

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Mon - 10/07/2019																
Intermediate Lunch	Total	552														
CHICKEN FILET ON BUN	1 PIECE	200	259	55	478	*2.98	2.51	*99.4	*10	*0.0	*2	26.96	*25.84	4.98	1.00	*0.00
PIZZA, CHEESE STICKS	2 STICKS	200	290	20	680	3.00	1.80	350.0	300	0.0	7	17.0	30.0	12.0	5.00	0.00
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	50	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	100	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	630	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	40	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)	80	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	75	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	200	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	5	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	150	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	250	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	100	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	100	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	10	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 PKG 9 GM	2 EACH	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			596	*42	*1160	*6.19	*3.36	*610.2	*1581	*11.97	*33	*28.47	*79.43	*17.87	*5.14	*0.00
% of Calories											*21.9%	*19.1%	*53.3%	*27.0%	*7.8%	*0.0%
Nutrient Guideline			600-650		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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Tue - 10/08/2019																
Intermediate Lunch	Total	537														
PIZZA, PEPP BIG DADDY (5-12)	1 SLICE	110	350	40	779	4.00	2.70	299.7	400	0.0	6	18.98	34.97	15.99	6.99	0.00
TURKEY & GRAVY, BOIL BAG	# 8 SCOO	200	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	250	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, HAM & CH SUB K-8	1 EACH	25	367	72	1093	*6.10	3.92	*209.0	*134	1.2	*5	26.95	45.38	11.85	5.02	*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, STEAK FINGERS ,WG	4 EACH	200	294	66	517	2.03	1.83	20.3	5	0.0	1	16.22	16.22	18.25	6.08	0.00
POTATO, LOADED BAKED MA SHED	1/2 (#8SC OOP)	320	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.5	1.50	*N/A*
PEAS FROZEN	1/2 CUP	40	*76	*0	*154	*4.35	*1.99	*0.3	*434	*6.52	*4	*5.43	*13.03	*0.0	*0.00	*0.00
SALAD, ROMAINE W/TOMATO	1/2C(G)+ 1/4C(R)	60	46	0	4	3.82	1.10	30.6	5153	29.8	6	2.29	9.18	0.0	0.00	*0.00
MANDARIN ORANGES, CANNED	1/2 CUP	215	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	150	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	5	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	150	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	200	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	75	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 PKG 9 GM	2 EACH	150	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	150	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			*607	*54	*1018	*6.15	*10.90	*1034.9	*1315	*32.71	*34	*29.86	*75.97	*20.87	*7.28	*0.00
% of Calories											*22.1%	*19.7%	*50.1%	*30.9%	*10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Intermediate Lunch

