

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
<b>Mon - 10/07/2019</b>																
Junior High Breakfast	Total	211														
MUFFIN, ASSORTED	1 EACH	110	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	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	111	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	100	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	50	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			397	*31	272	*4.16	*2.52	*411.9	*900	*17.56	51	12.49	71.87	*6.98	*2.60	*0.00
% of Calories											51.2%	12.6%	72.4%	*15.8%	*5.9%	*0.0%
Nutrient Guideline			400-550		600											<10.00

<b>Tue - 10/08/2019</b>																
Junior High Breakfast	Total	211														
EGG, OMELET W/ TST/LK (K-12)	1 EACH + 1+1G	110	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	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	111	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	100	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			448	*186	605	*3.22	*2.74	*1179.9	*13842	*12.45	*39	21.78	58.53	*15.01	*5.06	*0.00
% of Calories											*34.5%	19.5%	52.3%	*30.2%	*10.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Wed - 10/09/2019																
Junior High Breakfast	Total	201														
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	50	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*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
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	85	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	25	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			543	*77	*509	*5.35	*2.66	*513.1	*1635	*28.22	*71	20.48	94.59	*10.30	*3.22	*0.00
% of Calories											*52.4%	15.1%	69.7%	*17.1%	*5.3%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 10/10/2019																
Junior High Breakfast	Total	211														
CINNAMON ROLL W/GLAZE	2 EACH	110	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	150	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, BOTTLED FF SKIM	8 OZ	10	80	5	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	0.0	*N/A*	*N/A*
MILK BOTTLED %1 LOWFAT	8 OZ	85	100	10	125	*N/A*	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	*N/A*
MILK BOTTLED CHOCOLATE F F 8OZ	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	*N/A*	*N/A*	*N/A*
MILK BOTTLED % 1 STRAWBE RRY	8 OZ	25	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*N/A*
Weighted Daily Average			426	*9	293	*4.34	*5.50	*417.0	*980	*12.98	*59	14.53	86.24	*2.61	*1.23	*0.00
% of Calories											*55.0%	13.7%	81.1%	*5.5%	*2.6%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Fri - 10/11/2019																
Junior High Breakfast	Total	211														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-2.51 OZ	110	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	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	85	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	25	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	*22	407	*3.91	*2.61	*418.6	*949	*19.75	51	14.26	69.92	*8.42	*2.86	*0.00
% of Calories											49.3%	13.8%	67.9%	*18.4%	*6.2%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Mon - 10/14/2019																
Junior High Breakfast	Total	211														
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	110	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	150	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	85	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			404	*16	305	*3.63	*2.37	*411.6	*956	*12.84	49	14.53	75.23	*5.80	*2.59	*0.00
% of Calories											48.6%	14.4%	74.5%	*12.9%	*5.8%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Tue - 10/15/2019																
Junior High Breakfast	Total	211														
PANCAKE, MAPLE MINIS (5-JR)	5 PIECES	110	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	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	85	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			445	*33	454	*6.00	*3.61	*425.6	*917	*19.75	47	16.35	69.04	*10.53	*3.47	*0.00
% of Calories											42.7%	14.7%	62.0%	*21.3%	*7.0%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Wed - 10/16/2019																
Junior High Breakfast	Total	211														
CROISSANT, HAM, EGG & CHE ESE	1 EACH	110	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	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
PARFAIT, MIXED FRUIT YOGURT	4 OZ	50	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	150	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	85	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			473	*27	*475	*4.40	*2.13	*522.5	*1087	*21.23	*49	20.87	77.78	*9.27	*2.93	*0.00
% of Calories											*41.7%	17.6%	65.7%	*17.6%	*5.6%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Thu - 10/17/2019																
Junior High Breakfast	Total	211														
DONUT HOLE WG W/H. GLAZE	6 BITES	110	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	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	85	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			437	*11	366	*4.43	*2.79	*414.2	*917	*19.75	48	*13.21	72.33	*11.01	*4.94	*0.00
% of Calories											43.8%	*12.1%	66.2%	*22.7%	*10.2%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Fri - 10/18/2019																
Junior High Breakfast	Total	211														
PANCAKE MINIS W/BACON	1PKG + 2	110	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	150	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	85	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	50	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			464	*23	436	*4.28	*3.07	*454.2	*1210	*12.84	*55	15.79	*83.66	*7.72	*2.28	*0.00
% of Calories											*47.0%	13.6%	*72.0%	*15.0%	*4.4%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Mon - 10/21/2019																
Junior High Breakfast	Total	211														
CINNAMON ROLL MINI IW	1 PACKAG	110	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	85	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			413	*11	366	*4.43	*2.79	*418.6	*956	*19.75	52	13.72	76.77	*6.32	*2.07	*0.00
% of Calories											50.2%	13.3%	74.3%	*13.8%	*4.5%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 10/22/2019																
Junior High Breakfast	Total	211														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	110	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	150	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	85	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			484	*48	617	*3.50	*2.18	*422.0	*911	*12.84	*44	16.88	71.94	*14.61	*7.09	*0.00
% of Calories											*36.5%	14.0%	59.5%	*27.2%	*13.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 7

Oct 7, 2019 thru Oct 25, 2019

Junior High Breakfast

002 - Flour Bluff Junior High School

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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)
Wed - 10/23/2019																
Junior High Breakfast	Total	211														
CONCHA, ASSORTED	1 EACH	110	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	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
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	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	85	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			413	*19	301	*5.26	*2.98	*437.3	*1074	*21.25	49	14.04	76.34	*6.84	*2.90	*0.00
% of Calories											47.3%	13.6%	73.9%	*14.9%	*6.3%	*0.0%
Nutrient Guideline			400-550		600										<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 <sup>1</sup> (g)
Thu - 10/24/2019																
Junior High Breakfast	Total	211														
WRAP, TURKEY SAU, EGG & C HEESE	1 EACH	110	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	150	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	85	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			389	*35	423	*3.62	*4.61	*453.1	*1061	*14.71	43	16.08	65.53	*7.86	*3.88	*0.00
% of Calories											44.3%	16.5%	67.4%	*18.2%	*9.0%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Junior High Breakfast

### Portion Values - Detailed

002 - Flour Bluff Junior 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 <sup>1</sup> (g)
Fri - 10/25/2019																
Junior High Breakfast	Total	211														
PANCAKE, MAPLE SAU. SAND WICH	1 EACH	110	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	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	85	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	25	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			375	*20	384	*3.39	*2.70	*429.0	*922	*19.75	*47	15.85	67.65	*5.12	*2.11	*0.00
% of Calories											*49.6%	16.9%	72.1%	*12.3%	*5.1%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

Weighted Average			435	*38	*414	*4.26	*3.02	*488.6	*1888	*17.71	*50	*16.06	*74.50	*8.56	*3.28	*0.00
											*103.9	*14.8%	*68.5%	*17.7%	*6.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	435		400 - 550	100%				
Cholesterol (mg)	38				Missing			
Sodium 1 (mg)	414		600		Missing			
Sodium 2 (mg)	414		535		Missing			
Fiber (g)	4.26				Missing			
Iron (mg)	3.02				Missing			
Calcium (mg)	488.6				Missing			
Vitamin A (IU)	1888				Missing			
Sugars (g)	50	46.16%			Missing			
Vitamin C (mg)	17.71				Missing			
Protein (g)	16.06	14.77%			Missing			
Carbohydrate (g)	74.50	68.53%			Missing			
Total Fat (g)	8.56	17.72%			Missing			
Saturated Fat (g)	3.28	6.79%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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