

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 1

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 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)
Mon - 10/07/2019																
Early Childhood Lunch	Total	276														
CHICKEN PATTY BRD ON BUN	1 BURGER	100	419	26	691	5.87	3.52	133.0	114	0.0	3	22.18	40.42	17.94	3.07	0.00
PIZZA, CHEESE STICKS	2 STICKS	75	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	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*
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
POTATO, FF, STRAIGHT CUT	1/2 CUP	125	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	50	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)	60	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	100	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 (K-4)	1 EACH	100	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
SAUCE, MARINARA CUP	2 EACH	25	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	2 EACH	100	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	50	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			580	*23	*971	*6.90	*4.33	*405.8	*2002	*10.37	*34	*22.34	*74.96	*20.37	*4.35	*0.00
% of Calories											*23.4%	*15.4%	*51.7%	*31.6%	*6.7%	*0.0%
Nutrient Guideline			550-650		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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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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																
Early Childhood Lunch	Total	251														
PIZZA PEPP, BIG DADDY 16", K-4	1 SLICE	100	360	45	570	4.00	1.80	300.1	500	0.0	6	18.0	34.01	17.0	8.00	*N/A*
TURKEY & GRAVY, BOIL BAG	# 8 SCOO	100	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, WG 2.5 OZ.	2 OZ.	200	170	0	135	3.40	15.30	120.0	50	0.6	3	7.0	28.0	3.0	0.50	0.00
SANDWICH, HAM & CH SUB K-8	1 EACH	50	367	72	1093	*6.10	3.92	*209.0	*134	1.2	*5	26.95	45.38	11.85	5.02	*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
POTATO, LOADED BAKED MA SHED	1/2 (#8SC OOP)	100	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	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, 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	100	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 (K-4)	1 EACH	100	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
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	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	50	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			*649	*49	*1047	*9.20	*15.10	*497.8	*2151	*31.64	*36	*33.54	*88.37	*18.56	*7.00	*0.00
% of Calories											*22.0%	*20.7%	*54.5%	*25.7%	*9.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Early Childhood Lunch

### 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)
Wed - 10/09/2019																
Early Childhood Lunch	Total	241														
SPAGHETTI W/MEAT SAUCE BB	4.6 OZ+1/2 C	150	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	40	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	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ROLL, MINI SUB DOUGH	1 ROLL	150	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, STEAMED WHITE	#8 SCOOP	50	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	0.00
SALAD, CHEF ( K - 4)	1 SALAD (1C(G))	50	265	141	573	*1.23	*1.78	*132.3	*2539	*10.98	*4	18.28	20.18	12.94	4.61	*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
VEGETABLE, MALIBU BLEND	1/2 CUP	32	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)	50	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	40	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	75	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 (K-4)	1 EACH	50	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
DESSERT, 2 OZ. GB PIES	1 PIE	100	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	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*
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	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			657	*72	*938	*6.23	*3.83	*336.8	*4096	*13.63	*43	*31.41	*86.41	*22.41	*7.53	*0.32
% of Calories											*26.2%	*19.1%	*52.6%	*30.7%	*10.3%	*0.4%
Nutrient Guideline			550-650		1230										<10.00	

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### Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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																
Early Childhood Lunch	Total	221														
FISH, POLLOCK NUGGETS	4 NUGGETS	50	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	150	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)	50	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/CRACKERS	#16 SCOOP	20	176	*37	504	*2.24	*1.35	*20.5	4213	*19.63	*7	19.04	10.18	5.4	*0.60	*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
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	40	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)	40	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	75	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 (K-4)	1 EACH	50	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
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	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	50	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			430	*37	*870	*4.59	*1.88	*332.9	*1802	*8.28	*30	*19.71	*54.87	*14.86	*3.57	*0.00
% of Calories											*28.4%	*18.4%	*51.1%	*31.1%	*7.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 10/11/2019																
Early Childhood Lunch	Total	231														
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	50	300	50	450	2.00	1.80	20.0	0	0.0	0	15.0	16.0	19.0	6.00	*N/A*
SANDWICH, TURKEY/CH CRO SSIANT	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
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
VEGETABLE, ITALIAN BLEND	1/2 CUP	30	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	25	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)	50	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	40	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
CRAISIN, STRAWBERRY	1 PACKAG	150	110	*N/A*	*N/A*	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	*N/A*	27.99	*N/A*	*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	50	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*
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*
GRAVY PEPPER MIX	2 OZ	25	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	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	50	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			573	*58	*690	*5.61	*5.14	*839.7	*2016	*17.36	*38	*27.12	*72.47	*19.17	*8.70	*0.00
% of Calories											*26.9%	*18.9%	*50.6%	*30.1%	*13.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<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

