

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Mon - 10/07/2019																
Junior High Lunch																
	Total	607														
	CHICKEN FILET ON BUN	125	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	330	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	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*
	SANDWICH,COURTESY MEAL	2 OZ	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	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	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	50	110	*N/A*	350	1.00	0.72	100.0	*N/A*	1.83	*N/A*	1.0	17.0	3.5	0.50
	CELERY STICKS	1/2 CUP	35	30	0	91	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00
	SALAD, SIDE ROM & SPIN/TO MATO	1/2C(G)+ 1/4C(R)	70	34	*0	168	*1.89	*0.79	*44.9	*4259	*28.72	3	1.41	6.59	0.31	*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
	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
	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
	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
	MILK FAT FREE, CHOCOLATE	8 OZ	300	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	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
	SAUCE, MARINARA CUP	2 EACH	150	0	0	1	0.01	0.00	0.0	1	0.0	0	0.01	0.02	0.0	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
	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
	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
	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
	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
	Weighted Daily Average		508	*36	*846	*5.39	*2.80	*523.7	*1411	*9.54	*36	*25.31	*64.48	*16.84	*5.19	*0.00
	% of Calories										*28.0%	*19.9%	*50.8%	*29.8%	*9.2%	*0.0%
	Nutrient Guideline		600-700		1360											<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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	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 - 10/08/2019																	
Junior High Lunch																	
	Total	532															
	1 SLICE	200	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	150	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.	400	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	30	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	150	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	#8 SCOOP	280	110	0	240	1.00	0.36	20.0	0	30.0	2	2.0	20.0	2.5	1.50	*N/A*
	SHED																
	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	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	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	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*
	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	400	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
	SEASONING, LS, TAJIN 1 GM.	1 PKG	150	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				*712	*55	*1247	*7.93	*16.30	*1556.2	*1566	*32.76	*42	*33.88	*96.55	*21.82	*7.96	*0.00
% of Calories											*23.3%	*19.0%	*54.2%	*27.6%	*10.1%	*0.0%	
Nutrient Guideline				600-700		1360										<10.00	

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Wed - 10/09/2019																
Junior High Lunch	Total	530														
SPAGHETTI W/MEAT SAUCE BB	4.6 OZ+1/2 C	250	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	100	159	36	278	1.59	1.00	0.0	*N/A*	1.9	11	10.31	21.41	3.17	0.79	*N/A*
PASTA, SPAGHETTI NOODLES	1/2 CUP	250	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	100	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 (1C(G))	30	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
SALAD, SPINACH W/TOMATO	1/2C(G)+ 1/4C(R)	100	26	0	27	1.98	0.88	70.2	4006	16.9	3	1.6	4.7	0.0	0.00	*0.00
CARROTS MINI IW	1/2 CUP	60	25	*N/A*	47	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	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	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*
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	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*
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	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	150	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	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			901	*79	*1073	*10.78	*5.16	*370.5	*5235	*15.01	*63	*38.64	*134.45	*26.55	*9.65	*0.24
% of Calories											28.1%	17.2%	59.7%	26.5%	9.6%	0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 10/10/2019																
Junior High Lunch	Total	522														
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	200	259	30	701	3.05	1.65	61.0	*N/A*	*N/A*	6	12.19	24.38	12.19	2.29	*N/A*
MACARONI & CHEESE BOIL BAG	1/3 (#12 SCOOP)	150	129	13	435	0.89	0.48	177.4	333	0.0	3	7.54	13.75	4.88	2.66	0.00
SALAD, TUNA W/CRKR(5-12)	#8 SCOOP	20	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	150	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	60	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	100	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)	60	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00
PEARS DICED, CANNED	1/2 CUP	150	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	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	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, TARTAR PKG	2 EACH	20	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	20	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	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
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			470	*36	*913	*3.97	*2.14	*430.2	*1400	*9.32	*34	*22.35	*62.09	*15.05	*4.90	*0.00
% of Calories											*28.7%	*19.0%	*52.8%	*28.8%	*9.4%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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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 ¹ (g)
Fri - 10/11/2019																
Junior High Lunch	Total	502														
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	150	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	175	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 SSIANT WICH	1 SAND	25	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	175	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	65	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	43	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)	60	12	0	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	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	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*
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*
GRAVY PEPPER MIX	2 OZ	100	6	0	24	0.00	0.01	1.0	1	0.0	*0	0.0	0.79	0.32	0.16	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	350	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
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	*58	*855	*5.85	*8.27	*1032.8	*1570	*16.28	*37	*27.56	*77.91	*19.29	*7.01	*0.00
% of Calories											*24.7%	*18.5%	*52.3%	*29.2%	*10.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Mon - 10/14/2019																
Junior High Lunch	Total	522														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	225	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	125	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	20	*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	1 OZ	1	171	25	403	2.00	*0.72	*40.0	*0	*0.0	2	9.06	14.02	10.61	5.06	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	400	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	50	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)	100	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	125	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	250	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	100	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	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
SEASONING, LS, TAJIN 1 GM.	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
	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			*755	*112	*1193	*7.54	*6.99	*542.7	*2816	*9.08	*34	*37.72	*86.39	*28.01	*8.58	*0.00
% of Calories											*17.9%	*20.0%	*45.8%	*33.4%	*10.2%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

