0	15.0	16.0	19.0	6.00	*N/A*
SANDWICH, TURKEY/CH CRO SSIANT WICH	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
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
PORK, CARNE ADOVADA	#10+ 1/2 GR.	400	103	36	390	1.03	*N/A*	*N/A*	*N/A*	*N/A*	0	10.26	4.11	5.13	1.03	*N/A*
VEGETABLE, ITALIAN BLEND	1/2 CUP	150	41	*0	81	*2.03	*0.00	*20.3	*762	*9.15	*2	1.02	7.18	*0.0	*0.00	*0.00
BROCCOLI BITES FRESH	1/2 CUP	150	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 MIX, CANNED	1/2 CUP	500	93	0	10	1.04	0.75	41.5	208	21.81	19	1.04	21.81	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	600	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
GRAVY PEPPER MIX	2 OZ	200	6	0	24	0.00	0.01	1.0	1	0.0	*0	0.0	0.79	0.32	0.16	0.00
CHEESE, PARMESAN, BULK	1 PACKAG	100	15	5	65	*N/A*	*N/A*	40.0	*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 PORTION CUP 1 OZ .(HS)	2 EACH	100	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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	*58	*741	*7.01	*10.15	*1165.0	*1801	*30.61	*43	*27.68	*78.52	*19.78	*6.86	*0.00
% of Calories											*28.7%	*18.3%	*51.8%	*29.4%	*10.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/14/2019																
High School Lunch	Total	1052														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	400	394	73	708	*2.98	3.34	*247.4	*144	*0.0	*2	25.98	*26.5	19.95	8.06	*0.00
CHICKEN, BREADED DRUMSTICK	1 PIECE	300	347	91	822	1.83	2.63	36.5	183	*N/A*	*N/A*	32.88	9.13	20.09	4.57	*N/A*
BISCUIT, FULLY BAKED, WG	1 BISCUIT	400	156	*0	375	*1.46	*N/A*	*N/A*	*N/A*	*N/A*	*1	2.93	21.74	6.58	5.12	*0.00
SALAD, MEDITERRANEAN DIP	1 SERVING	50	*363	*0	*585	*7.79	*5.07	*62.4	*2727	*17.99	*11	*10.91	*50.5	*13.32	*1.84	*0.00
SANDWICH, COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
SWEDISH MEATBALLS W/NOO DLE	5 MB + 1/2 GR	350	414	115	364	*3.23	8.72	266.8	2523	*1.26	*3	21.89	43.98	15.79	5.92	*0.00
POTATO, SAVORY LOOPS	1/2 CUP	850	121	*N/A*	292	2.01	0.64	9.3	*N/A*	0.5	*N/A*	2.01	17.11	4.53	0.50	*N/A*
BEANS, PORK CANNED	1/2 CUP	125	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
SALAD, SIDE ROM & SPIN/TOMATO	1/2C(G)+ 1/4C(R)	180	34	*0	168	*1.89	*0.79	*44.9	*4259	*28.72	3	1.41	6.59	0.31	*0.00	*0.00
PEARS DICED, CANNED	1/2 CUP	500	80	0	15	1.00	0.00	0.0	75	0.0	15	0.0	19.1	0.0	0.00	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	200	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	450	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*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 PORTION CUP 1 OZ (HS)	2 EACH	350	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			*863	*106	*1389	*8.65	*6.28	*537.2	*2488	*10.09	*44	*39.93	*101.96	*31.83	*10.62	*0.00
% of Calories											*20.2%	*18.5%	*47.3%	*33.2%	*11.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/15/2019																
High School Lunch	Total	1052														
PIZZA CHEESE, BIG DADDY 9/16	1 SLICE	400	360	35	490	3.00	1.80	350.2	500	*N/A*	9	21.01	35.02	16.01	7.00	*N/A*
BEEF, FRITO PIE (9-12)	4.79 OZ + 2 OZ	200	534	48	727	*5.11	*3.53	273.5	1776	*2.48	*1	22.78	49.82	28.3	10.16	*0.00