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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 <sup>1</sup> (g)
Wed - 10/09/2019																
Intermediate Lunch	Total	555														
SPAGHETTI W/MEAT SAUCE BB	4.6 OZ+1/2 C	230	173	25	305	1.02	2.75	20.4	509	4.89	5	14.25	9.16	9.16	3.05	0.51
CHICKEN, CHERRY BLOSSOM	#8 SCOOP	125	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	230	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	125	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	200	160	*N/A*	140	3.00	0.83	11.7	*N/A*	*N/A*	3	6.0	28.0	3.0	0.50	*N/A*
SALAD, CHEF (5-12)	1 SALAD	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	150	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	50	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	100	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)	80	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	200	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	150	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	5	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	150	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	200	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	75	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	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*
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*
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 PKG 9 GM	2 EACH	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	150	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average % of Calories			851	*86	*1024	*9.81	*4.88	*320.2	*4849	*12.35	*57	*37.06	*124.93	*25.60	*9.22	*0.21
											*26.7%	*17.4%	*58.7%	*27.1%	*9.7%	*0.2%
Nutrient Guideline			600-650		1230										<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 <sup>1</sup> (g)
Thu - 10/10/2019																
Intermediate Lunch	Total	527														
FISH, POLLOCK NUGGETS	4 NUGGETS	150	0	0	0	0.00	0.00	0.0	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	*N/A*
CORN DOG MINI'S, TURKEY	6 EACH	175	259	30	701	3.05	1.65	61.0	*N/A*	*N/A*	6	12.19	24.38	12.19	2.29	*N/A*
SALAD, TUNA W/CRKR( 5-12 )	#8 SCOOP	25	330	*74	1006	*2.32	*2.04	*21.5	4434	*19.83	*12	36.89	16.05	10.79	*1.17	*0.00
MACARONI & CHEESE BOIL BAG	1/3 (#12 SCOOP)	200	129	13	435	0.89	0.48	177.4	333	0.0	3	7.54	13.75	4.88	2.66	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	175	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	40	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	150	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)	64	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00
PEACHES DICED, CANNED	1/2 CUP	150	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	150	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	5	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	150	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	200	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	75	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	10	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	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 9 GM	2 EACH	300	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	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
Weighted Daily Average			525	*41	*1055	*3.95	*2.46	*411.9	*1560	*10.08	*32	*22.77	*63.30	*20.61	*5.87	*0.00
% of Calories											*24.1%	*17.3%	*48.2%	*35.3%	*10.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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 <sup>1</sup> (g)
Fri - 10/11/2019																
Intermediate Lunch	Total	527														
PASTA, LASAGNA CHEESE ROLL UP	1 ROLL	150	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	175	300	50	450	2.00	1.80	20.0	0	0.0	0	15.0	16.0	19.0	6.00	*N/A*
RICE, STEAMED WHITE	#8 SCOOP	200	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 SSIANT WICH	1 SAND	25	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
SACK LUNCH, FT/EO	1 SACK	1	449	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
PORK, CARNE ADOVADA	#10	200	103	*62	*1129	*8.50	*2.43	*258.0	*6234	*10.21	*16	*29.3	*48.51	*19.44	*4.64	*0.00
VEGETABLE, ITALIAN BLEND	1/2 CUP	50	41	36	390	1.03	*N/A*	*N/A*	*N/A*	*N/A*	0	10.26	4.11	5.13	1.03	*N/A*
BROCCOLI BITES FRESH	1/2 CUP	84	41	*0	81	*2.03	*0.00	*20.3	*762	*9.15	*2	1.02	7.18	*0.0	*0.00	*0.00
SALAD, GARDEN	1 CUP (G)	64	11	0	11	2.97	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
FRUIT COCKTAIL	1/2 CUP	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 FRESH B & G.A (5-12)	1 EACH	200	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	5	86	0	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00
MILK 1% WHITE	8 OZ	150	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	200	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	8 OZ	75	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
CHEESE, PARMESAN, BULK	1 PACKAG	50	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	50	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	6	0	24	0.00	0.01	1.0	1	0.0	*0	0.0	0.79	0.32	0.16	0.00
MAYONNAISE RC PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	10	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	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			570	*58	*776	*5.90	*7.99	*941.3	*1400	*16.65	*31	*26.39	*71.05	*19.99	*6.86	*0.00
% of Calories											*21.6%	*18.5%	*49.8%	*31.5%	*10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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 \* - 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

Intermediate Lunch

### 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 <sup>1</sup> (g)
Mon - 10/14/2019																
Intermediate Lunch	Total	517														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	200	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	150	347	91	822	1.83	2.63	36.5	183	*N/A*	*N/A*	32.88	9.13	20.09	4.57	*N/A*
PASTA, EGG NOODLES WG SALAD, MEDITERRANEAN DIP	#8 SCOOP	150	138	43	14	2.07	4.88	158.6	1619	*0.0	*1	5.31	25.07	1.78	0.44	*0.00
SANDWICH, COURTESY MEAL	1 SERVING	15	*363	*0	*585	*7.79	*5.07	*62.4	*2727	*17.99	*11	*10.91	*50.5	*13.32	*1.84	*0.00
SACK LUNCH, FT/EO	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
SWEDISH MEATBALLS W/NOODLE	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
POTATO, SAVORY LOOPS	5 MB + 1/2 GR	150	414	115	364	*3.23	8.72	266.8	2523	*1.26	*3	21.89	43.98	15.79	5.92	*0.00
BEANS, PORK CANNED	1/2 CUP	500	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*
SALAD, SIDE ROM & SPIN/TOMATO	1/2 CUP	60	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
PEARS DICED, CANNED	1/2C(G)+ 1/4C(R)	90	34	*0	168	*1.89	*0.79	*44.9	*4259	*28.72	3	1.41	6.59	0.31	*0.00	*0.00
FRUIT FRESH O&R.A (5-12)	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
MILK SKIM UNFLAVORED	1 EACH	200	80	0	1	3.03	*N/A*	*N/A*	74	*N/A*	15	0.82	20.11	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	5	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	8 OZ	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	8 OZ	75	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
MAYONNAISE RC PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	10	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	350	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average % of Calories			*751	*111	*1286	*7.92	*7.12	*498.2	*2732	*8.18	*31	*37.71	*86.72	*27.70	*8.25	*0.00
Nutrient Guideline			600-650		1230						*16.4%	*20.1%	*46.2%	*33.2%	*9.9%	*0.0%

