

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 2:58:16 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)
<b>Mon - 10/07/2019</b>																
Early Childhood Breakfast	Total	255														
MUFFIN, ASSORTED	1 EACH	105	221	32	127	2.95	1.03	49.2	91	*0.0	18	3.74	37.99	6.1	1.28	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	175	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			406	*28	277	*3.83	*2.74	*426.6	968	*12.82	53	12.81	74.46	*6.61	*2.57	*0.00
% of Calories											52.4%	12.6%	73.4%	*14.7%	*5.7%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 10/08/2019</b>																
Early Childhood Breakfast	Total	255														
EGG, OMELET W/ TST/LK (K-12)	1 EACH + 1+1G	105	363	336	786	*2.29	1.79	1589.2	25005	*0.01	*1	22.73	19.04	23.33	7.02	*0.00
CEREAL, ASSORTED (K-12)	1 EACH	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	175	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			456	*153	548	*3.25	*2.95	*1060.7	*11212	*10.23	*45	20.83	64.35	*13.71	*4.93	*0.00
% of Calories											*39.1%	18.3%	56.4%	*27.0%	*9.7%	*0.0%
Nutrient Guideline			350-500		540										<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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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/09/2019																
Early Childhood Breakfast	Total	255														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	175	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			442	*68	454	*3.44	*3.06	*439.4	*1017	*12.82	52	17.46	72.46	*9.88	*3.48	*0.00
% of Calories											47.3%	15.8%	65.5%	*20.1%	*7.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 10/10/2019																
Early Childhood Breakfast	Total	255														
CINNAMON ROLL W/GLAZE	2 EACH	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	175	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			419	*15	287	*3.69	*5.13	*418.8	*957	*10.22	*56	13.85	80.62	*4.56	*2.27	*0.00
% of Calories											*53.3%	13.2%	77.0%	*9.8%	*4.9%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/11/2019																
Early Childhood Breakfast	Total	255														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-2.51 OZ	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	180	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	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	105	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	75	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			429	*23	385	*3.09	*2.76	*420.5	971	*12.94	54	13.91	73.58	*8.69	*3.31	*0.00
% of Calories											50.2%	13.0%	68.7%	*18.2%	*6.9%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 10/14/2019																
Early Childhood Breakfast	Total	255														
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	175	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			395	*19	298	*3.13	*2.66	*414.6	957	*10.22	48	13.94	71.63	*6.57	*3.07	*0.00
% of Calories											48.7%	14.1%	72.6%	*15.0%	*7.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/15/2019																
Early Childhood Breakfast	Total	255														
PANCAKE, MAPLE MINIS (K-4)	4 PIECES	105	241	33	375	4.02	2.41	26.8	*N/A*	*N/A*	5	8.03	20.08	12.05	3.35	*N/A*
CEREAL, ASSORTED (K-12)	1 EACH	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	175	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			437	*28	384	*4.27	*3.31	*417.4	*939	*12.82	52	14.58	72.90	*9.06	*3.42	*0.00
% of Calories											47.6%	13.3%	66.7%	*18.6%	*7.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 10/16/2019																
Early Childhood Breakfast	Total	255														
CROISSANT, HAM, EGG & CHEESE	1 EACH	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	175	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			424	*27	443	*3.13	*2.81	*489.1	1040	*10.22	46	18.09	68.39	*9.06	*3.28	*0.00
% of Calories											43.0%	17.1%	64.5%	*19.2%	*7.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Early Childhood Breakfast

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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)
Thu - 10/17/2019																
Early Childhood Breakfast	Total	255														
DONUT HOLE WG W/H. GLAZE	6 BITES	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	175	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			433	*15	348	*3.44	*2.91	*411.1	*930	*12.82	49	*12.92	71.75	*10.69	*4.92	*0.00
% of Calories											45.0%	*11.9%	66.3%	*22.2%	*10.2%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Fri - 10/18/2019																
Early Childhood Breakfast	Total	255														
PANCAKE MINIS W/BACON	1PKG + 1	100	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	175	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	100	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE, CHOCOLATE	8 OZ	150	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF	8 OZ	75	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			417	*21	385	*3.58	*3.16	*424.0	*1120	*10.22	*49	14.14	*74.67	*7.19	*2.38	*0.00
% of Calories											*47.4%	13.6%	*71.7%	*15.5%	*5.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 6

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/21/2019																
Early Childhood Breakfast	Total	255														
CINNAMON ROLL MINI IW	1 PACKAG	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	150	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	150	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	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	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			376	*11	317	*3.14	*2.92	*326.7	833	*16.63	47	10.87	69.64	*6.19	*2.21	*0.00
% of Calories											49.6%	11.6%	74.1%	*14.8%	*5.3%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/22/2019																
Early Childhood Breakfast	Total	255														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	125	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	130	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	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	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*
ASSORTED JELLY	1 PKG	0	0	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			407	*40	514	*2.51	*2.53	*334.6	*785	*13.15	*36	13.24	60.41	*12.74	*6.18	*0.00
% of Calories											*35.8%	13.0%	59.3%	*28.2%	*13.7%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/23/2019																
Early Childhood Breakfast	Total	255														
CONCHA, ASSORTED	1 EACH	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	125	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	130	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	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	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			341	*13	228	*3.25	*2.89	*334.6	*830	*15.99	41	10.42	63.41	*5.78	*2.62	*0.00
% of Calories											48.2%	12.2%	74.3%	*15.2%	*6.9%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/24/2019																
Early Childhood Breakfast	Total	255														
WRAP, TURKEY SAU, EGG & C HEESE	1 EACH	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	125	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	0.0	0.00	0.00
FRUIT JUICE, VARIETY	4 OZ	130	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	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	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	50 OZ	50	1500	156	594	0.00	0.00	1562.5	1875	0.0	206	43.74	212.49	49.99	28.12	*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			583	*55	460	*2.61	*4.44	*616.5	1212	*14.63	70	19.81	91.20	*15.65	*8.28	*0.00
% of Calories											48.3%	13.6%	62.6%	*24.2%	*12.8%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Early Childhood Breakfast

### Portion Values - Detailed

005 - Early Childhood Center Kinder 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																
Early Childhood Breakfast	Total	255														
PANCAKE, MAPLE SAU. SAND WICH	1 EACH	105	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	150	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	125	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	130	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	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	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*
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			344	*18	334	*2.01	*2.82	*334.6	*798	*15.01	*42	12.51	62.15	*5.25	*2.24	*0.00
% of Calories											*48.9%	14.5%	72.2%	*13.7%	*5.9%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			421	*36	378	*3.22	*3.14	*458.0	*1638	*12.72	*49	*14.62	*71.44	*8.78	*3.68	*0.00
											*105.6	*13.9%	*67.9%	*18.8%	*7.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	421		350 - 500	100%				
Cholesterol (mg)	36				Missing			
Sodium 1 (mg)	378		540					
Sodium 2 (mg)	378		485					
Fiber (g)	3.22				Missing			
Iron (mg)	3.14				Missing			
Calcium (mg)	458.0				Missing			
Vitamin A (IU)	1638				Missing			
Sugars (g)	49	46.92%			Missing			
Vitamin C (mg)	12.72				Missing			
Protein (g)	14.62	13.91%			Missing			
Carbohydrate (g)	71.44	67.94%			Missing			
Total Fat (g)	8.78	18.78%			Missing			
Saturated Fat (g)	3.68	7.87%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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