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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																
Early Childhood Lunch	Total	211														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	170	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	30	347	91	822	1.83	2.63	36.5	183	*N/A*	*N/A*	32.88	9.13	20.09	4.57	*N/A*
SALAD, MEDITERRANEAN DIP	1 SERVING	30	*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 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	1/2 CUP	160	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*
BEANS, PORK CANNED	1/2 CUP	30	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
SALAD, SIDE ROM & SPIN/TOMATO	1/2C(G)+ 1/4C(R)	30	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 O & R.A (K-4)	1 EACH	50	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
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	100	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	50	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			*726	*82	*1351	*7.57	*4.65	*493.6	*1744	*9.06	*31	*37.07	*78.02	*28.85	*9.07	*0.00
% of Calories											*17.4%	*20.4%	*43.0%	*35.8%	*11.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 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																
Early Childhood Lunch	Total	231														
PIZZA, B.D. CHEESE, (K-4)	1 SLICE	75	434	42	812	5.60	2.52	350.0	560	*N/A*	7	22.4	47.6	18.2	8.40	*N/A*
BEEF, FRITO PIE (K-8)	4.79 OZ + 1 OZ	75	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	80	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*
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
POTATO, SPUDSTERS	5 PIECES	40	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)	30	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	75	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 (K-4)	1 EACH	100	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
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			667	*42	*1061	*6.46	*4.31	*448.3	*3285	*13.76	*41	*24.53	*80.39	*28.13	*8.23	*0.00
% of Calories											*24.4%	*14.7%	*48.2%	*37.9%	*11.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 8

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

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 - 10/16/2019																
Early Childhood Lunch	Total	226														
SANDWICH, GRILLED CHEESE IW	3.6 OZ	150	215	23	564	2.01	0.96	200.7	502	0.0	3	14.05	20.74	8.36	4.68	0.00
CHICKEN, GENERAL TSO'S	# 8 SCOOP	50	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	50	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	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
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
SOUP, TOMATO, VEG. CREAMY	#8 SCOOP	25	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	30	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	115	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 (K-4)	1 EACH	50	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
DESSERT, 2 OZ. GB PIES	1 PIE	100	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	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	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	40	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			616	*51	*1102	*5.52	*2.23	*435.8	*3183	*8.36	*46	*25.51	*88.38	*17.85	*8.21	*0.00
% of Calories											*30.1%	*16.6%	*57.4%	*26.1%	*12.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 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)
Thu - 10/17/2019																
Early Childhood Lunch	Total	221														
CHICKEN CHUNKS, MINI (K-8)	7 PIECES	125	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	75	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	100	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	75	*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/PITA CHIPS	#16 SCOO	20	381	*54	903	*2.81	*1.56	*56.3	3539	*8.54	*17	19.51	40.3	14.77	*2.82	*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
BEANS, SEASONED PINTO, VE	1/2 CUP (	32	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	100	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)+	40	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	75	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 (K-4)	1 EACH	50	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
MUSTARD PKG	2 EACH	1	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	75	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	70	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			*569	*54	*872	*6.22	*4.34	*1761.0	*11071	*11.46	*31	*29.26	*70.25	*19.37	*6.20	*0.00
% of Calories											*21.9%	*20.6%	*49.4%	*30.7%	*9.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Page 10

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 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)
Fri - 10/18/2019																
Early Childhood Lunch	Total	251														
CHALUPA, BEAN & CHEESE	1 BOWL	150	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	70	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, 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
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, MEXICALI	1/2 CUP	75	*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	75	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	50	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	100	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
CRAISIN, STRAWBERRY	1 PACKAG	50	110	*N/A*	*N/A*	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	*N/A*	27.99	*N/A*	*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	50	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*
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	75	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	70	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			*498	*45	*887	*6.13	*3.85	*465.2	*969	*15.78	*29	*26.31	*61.58	*16.82	*6.10	*0.00
% of Calories											*23.0%	*21.2%	*49.5%	*30.4%	*11.0%	*0.0%
Nutrient Guideline			550-650		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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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 8/15/2019 3:27:11 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)
Mon - 10/21/2019																
Early Childhood Lunch	Total	231														
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*
CHICKEN ALFREDO	#8 SCOOP	50	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	50	111	*0	14	*1.70	*1.02	*11.8	*0	*0.0	*1	3.88	20.79	1.28	0.19	*0.00
ROLL, MINI SUB DOUGH	1 ROLL	50	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*
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															
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
VEGETABLES CALIFORNIA BL	1/2 CUP	40	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	40	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)	40	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	75	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 (K-4)	1 EACH	100	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
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	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	4 EACH	50	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			581	*59	*1036	*3.88	*2.82	*544.0	*1774	*20.17	*31	*30.85	*70.16	*19.31	*7.35	*0.00
% of Calories											*21.5%	*21.2%	*48.3%	*29.9%	*11.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Early Childhood Lunch