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### Portion Values - Detailed

003 - Intermediate School 5-6 grade

Generated on: 8/15/2019 3:52:46 PM

	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 <sup>1</sup> (g)
Tue - 10/15/2019																
Intermediate Lunch	Total	552														
PIZZA CHEESE, BIG DADDY 9/16	1 SLICE	150	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 (K-8)	4.79 OZ + 1 OZ	150	391	48	554	*3.07	*3.16	253.1	1776	*2.48	*1	20.74	29.42	22.18	9.14	*0.00
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	50	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	200	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	40	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)	64	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	200	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	150	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	5	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	150	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	200	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	75	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 PKG 9 GM	2 EACH	250	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			723	*44	*1075	*5.45	*4.66	*462.2	*2268	*15.57	*34	*28.74	*88.42	*28.69	*7.80	*0.00
% of Calories											*18.7%	*15.9%	*48.9%	*35.7%	*9.7%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### Portion Values - Detailed

003 - Intermediate School 5-6 grade

Generated on: 8/15/2019 3:52:46 PM

	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 <sup>1</sup> (g)
Wed - 10/16/2019																
Intermediate Lunch	Total	552														
SANDWICH, GRILLED CHEESE	1 SAND	200	359	30	827	1.99	*N/A*	448.5	399	*N/A*	4	19.93	31.89	16.94	7.97	*N/A*
	WICH															
CHICKEN, GENERAL TSO'S	# 8 SCOOP	120	227	51	578	2.27	1.63	*N/A*	*N/A*	*N/A*	16	15.88	29.48	4.54	1.13	*N/A*
RICE, STEAMED WHITE	#8 SCOOP	120	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
SANDWICH, TURKEY/CH CRO	1 SAND	30	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
	SSIAN															
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 (K-8)	1 SERVIN	200	271	*49	467	*0.51	*1.50	*210.2	*317	*1.27	*0	16.18	*11.32	17.78	8.73	*0.00
SOUP, TOMATO, VEG. CREAMY	#8 SCOOP	100	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	40	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	70	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	200	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	300	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	5	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	150	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	200	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	75	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	200	336	*17	388	2.99	1.80	28.3	4538	1.89	25	4.41	51.83	12.39	6.41	*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*
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	0.00	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	50	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			652	*60	*995	*5.34	*1.84	*510.5	*2529	*6.62	*44	*27.16	*83.94	*23.24	*10.62	*0.00
% of Calories											*27.2%	*16.7%	*51.5%	*32.1%	*14.7%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Thu - 10/17/2019																
Intermediate Lunch	Total	532														
CHICKEN CHUNKS, MINI (K-8)	7 PIECES	200	184	41	347	1.02	1.10	*N/A*	*N/A*	*N/A*	*N/A*	16.34	10.21	9.19	1.53	*N/A*
ENCHILADAS, THREE CHEESE	2 EACH	150	328	*44	583	*2.20	*7.56	*4367.7	*23499	*1.5	*3	*20.13	25.84	*16.61	*10.50	*N/A*
ROLL, MINI SUB DOUGH	1 ROLL	250	160	*N/A*	140	3.00	0.83	11.7	*N/A*	*N/A*	3	6.0	28.0	3.0	0.50	*N/A*
RICE, SPANISH	2 OZ. ( #16	150	*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/CRKR (5-12 )	#8 SCOOP	30	646	*98	1324	*7.84	*5.39	*37.0	8815	*36.66	*13	37.83	56.74	26.74	*3.71	*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	150	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 (	56	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	70	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)+	60	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)															
PEACHES DICED, CANNED	1/2 CUP	150	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00
FRUIT FRESH B & G.A (5-12)	1 EACH	200	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	5	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	150	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	200	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	75	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	50	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	2 EACH	50	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	300	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			*567	*57	*956	*6.38	*4.24	*1502.5	*8694	*12.54	*32	*29.14	*69.29	*19.90	*6.42	*0.00
% of Calories											*22.7%	*20.6%	*48.9%	*31.6%	*10.2%	*0.0%
Nutrient Guideline			600-650		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