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	200	310	*N/A*	320	4.00	5.40	20.0	*N/A*	*N/A*	12	9.0	32.0	15.0	2.00	*N/A*
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CHICKEN FILET, HOT & SPICY	1 SAND WICH	250	515	*27	847	4.35	4.93	155.7	116	*N/A*	3	24.0	58.84	18.93	*3.22	*N/A*
POTATO, SPUDSTERS	5 PIECES	300	183	*N/A*	326	*N/A*	1.10	*N/A*	*N/A*	1.22	*N/A*	2.04	26.49	8.15	1.02	*N/A*
CARROTS, GLAZED	1/2 CUP	200	44	0	140	2.00	0.04	3.2	7442	0.0	7	0.01	9.54	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
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
FRUIT FRESH B & G.A (5-12)	1 EACH	600	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*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 PORTION CUP 1 OZ (HS)	2 EACH	400	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			764	*43	*975	*7.40	*4.79	*540.6	*3298	*22.65	*51	*29.17	*100.62	*27.38	*7.82	*0.00
% of Calories											*26.5%	*15.3%	*52.7%	*32.3%	*9.2%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/16/2019																
High School Lunch	Total	1052														
SANDWICH, GRILLED CHEESE	1 SAND WICH	300	359	30	827	1.99	*N/A*	448.5	399	*N/A*	4	19.93	31.89	16.94	7.97	*N/A*
CHICKEN, GENERAL TSO'S (HS)	#8 SCOOP	200	227	51	578	2.27	1.63	*N/A*	*N/A*	*N/A*	16	15.88	29.48	4.54	1.13	*N/A*
SANDWICH, TURKEY/CH CRO SSIANT	1 SAND WICH	50	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
SALAD, BEEF NACHO'S (9-12)	1 SERVIN	500	347	*49	526	*1.02	*1.68	*260.8	*317	*1.27	*0	17.2	*20.43	21.32	9.75	*0.00
SOUP, TOMATO, VEG. CREAMY	#8 SCOOP	150	76	8	305	2.00	0.67	58.0	402	*N/A*	9	2.0	14.01	2.67	2.00	*N/A*
VEGETABLES MIXED BLEND	1/2 CUP	150	80	0	89	*3.29	*0.79	*21.9	*822	*6.57	*3	2.19	12.67	1.1	0.00	0.00
CUCUMBER SLICES	1/2 CUP	200	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	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
FRUIT FRESH O& R.A. (5-12)	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	125	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
DESSERT, 2 OZ. GB PIES	1 PIE	0	0	*0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	200	1	*N/A*	0	0.01	0.01	0.3	*N/A*	0.01	*N/A*	0.09	0.06	*N/A*	*N/A*	*N/A*
CRACKERS, SALTINES	2 PKG	10	33	0	71	0.54	0.39	0.0	0	0.0	0	1.09	4.9	0.82	0.00	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 18 GM (9-12)	4 EACH	200	80	0	800	0.00	0.00	0.0	400	0.0	16	0.0	20.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			595	*57	*1041	*4.60	*1.44	*562.8	*1082	*7.77	*41	*26.78	*70.00	*22.74	*9.18	*0.00
% of Calories											*27.3%	*18.0%	*47.1%	*34.4%	*13.9%	*0.0%
Nutrient Guideline			750-850		1420									<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

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001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/17/2019																
High School Lunch	Total	1052														
CHICKEN CHUNKS, MINI (HS)	10 PIECES	400	263	58	496	1.46	1.58	*N/A*	*N/A*	*N/A*	*N/A*	23.34	14.59	13.13	2.19	*N/A*
ENCHILADAS, THREE CHEESE	2 EACH	300	328	*44	583	*2.20	*7.56	*4367.7	*23499	*1.5	*3	*20.13	25.84	*16.61	*10.50	*N/A*
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	500	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
