

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

003 - Intermediate School 5-6 grade

	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																
Intermediate Breakfast	Total	251														
MUFFIN, ASSORTED	1 EACH	160	221	32	127	2.95	1.03	49.2	91	*0.0	18	3.74	37.99	6.1	1.28	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	160	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			412	*31	292	*5.07	*3.13	*401.5	*949	*18.18	52	12.48	77.13	*6.55	*2.03	*0.00
% of Calories											50.2%	12.1%	74.9%	*14.3%	*4.4%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Tue - 10/08/2019																
Intermediate Breakfast	Total	251														
EGG, OMELET W/ TST/LK (K-12)	1 EACH + 1+1G	100	363	336	786	*2.29	1.79	1589.2	25005	*0.01	*1	22.73	19.04	23.33	7.02	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O & R.A (5-12)	1 EACH	160	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
ASSORTED JELLY	1 PKG	50	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			419	*144	525	*3.38	*2.97	*997.0	*10841	*11.98	*41	19.41	60.40	*11.95	*4.01	*0.00
% of Calories											*38.7%	18.5%	57.7%	*25.7%	*8.6%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

003 - Intermediate School 5-6 grade

	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 - 10/09/2019																
Intermediate Breakfast	Total	251														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	100	281	130	551	*2.01	1.80	80.2	*201	*N/A*	11	15.02	26.07	14.03	3.51	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
SMOOTHIE'S, ASSORTED	9 OUNCES	50	443	*4	*182	*4.08	*2.17	*223.1	*2715	*35.32	*75	6.64	98.46	3.39	*0.73	*0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	160	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			475	*63	*445	*4.62	*2.88	*437.8	*1434	*24.17	*62	17.15	84.58	*8.66	*2.71	*0.00
% of Calories											*52.3%	14.4%	71.2%	*16.4%	*5.1%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 10/10/2019																
Intermediate Breakfast	Total	251														
CINNAMON ROLL W/GLAZE	2 EACH	150	288	0	154	3.37	*7.08	*30.3	*102	*0.0	*32	5.78	62.83	1.13	0.56	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O & R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			418	*10	276	*4.25	*5.75	*373.3	*852	*10.94	*56	13.53	83.93	*3.07	*1.51	*0.00
% of Calories											*53.2%	12.9%	80.3%	*6.6%	*3.2%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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Intermediate Breakfast

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003 - Intermediate School 5-6 grade

	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																
Intermediate Breakfast	Total	251														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-2.51 OZ	150	210	20	371	1.00	1.08	20.0	50	0.0	8	6.01	20.04	11.02	3.01	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	155	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			399	*22	411	*3.53	*2.37	*373.2	*842	*16.94	47	13.43	66.10	*8.98	*2.97	*0.00
% of Calories											47.2%	13.5%	66.2%	*20.3%	*6.7%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 10/14/2019																
Intermediate Breakfast	Total	251														
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	150	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.02	6.0	2.50	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O&R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			384	*16	292	*3.43	*2.17	*367.1	*851	*10.94	44	13.67	70.89	*5.98	*2.67	*0.00
% of Calories											46.2%	14.3%	73.9%	*14.0%	*6.3%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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003 - Intermediate School 5-6 grade

	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																
Intermediate Breakfast	Total	251														
PANCAKE, MAPLE MINIS (5-JR)	5 PIECES	150	301	42	469	5.02	3.01	33.5	*N/A*	*N/A*	7	10.04	25.1	15.06	4.18	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	155	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			454	*35	470	*5.93	*3.52	*381.3	*812	*16.94	46	15.83	69.13	*11.40	*3.67	*0.00
% of Calories											40.9%	14.0%	61.0%	*22.6%	*7.3%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Wed - 10/16/2019																
Intermediate Breakfast	Total	251														
CROISSANT, HAM, EGG & CHEESE	1 EACH	100	301	30	532	2.01	1.45	200.9	301	*N/A*	7	16.07	33.15	12.05	3.01	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	75	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
PARFAIT, MIXED FRUIT YOGURT	4 OZ	25	235	*3	*83	*4.13	*1.91	*113.5	*545	*40.62	*23	5.89	49.38	2.62	*0.51	*0.00
FRUIT FRESH O&R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	150	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			392	*22	*392	*3.36	*1.93	*443.1	*934	*17.65	*43	16.94	65.07	*7.33	*2.40	*0.00
% of Calories											*44.1%	17.3%	66.4%	*16.8%	*5.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Portion Values - Detailed