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Fri - 10/18/2019																
Intermediate Lunch	Total	557														
CHALUPA, BEAN & CHEESE	1 BOWL	200	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	150	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, TURKEY/CH CRO	1 SAND	30	343	58	797	*3.00	1.17	*248.0	*334	*0.0	*4	24.8	*30.65	14.8	6.50	*0.00
SSIANT	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
CORN DOG MINI'S, TURKEY	6 EACH	225	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	100	*86	*0	*469	*2.18	*0.12	*0.8	*29	*4.52	*4	*2.14	*18.22	*1.05	*0.00	*0.00
BROCCOLI BITES FRESH	1/2 CUP	86	11	0	11	2.97	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
SALAD, SHREDDED W/TOMAT	1 CUP	100	13	*0	8	0.84	*0.00	*0.0	169	3.04	2	0.84	2.51	*0.0	*0.00	*N/A*
OES																
FRUIT COCKTAIL	1/2 CUP	150	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
FRUIT FRESH O&R.A (5-12)	1 EACH	150	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	5	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	150	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	200	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	75	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	50	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 PKG 9 GM	2 EACH	300	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			*505	*48	*1006	*5.50	*3.74	*408.8	*888	*8.40	*30	*25.05	*58.57	*19.30	*6.11	*0.00
% of Calories											*23.5%	*19.8%	*46.4%	*34.4%	*10.9%	*0.0%
Nutrient Guideline			600-650		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

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Mon - 10/21/2019																
Intermediate Lunch	Total	557														
PINWHEEL, PEPPERONI, RF, WG	1 EACH	200	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	150	321	125	1131	*0.00	*0.81	370.3	515	*0.0	5	30.05	11.35	16.98	7.71	*0.00
ROLL, MINI SUB DOUGH	1 ROLL	200	160	*N/A*	140	3.00	0.83	11.7	*N/A*	*N/A*	3	6.0	28.0	3.0	0.50	*N/A*
PASTA, PENNE, WG NOODLE	#8 SCOOP	150	111	*0	14	*1.70	*1.02	*11.8	*0	*0.0	*1	3.88	20.79	1.28	0.19	*0.00
SANDWICH, TURKEY/CH CRO	1 SAND	30	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	2 STICKS	175	290	20	680	3.00	1.80	350.0	300	0.0	7	17.0	30.0	12.0	5.00	0.00
VEGETABLES CALIFORNIA BL	1/2 CUP	50	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	75	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
SALAD, SPINACH W/TOMATO	1/2C(G)+ 1/4C(R)	84	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	150	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	200	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	150	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	200	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	75	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	75	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, MARINARA CUP	2 EACH	75	0	0	1	0.01	0.00	0.0	1	0.0	0	0.01	0.02	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 PKG 9 GM	4 EACH	250	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	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
Weighted Daily Average			638	*65	*1277	*4.97	*2.72	*576.4	*1689	*16.02	*35	*31.35	*75.70	*23.60	*8.05	*0.00
% of Calories											*21.8%	*19.7%	*47.5%	*33.3%	*11.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Tue - 10/22/2019																
Intermediate Lunch	Total	575														
CHICKEN STRIPS	3 STRIPS	200	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	150	140	63	320	1.00	0.54	219.2	129	2.99	1	19.93	5.98	3.99	1.69	*N/A*
PRETZEL, SOFT MINI	1 EACH	200	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*
RICE, STEAMED WHITE	#8 SCOOP	150	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
CRUSTABLES, SUNBUTTER & JELLY	1 EACH	50	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
PIZZA, 4 MEAT BIG DADDY PRI MO	1 EACH	175	371	40	651	4.01	2.70	200.3	401	0.0	9	20.03	36.06	17.03	7.01	*N/A*
SOUP , CHICKEN/ VEGETABLE HM	1 CUP	64	*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	50	*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)	64	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	200	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	150	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	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	150	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	200	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	75	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	25	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 9 GM	4 EACH	250	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	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
Weighted Daily Average			*592	*69	*1005	*4.99	*2.90	*365.5	*1505	*13.22	*35	*30.61	*68.18	*22.08	*5.58	*0.00
% of Calories											*23.3%	*20.7%	*46.1%	*33.6%	*8.5%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Wed - 10/23/2019																
Intermediate Lunch	Total	522														
PORK, BBQ PULLED SANDWIC	3 OZ. (#1	200	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 +	150	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															
RICE, STEAMED WHITE	#8 SCOOP	150	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
PITA CHEESE WRAP	1 WRAP	20	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 SCOO	150	166	62	457	*N/A*	1.00	*N/A*	*N/A*	*N/A*	15	15.23	20.76	2.77	0.69	*N/A*
BEANS BAKED, CANNED	1/2 CUP	75	198	24	580	5.55	2.55	93.2	48	2.61	*10	10.13	29.59	3.91	1.09	0.00
COLESLAW	1/2 CUP	64	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)	64	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	150	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	200	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	150	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	200	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	75	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	200	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.	25	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	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 PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	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
Weighted Daily Average			777	*85	*1315	*7.27	*5.33	*329.3	*3080	*12.25	*51	*33.86	*99.63	*28.45	*9.45	*0.00
% of Calories											*26.3%	*17.4%	*51.3%	*33.0%	*10.9%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Thu - 10/24/2019																
Intermediate Lunch	Total	552														
BEEF, SLOPPY JOE, RF,RS	#8 SCOOP	200	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	2 ROLL +	150	394	*92	*577	*5.44	*26.25	*81.9	*1906	*1.09	*3	*20.98	*48.74	*12.46	*3.42	*0.00
DLES	1/4 G.															
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, MESQUITE GLAZED	1 EACH	150	187	93	386	0.00	1.35	0.0	249	*N/A*	*N/A*	21.19	3.74	9.97	2.49	*N/A*
MIX																
POTATO, SIDEWINDERS	5 PIECES	200	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	86	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)+	64	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)															
PEACHES DICED, CANNED	1/2 CUP	150	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00
FRUIT FRESH O& R.A (5-12)	1 EACH	200	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	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	150	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	200	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	75	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	1 CUP	25	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*
OZ.																
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 PKG 9 GM	4 EACH	300	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	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
Weighted Daily Average			601	*103	*1292	*5.82	*9.45	*320.4	*2410	*15.28	*35	*28.40	*73.61	*21.63	*5.31	*0.00
% of Calories											*23.5%	*18.9%	*49.0%	*32.4%	*8.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Intermediate Lunch