RICE, SPANISH	2 OZ. (#16	300	*54	*0	*53	*0.63	*0.15	*1.4	*16	*0.45	*0	*1.21	*10.87	*0.73	*0.04	*0.00
SALAD, CHICKEN W/PITA (5-12)	#8 SCOOP	50	595	*100	1221	*2.97	*4.17	*59.3	*621	*5.54	*18	37.06	57.17	22.18	*3.75	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
BEEF, SALISBURY STEAK	1 EACH	300	157	41	523	1.01	1.82	40.5	5	1.22	*1	16.2	6.55	7.71	3.04	0.00
BEANS, SEASONED PINTO, VE	1/2 CUP (150	104	0	184	8.98	1.45	61.1	125	2.37	*0	5.04	18.01	0.05	0.00	*0.00
GGIE	#8SP)															
CELERY STICKS	1/2 CUP	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, ROMAINE W/TOMATO	1/2C(G)+	150	46	0	4	3.82	1.10	30.6	5153	29.8	6	2.29	9.18	0.0	0.00	*0.00
	1/4C(R)															
FRUIT, STRAWBERRY FROZE	1 EACH	600	90	*N/A*	*N/A*	1.99	*N/A*	*N/A*	*N/A*	*N/A*	18	1.0	21.93	*N/A*	*N/A*	*N/A*
N CUPS																
FRUIT FRESH B & G.A (5-12)	1 EACH	500	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*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 PORTION CUP 1 OZ	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
(HS)																
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			*721	*68	*1012	*8.57	*12.82	*2289.9	*8584	*14.06	*46	*35.22	*88.56	*25.25	*7.44	*0.00
% of Calories											*25.5%	*19.5%	*49.1%	*31.5%	*9.3%	*0.0%
Nutrient Guideline			750-850		1420										<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

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/18/2019																
High School Lunch	Total	1052														
CHALUPA, BEAN & CHEESE	1 BOWL	350	245	19	303	2.90	1.26	299.5	599	1.2	0	16.3	21.11	11.41	4.04	*N/A*
BEEF, PHILLY STEAK & CHEESE	#12 SCOOP	250	301	*54	676	*2.57	*9.26	131.5	143	*1.01	*4	21.09	22.8	*13.66	*7.02	*0.00
E SUB																
SANDWICH, HAM & CH SUB (HS)	1 EACH	50	343	53	884	6.34	3.40	*211.9	*676	3.91	5	21.43	45.64	10.37	4.52	*0.00
SANDWICH, COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CORN DOG MINI'S, TURKEY	6 EACH	400	259	30	701	3.05	1.65	61.0	*N/A*	*N/A*	6	12.19	24.38	12.19	2.29	*N/A*
CORN, MEXICALI	1/2 CUP	350	*86	*0	*469	*2.18	*0.12	*0.8	*29	*4.52	*4	*2.14	*18.22	*1.05	*0.00	*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
SALAD, SHREDDED W/TOMAT OES	1 CUP	250	13	*0	8	0.84	*0.00	*0.0	169	3.04	2	0.84	2.51	*0.0	*0.00	*N/A*
FRUIT MIX, CANNED	1/2 CUP	400	93	0	10	1.04	0.75	41.5	208	21.81	19	1.04	21.81	0.0	0.00	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	600	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SAUCE, TACO PKG	2 EACH	100	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	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 PORTION CUP 1 OZ (HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			*603	*50	*1072	*6.08	*3.87	*478.4	*947	*17.56	*43	*25.90	*73.60	*22.67	*6.37	*0.00
% of Calories											*28.3%	*17.2%	*48.8%	*33.8%	*9.5%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/21/2019																
High School Lunch	Total	1052														
PINWHEEL, PEPPERONI, RF, WG	1 EACH	400	280	20	600	*N/A*	2.70	250.0	200	9.0	*N/A*	18.0	28.0	10.0	5.00	*N/A*
CHICKEN ALFREDO	#8 SCOOP	300	321	125	1131	*0.00	*0.81	370.3	515	*0.0	5	30.05	11.35	16.98	7.71	*0.00