002 - Flour Bluff Junior High School

Generated on: 8/15/2019 4:05:44 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 ¹ (g)	
Tue - 10/15/2019																	
Junior High Lunch																	
	Total	550															
	1 SLICE	125	360	35	490	3.00	1.80	350.2	500	*N/A*	9	21.01	35.02	16.01	7.00	*N/A*	
	PIZZA CHEESE, BIG DADDY 9/16	150	391	48	554	*3.07	*3.16	253.1	1776	*2.48	*1	20.74	29.42	22.18	9.14	*0.00	
	BEEF, FRITO PIE (K-8)	1 OZ															
	1 OZ	75	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*	
	CRUSTABLES, SUNBUTTER & JELLY	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
	SANDWICH,COURTESY MEAL	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
	SACK LUNCH, FT/EO	1 SAND	200	515	*27	847	4.35	4.93	155.7	116	*N/A*	3	24.0	58.84	18.93	*3.22	*N/A*
	CHICKEN FILET, HOT & SPICY	WICH															
	5 PIECES	200	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*	
	POTATO, SPUDSTERS	1/2 CUP	50	44	140	2.00	0.04	3.2	7442	0.0	7	0.01	9.54	0.0	0.00	*0.00	
	CARROTS, GLAZED	1 CUP (G)	60	12	6	1.56	0.53	16.1	3981	16.01	1	0.77	2.52	0.01	0.00	0.00	
	SALAD, SPRING ROMAINE	1/2 CUP	200	75	11	1.07	0.77	21.5	322	22.54	18	1.07	18.25	0.0	0.00	0.00	
	MANDARIN ORANGES, CANNED	1 EACH	200	86	0	4.16	0.33	9.9	94	9.72	17	0.42	23.08	0.0	0.00	*0.00	
	FRUIT FRESH B & G.A (5-12)	8 OZ	5	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	
	MILK SKIM UNFLAVORED	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 1% WHITE	8 OZ	250	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	
	MILK FAT FREE, CHOCOLATE	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*
	MILK, STRAWBERRY FF	4 EACH	200	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	
	KETCHUP PKG 9 GM	2 EACH	200	103	9	214	0.00	0.00	0.0	0	2	0.0	1.71	10.29	1.29	0.00	
	DRESSING RANCH PKG	1 PKG	50	3	*N/A*	191	*N/A*	*N/A*	*N/A*	7.8	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
	SEASONING, LS, TAJIN 1 GM.																
	Weighted Daily Average		724	*44	*1092	*5.92	*4.67	*488.4	*2482	*17.09	*40	*29.00	*90.87	*27.53	*7.62	*0.00	
	% of Calories										*22.1%	*16.0%	*50.2%	*34.2%	*9.5%	*0.0%	
	Nutrient Guideline		600-700		1360										<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Wed - 10/16/2019																
Junior High Lunch	Total	507														
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	125	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	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
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
	SSIAW															
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	150	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	80	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	80	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	115	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	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 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	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*
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, 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*
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
KETCHUP PKG 9 GM	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
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
SEASONING, LS, TAJIN 1 GM.	1 PKG	20	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			844	*70	*1347	*6.53	*2.64	*587.3	*4736	*8.52	*60	*31.03	*113.39	*29.77	*13.50	*0.00
% of Calories											*28.4%	*14.7%	*53.8%	*31.8%	*14.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Thu - 10/17/2019																
Junior High Lunch	Total	502														
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*
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	25	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	125	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 (50	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	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*
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	350	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
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			*504	*57	*864	*5.03	*3.92	*1625.7	*9208	*13.23	*36	*27.80	*61.87	*16.84	*6.33	*0.00
% of Calories											*28.4%	*22.0%	*49.1%	*30.1%	*11.3%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Fri - 10/18/2019																
Junior High Lunch	Total	532														
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	100	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
SSANT	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	200	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	80	*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	50	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	1 CUP	110	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	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	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, 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	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
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			*493	*44	*881	*5.33	*2.92	*452.6	*919	*7.62	*34	*24.76	*61.59	*16.76	*5.60	*0.00
% of Calories											*27.4%	*20.1%	*50.0%	*30.6%	*10.2%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Mon - 10/21/2019																
Junior High Lunch	Total	507														
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	125	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	125	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 SSIANT WICH	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
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	150	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 END	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
CUCUMBER SLICES	1/2 CUP	100	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)	64	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	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*
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 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
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			597	*65	*1222	*4.01	*2.46	*589.6	*1620	*17.29	*35	*29.51	*67.64	*23.30	*8.04	*0.00
% of Calories											*23.7%	*19.8%	*45.3%	*35.1%	*12.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Tue - 10/22/2019																
Junior High Lunch	Total	552														
CHICKEN STRIPS	3 STRIPS	150	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	200	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	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*
PRETZEL, SOFT MINI	1 EACH	150	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	200	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	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 PRIMO	1 EACH	150	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)	100	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	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	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*
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 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
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			*591	*70	*958	*5.23	*2.75	*387.1	*1773	*15.21	*36	*30.53	*69.75	*21.25	*5.44	*0.00
% of Calories											*24.3%	*20.7%	*47.2%	*32.4%	*8.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Wed - 10/23/2019																
Junior High 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)	100	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	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	300	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*
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 PKG 9 GM	4 EACH	100	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
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			837	*89	*1328	*7.95	*5.71	*340.6	*4142	*13.85	*54	*34.87	*107.32	*31.02	*10.77	*0.00
% of Calories											*26.0%	*16.7%	*51.3%	*33.4%	*11.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Thu - 10/24/2019																
Junior High Lunch	Total	502														
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 DLES	2 ROLL + 1/4 G.	100	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))	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 MIX	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*
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	43	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)	64	46	0	4	3.82	1.10	30.6	5153	29.8	6	2.29	9.18	0.0	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	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	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, SWEET & SOUR, 100/1 OZ.	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*
SAUCE, SOY PKG 200/6ML	2 EACH	25	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	10	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	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			678	*111	*1304	*5.60	*7.75	*340.0	*2208	*14.34	*35	*28.99	*70.34	*30.74	*6.52	*0.00
% of Calories											*20.7%	*17.1%	*41.5%	*40.8%	*8.7%	*0.0%
Nutrient Guideline			600-700		1360									<10.00		