### 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 <sup>1</sup> (g)
Fri - 10/25/2019																
Intermediate Lunch	Total	547														
BURRITO W/CHILI & CHEESE	1 BURRIT	200	328	44	767	*5.75	*6.25	*239.0	*1069	*4.08	*1	23.14	*24.63	15.68	8.33	*0.00
PASTA, CHEESE RAVIOLI	7 PIECES	200	148	15	339	1.82	1.17	111.2	*103	*3.72	4	9.05	19.43	3.17	*1.03	*N/A*
SALAD, PASTA (K-12)	SERVINGS	20	250	17	808	*6.85	*1.41	*149.0	*2054	*40.34	*5	10.3	29.21	10.5	4.29	*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 FILET, HOT & SPICY	1 SAND	125	515	*27	847	4.35	4.93	155.7	116	*N/A*	3	24.0	58.84	18.93	*3.22	*N/A*
CAULIFLOWER, ROASTED	1/2 CUP	64	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	100	*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	200	113	0	645	1.01	1.68	93.6	417	15.03	4	5.19	18.47	2.53	0.25	0.00
FRUIT COCKTAIL	1/2 CUP	150	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
FRUIT FRESH B & G.A (5-12)	1 EACH	200	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	150	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	200	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	75	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	25	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 PKG 9 GM	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	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
Weighted Daily Average			*620	*46	*1339	*6.99	*4.93	*457.4	*1350	*21.15	*34	*27.31	*75.76	*23.26	*6.91	*0.00
% of Calories											*21.9%	*17.6%	*48.9%	*33.8%	*10.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Weighted Average			*638	*65	*1105	*6.18	*5.10	*583.3	*2523	*14.20	*36	*29.59	*79.63	*22.85	*7.26	*0.01
											*51.3%	*18.5%	*49.9%	*32.2%	*10.2%	*0.0%

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

003 - Intermediate School 5-6 grade

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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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	638		600 - 650	100%	Missing												
Cholesterol (mg)	65				Missing												
Sodium 1 (mg)	1105		1230		Missing												
Sodium 2 (mg)	1105		935		Missing		170										
Fiber (g)	6.18				Missing												
Iron (mg)	5.10				Missing												
Calcium (mg)	583.3				Missing												
Vitamin A (IU)	2523				Missing												
Sugars (g)	36	22.80%			Missing												
Vitamin C (mg)	14.20				Missing												
Protein (g)	29.59	18.54%			Missing												
Carbohydrate (g)	79.63	49.90%			Missing												
Total Fat (g)	22.85	32.22%			Missing												
Saturated Fat (g)	7.26	10.23%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.01	0.02%			Missing												

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