PASTA, PENNE, WG NOODLE	#8 SCOOP	300	111	*0	14	*1.70	*1.02	*11.8	*0	*0.0	*1	3.88	20.79	1.28	0.19	*0.00
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	500	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, 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
SSIAINT	WICH															
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
PIZZA, CHEESE STICKS (9-12)	3 STICKS	300	440	30	1031	4.55	2.73	530.6	455	0.0	11	25.77	45.48	18.19	7.58	0.00
VEGETABLES CALIFORNIA BL	1/2 CUP	100	28	0	45	*2.01	*0.36	*20.1	*1510	*27.19	*2	1.01	5.57	0.0	0.00	0.00
END																
CUCUMBER SLICES	1/2 CUP	200	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	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
PINEAPPLE TIDBITS, CANNED	1/2 CUP	500	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 B & G.A (5-12)	1 EACH	600	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	150	15	5	65	*N/A*	*N/A*	40.0	*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 PORTION CUP 1 OZ (.HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			783	*72	*1295	*7.03	*11.51	*1410.6	*1740	*21.74	*46	*37.82	*96.67	*26.87	*9.25	*0.00
% of Calories											*23.5%	*19.3%	*49.4%	*30.9%	*10.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/22/2019																
High School Lunch	Total	1052														
CHICKEN STRIPS	3 STRIPS	300	297	63	485	1.56	1.69	31.3	156	0.0	3	25.02	17.2	14.08	2.35	0.00
BEEF, CARNE GUISTADA	#8 + 1/2 G	400	140	63	320	1.00	0.54	219.2	129	2.99	1	19.93	5.98	3.99	1.69	*N/A*
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	100	310	*N/A*	320	4.00	5.40	20.0	*N/A*	*N/A*	12	9.0	32.0	15.0	2.00	*N/A*
PRETZEL, SOFT MINI	1 EACH	500	70	*N/A*	100	1.00	0.72	*N/A*	*N/A*	*N/A*	*N/A*	2.0	14.0	0.5	*N/A*	*N/A*
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
PIZZA CHEESE, BIG DADDY 9/16	1 SLICE	250	360	35	490	3.00	1.80	350.2	500	*N/A*	9	21.01	35.02	16.01	7.00	*N/A*
SOUP , CHICKEN/ VEGETABLE HM	1 CUP	150	*164	*42	*496	*4.57	*0.90	*37.9	*1312	*6.6	*1	*12.97	*18.26	*3.84	*1.04	*0.00
PEAS FROZEN	1/2 CUP	100	*76	*0	*154	*4.35	*1.99	*0.3	*434	*6.52	*4	*5.43	*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
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
FRUIT FRESH O&R.A (5-12)	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
CRACKERS, SALTINES	2 PKG	10	33	0	71	0.54	0.39	0.0	0	0.0	0	1.09	4.9	0.82	0.00	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 PORTION CUP 1 OZ .(HS)	2 EACH	200	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			*625	*73	*862	*5.93	*2.88	*491.2	*1719	*18.52	*45	*32.96	*73.75	*21.70	*5.59	*0.00
% of Calories											*28.8%	*21.1%	*47.2%	*31.3%	*8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/23/2019																
High School Lunch	Total	1052														
PORK, BBQ PULLED SANDWIC	3 OZ. (#1	400	388	*64	738	*4.05	*2.17	*80.8	*8	*0.98	6	*22.44	39.25	15.22	*5.39	*0.00
H 5-12	2 SCP)															
MEATBALL MARINERA W/CHE	5 EACH +	300	400	*56	584	*3.42	9.74	*36.2	*0	*1.21	*6	22.6	33.55	19.0	*7.58	*N/A*
ESE SUB	1GR															