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Junior High Lunch

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 ¹ (g)
Fri - 10/25/2019																
Junior High Lunch	Total	522														
BURRITO W/CHILI & CHEESE	1 BURRIT	150	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	150	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	200	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	45	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	75	*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	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*
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*
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	150	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	250	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			*686	*48	*1411	*7.08	*5.09	*464.7	*1263	*19.80	*35	*28.73	*81.65	*27.03	*6.98	*0.00
% of Calories											*20.3%	*16.7%	*47.6%	*35.4%	*9.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			*660	*65	*1102	*6.28	*5.31	*648.8	*2823	*14.60	*41	*30.05	*83.09	*23.45	*7.61	*0.02
											*55.5%	*18.2%	*50.4%	*32.0%	*10.4%	*0.0%

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Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Junior High Lunch

002 - Flour Bluff Junior 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	660		600 - 700	100%	Missing												
Cholesterol (mg)	65				Missing												
Sodium 1 (mg)	1102		1360		Missing												
Sodium 2 (mg)	1102		1035		Missing				67	Correction Required - Sodium too High							
Fiber (g)	6.28				Missing												
Iron (mg)	5.31				Missing												
Calcium (mg)	648.8				Missing												
Vitamin A (IU)	2823				Missing												
Sugars (g)	41	24.65%			Missing												
Vitamin C (mg)	14.60				Missing												
Protein (g)	30.05	18.22%			Missing												
Carbohydrate (g)	83.09	50.38%			Missing												
Total Fat (g)	23.45	31.99%			Missing												
Saturated Fat (g)	7.61	10.38%	<10.00%		Missing										Correction Required - Sat. Fat too High		
Trans Fat ¹ (g)	0.02	0.02%			Missing												

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