### 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)
Tue - 10/22/2019																
Early Childhood Lunch	Total	276														
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	50	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	50	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	50	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	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*
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
SOUP, CHICKEN/ VEGETABLE HM	1 CUP	32	*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	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, SPRING ROMAINE	1 CUP (G)	40	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	75	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 (K-4)	1 EACH	100	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
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	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	4 EACH	50	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			*509	*60	*722	*5.00	*3.34	*272.4	*1387	*12.12	*29	*28.79	*56.33	*18.24	*3.41	*0.00
% of Calories											*22.9%	*22.6%	*44.3%	*32.3%	*6.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

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 Lunch	Total	221														
PORK, BBQ PULLED SANDWICH	2 OZ. (#1 2 SCP)	150	435	*64	845	*4.98	*2.51	*99.5	*10	*1.2	7	*23.94	47.87	15.97	*5.49	*0.00
MEATBALL MARINERA W/CHEESE SUB	5 EACH + 1GR	50	400	*56	584	*3.42	9.74	*36.2	*0	*1.21	*6	22.6	33.55	19.0	*7.58	*N/A*
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
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
BEANS BAKED, CANNED	1/2 CUP	40	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	40	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)	40	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	75	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 (K-4)	1 EACH	100	91	0	1	3.07	*0.15	*0.0	86	*3.78	17	0.42	23.27	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	50	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*
CHEESE, PARMESAN, BULK	1 PACKAG	10	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	2 EACH	40	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	40	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			664	*73	*1154	*8.25	*4.88	*373.5	*1661	*12.83	*39	*35.48	*84.55	*21.65	*7.41	*0.00
% of Calories											*23.3%	*21.4%	*51.0%	*29.4%	*10.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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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 Lunch

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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 - 10/24/2019																
Early Childhood Lunch	Total	226														
BEEF, SLOPPY JOE, RF,RS	#8 SCOOP	150	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.	25	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 ( K - 4)	1 SALAD (1C(G))	50	265	141	573	*1.23	*1.78	*132.3	*2539	*10.98	*4	18.28	20.18	12.94	4.61	*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
POTATO, SIDEWINDERS	5 PIECES	75	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	40	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)	40	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	75	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 (K-4)	1 EACH	100	69	0	1	2.61	*N/A*	*N/A*	64	*N/A*	13	0.71	17.34	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	50	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*
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*
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	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	50	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			551	*83	*1204	*6.64	*6.32	*377.7	*2697	*21.86	*36	*27.91	*74.72	*15.65	*4.64	*0.00
% of Calories											*26.4%	*20.3%	*54.2%	*25.6%	*7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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 Lunch

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 - 10/25/2019																
Early Childhood Lunch	Total	246														
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	75	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
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
CAULIFLOWER, ROASTED	1/2 CUP	40	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	40	*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	75	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	75	79	*N/A*	10	1.99	*N/A*	*N/A*	199	1.19	13	0.99	18.88	*N/A*	*N/A*	*N/A*
CRAISIN, STRAWBERRY	1 PACKAG	100	110	*N/A*	*N/A*	3.00	*N/A*	*N/A*	*N/A*	*N/A*	24	*N/A*	27.99	*N/A*	*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	50	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*
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	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	50	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			*520	*45	*1103	*7.34	*5.09	*461.4	*1505	*20.74	*33	*26.70	*65.92	*17.06	*7.35	*0.00
% of Calories											*25.4%	*20.5%	*50.7%	*29.5%	*12.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			*586	*55	*1001	*6.37	*4.81	*536.4	*2756	*15.16	*35	*28.44	*73.83	*19.89	*6.61	*0.02
											*54.1%	*19.4%	*50.4%	*30.5%	*10.2%	*0.0%

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# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 16

Oct 7, 2019 thru Oct 25, 2019

Early Childhood Lunch

005 - Early Childhood Center Kinder 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	586		550 - 650	100%	Missing												
Cholesterol (mg)	55				Missing												
Sodium 1 (mg)	1001		1230		Missing												
Sodium 2 (mg)	1001		935		Missing		66			Correction Required - Sodium too High							
Fiber (g)	6.37				Missing												
Iron (mg)	4.81				Missing												
Calcium (mg)	536.4				Missing												
Vitamin A (IU)	2756				Missing												
Sugars (g)	35	24.04%			Missing												
Vitamin C (mg)	15.16				Missing												
Protein (g)	28.44	19.41%			Missing												
Carbohydrate (g)	73.83	50.40%			Missing												
Total Fat (g)	19.89	30.55%			Missing												
Saturated Fat (g)	6.61	10.15%	<10.00%		Missing										Correction Required - Sat. Fat too High		
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing												

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