PITA CHEESE WRAP	1 WRAP	50	343	*25	1176	3.42	*3.06	*253.9	*1660	*10.22	7	14.12	42.71	*12.65	*6.00	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CHICKEN, SWEET CHILI THAI	#10 SCO	300	166	62	457	*N/A*	1.00	*N/A*	*N/A*	*N/A*	15	15.23	20.76	2.77	0.69	*N/A*
	OP+ GR															
BEANS BAKED, CANNED	1/2 CUP	125	198	24	580	5.55	2.55	93.2	48	2.61	*10	10.13	29.59	3.91	1.09	0.00
COLESLAW	1/2 CUP	100	90	6	174	1.82	0.33	36.4	1395	21.83	*9	0.91	10.63	5.19	0.58	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
APPLESAUCE FLAVORED	1/2 CUP	500	61	0	36	2.18	*0.00	*0.0	67	*0.0	*13	11.05	14.19	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	600	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
DESSERT, 2 OZ. GB PIES	1 PIE	400	336	*17	388	2.99	1.80	28.3	4538	1.89	25	4.41	51.83	12.39	6.41	*N/A*
SAUCE, BBQ CUP 1 OZ.	1 OZ.	300	30	*N/A*	95	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3	*N/A*	8.0	*N/A*	*N/A*	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	200	1	*N/A*	0	0.01	0.01	0.3	*N/A*	0.01	*N/A*	0.09	0.06	*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 PORTION CUP 1 OZ	2 EACH	100	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
(HS)																
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			753	*83	*1130	*8.36	*5.42	*383.1	*3284	*15.49	*58	*36.60	*101.51	*24.50	*9.10	*0.00
% of Calories											*31.0%	*19.4%	*53.9%	*29.3%	*10.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan 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 - 10/24/2019																
High School Lunch	Total	952														
BEEF, SLOPPY JOE, RF,RS	#8 SCOOP	350	307	48	1024	4.09	4.00	135.8	493	8.82	11	20.29	35.78	9.1	2.92	*0.00
CHICKEN, EGG ROLL W/ NOO DLES	2 ROLL + 1/4 G.	200	394	*92	*577	*5.44	*26.25	*81.9	*1906	*1.09	*3	*20.98	*48.74	*12.46	*3.42	*0.00
SALAD, CHEF (5-12)	1 SALAD (1C(G))	100	305	233	603	*1.23	*2.14	*142.3	*2689	*10.98	*4	21.28	20.68	15.44	5.36	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
CHICKEN, MESQUITE GLAZED MIX	1 EACH	300	187	93	386	0.00	1.35	0.0	249	*N/A*	*N/A*	21.19	3.74	9.97	2.49	*N/A*
POTATO, SIDEWINDERS	5 PIECES	600	130	*N/A*	349	1.99	0.36	*N/A*	199	2.39	*N/A*	1.99	21.93	3.99	0.50	*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, ROMAINE W/TOMATO	1/2C(G)+ 1/4C(R)	150	46	0	4	3.82	1.10	30.6	5153	29.8	6	2.29	9.18	0.0	0.00	*0.00
FRUIT, STRAWBERRY FROZEN CUPS	1 EACH	500	90	*N/A*	*N/A*	1.99	*N/A*	*N/A*	*N/A*	*N/A*	18	1.0	21.93	*N/A*	*N/A*	*N/A*
FRUIT FRESH O&R.A (5-12)	1 EACH	600	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SAUCE, SWEET & SOUR, 100/1 OZ.	1 CUP	100	50	*N/A*	75	0.00	*N/A*	*N/A*	*N/A*	1.2	7	0.0	12.0	0.0	*N/A*	*N/A*
SAUCE, SOY PKG 200/6ML	2 EACH	10	1	*N/A*	0	0.01	0.01	0.3	*N/A*	0.01	*N/A*	0.09	0.06	*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 PORTION CUP 1 OZ .(HS)	2 EACH	400	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	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			741	*110	*1286	*8.22	*8.40	*417.1	*2578	*20.34	*53	*32.43	*97.30	*24.45	*5.97	*0.00
% of Calories											*28.5%	*17.5%	*52.5%	*29.7%	*7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/25/2019																
High School Lunch	Total	1052														