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Intermediate Breakfast

003 - Intermediate School 5-6 grade

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	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																
Intermediate Breakfast	Total	251														
DONUT HOLE WG W/H. GLAZE	6 BITES	150	286	*N/A*	300	*2.00	*1.44	*11.5	*N/A*	*N/A*	7	*4.0	31.42	*16.0	*7.00	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	155	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			421	*10	363	*4.12	*2.58	*368.1	*803	*16.94	42	*12.23	66.99	*11.96	*5.36	*0.00
% of Calories											40.4%	*11.6%	63.7%	*25.6%	*11.5%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Fri - 10/18/2019																
Intermediate Breakfast	Total	251														
PANCAKE MINIS W/BACON	1PKG + 1	150	238	*16	396	*3.25	*2.43	*45.0	*500	*0.0	*6	6.83	*35.99	7.87	0.87	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O& R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			412	*20	427	*4.17	*2.97	*382.0	*1098	*10.94	*45	14.16	*73.80	*7.10	*1.70	*0.00
% of Calories											*43.3%	13.7%	*71.6%	*15.5%	*3.7%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

003 - Intermediate School 5-6 grade

	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																
Intermediate Breakfast	Total	251														
CINNAMON ROLL MINI IW	1 PACKAG	150	240	0	299	2.00	1.44	20.0	75	0.0	15	4.99	39.93	6.99	1.50	0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	150	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			391	*10	363	*4.04	*2.58	*373.0	*846	*16.75	47	12.81	71.62	*6.57	*2.07	*0.00
% of Calories											47.7%	13.1%	73.2%	*15.1%	*4.8%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 10/22/2019																
Intermediate Breakfast	Total	251														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	150	375	*70	779	1.75	*0.72	*40.0	*15	*0.0	*2	10.51	32.67	22.89	11.14	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O&R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
ASSORTED JELLY	1 PKG	25	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			474	*52	650	*3.28	*1.95	*379.1	*800	*10.94	*38	16.36	66.80	*16.08	*7.83	*0.00
% of Calories											*32.4%	13.8%	56.4%	*30.5%	*14.9%	*0.0%
Nutrient Guideline			400-500		540											<10.00

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Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 7, 2019 thru Oct 25, 2019

Intermediate Breakfast

003 - Intermediate School 5-6 grade

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	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																
Intermediate Breakfast	Total	251														
CONCHA, ASSORTED	1 EACH	150	189	5	85	2.99	1.44	39.9	*100	2.39	8	3.99	32.89	5.98	2.49	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	50	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
KOLACHE, PK/CK/BF & CHEES E IW	1 EACH	50	110	20	199	1.32	0.79	35.3	441	1.06	3	3.53	13.68	4.41	1.32	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	155	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			366	*17	246	*4.81	*2.00	*383.5	*864	*17.54	42	12.66	66.35	*6.59	*2.88	*0.00
% of Calories											45.7%	13.9%	72.6%	*16.2%	*7.1%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

	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																
Intermediate Breakfast	Total	251														
WRAP, TURKEY SAU, EGG & C HEESE	1 EACH	150	199	45	358	1.99	5.38	99.6	299	3.58	1	8.96	21.91	9.96	4.98	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH O& R.A (5-12)	1 EACH	155	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	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	25	11	0	215	0.00	0.00	0.0	11	0.0	2	0.0	2.27	0.0	0.00	0.00
Weighted Daily Average			366	*37	420	*3.42	*4.73	*414.7	*971	*13.08	37	15.44	59.70	*8.35	*4.15	*0.00
% of Calories											40.8%	16.9%	65.2%	*20.5%	*10.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

003 - Intermediate School 5-6 grade

	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																
Intermediate Breakfast	Total	251														
PANCAKE, MAPLE SAU. SAND WICH	1 EACH	150	140	18	327	*N/A*	1.26	40.0	*N/A*	*N/A*	*N/A*	9.07	15.7	4.69	1.57	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	100	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
FRUIT FRESH B & G.A (5-12)	1 EACH	155	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	100	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	100	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	150	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	25	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
SYRUP PANCAKE CUP	1 EACH	100	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			381	*21	391	*2.93	*2.48	*385.2	*820	*16.94	*47	15.25	69.42	*5.20	*2.11	*0.00
% of Calories											*49.1%	16.0%	72.9%	*12.3%	*5.0%	*0.0%
Nutrient Guideline			400-500		540									<10.00		

Weighted Average			411	*34	*398	*4.02	*2.93	*430.7	*1581	*15.39	*46	*14.76	*70.13	*8.38	*3.20	*0.00
											*100.6	*14.4%	*68.3%	*18.4%	*7.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	411		400 - 500	100%				
Cholesterol (mg)	34				Missing			
Sodium 1 (mg)	398		540		Missing			
Sodium 2 (mg)	398		485		Missing			
Fiber (g)	4.02				Missing			
Iron (mg)	2.93				Missing			
Calcium (mg)	430.7				Missing			
Vitamin A (IU)	1581				Missing			
Sugars (g)	46	44.72%			Missing			
Vitamin C (mg)	15.39				Missing			
Protein (g)	14.76	14.37%			Missing			
Carbohydrate (g)	70.13	68.27%			Missing			
Total Fat (g)	8.38	18.37%			Missing			
Saturated Fat (g)	3.20	7.02%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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