BURRITO W/CHILI & CHEESE	1 BURRIT	300	328	44	767	*5.75	*6.25	*239.0	*1069	*4.08	*1	23.14	*24.63	15.68	8.33	*0.00
CHICKEN FILET, HOT & SPICY	1 SAND	400	515	*27	847	4.35	4.93	155.7	116	*N/A*	3	24.0	58.84	18.93	*3.22	*N/A*
	WICH															
SALAD, PASTA (K-12)	SERVINGS	50	250	17	808	*6.85	*1.41	*149.0	*2054	*40.34	*5	10.3	29.21	10.5	4.29	*0.00
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	500	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,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
SACK LUNCH, FT/EO	1 SACK	1	449	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
PASTA, CHEESE RAVIOLI	7 PIECES	300	148	15	339	1.82	1.17	111.2	*103	*3.72	4	9.05	19.43	3.17	*1.03	*N/A*
CAULIFLOWER, ROASTED	1/2 CUP	75	36	0	205	*1.48	*0.31	*16.9	*0	*35.78	*1	1.43	7.13	0.21	0.10	0.00
SALAD, CORN	1/2 CUP	200	*136	*14	*248	*1.92	*1.44	*78.4	*277	*9.09	*5	*4.57	*16.15	*6.43	*2.59	*0.00
SALSA RED CAN W/CHIPS	1/2 CUP	400	113	0	645	1.01	1.68	93.6	417	15.03	4	5.19	18.47	2.53	0.25	0.00
FRUIT MIX, CANNED	1/2 CUP	500	93	0	10	1.04	0.75	41.5	208	21.81	19	1.04	21.81	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	600	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	20	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	300	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	550	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	200	15	5	65	*N/A*	*N/A*	40.0	*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 PORTION CUP 1 OZ	2 EACH	100	61	*N/A*	152	*N/A*	0.73	*N/A*	202	2.43	10	*N/A*	14.17	*N/A*	*N/A*	*N/A*
	(HS)															
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SEASONING, LS, TAJIN 1 GM.	1 PKG	50	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			*786	*45	*1295	*9.55	*14.20	*1259.8	*1363	*32.98	*47	*34.58	*108.34	*23.38	*6.86	*0.00
% of Calories											*23.8%	*17.6%	*55.1%	*26.8%	*7.8%	*0.0%
Nutrient Guideline			750-850		1420											<10.00
Weighted Average			*723	*68	*1106	*7.48	*7.51	*845.7	*2557	*19.34	*47	*33.26	*92.65	*24.48	*7.79	*0.01
											*58.3%	*18.4%	*51.3%	*30.5%	*9.7%	*0.0%

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

High School Lunch

Portion Values - Detailed

001 - Flour Bluff High School

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Nutrient	Menu AVG	Portion Size	Plan 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	723		750 - 850	96%	Missing	27												Correction Required - Calories are Low
Cholesterol (mg)	68				Missing													
Sodium 1 (mg)	1106		1420		Missing													
Sodium 2 (mg)	1106		1080		Missing				26									Correction Required - Sodium too High
Fiber (g)	7.48				Missing													
Iron (mg)	7.51				Missing													
Calcium (mg)	845.7				Missing													
Vitamin A (IU)	2557				Missing													
Sugars (g)	47	25.92%			Missing													
Vitamin C (mg)	19.34				Missing													
Protein (g)	33.26	18.40%			Missing													
Carbohydrate (g)	92.65	51.26%			Missing													
Total Fat (g)	24.48	30.47%			Missing													
Saturated Fat (g)	7.79	9.69%	<10.00%		Missing													
Trans Fat ¹ (g)	0.01	0.02%			Missing													

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