

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 8/15/2019 3:01:20 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)
Mon - 10/07/2019																
Primary/Elementary Breakfas	Total	821														
MUFFIN, ASSORTED	1 EACH	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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			401	*31	263	*3.68	*2.27	*404.5	*874	*13.49	52	12.45	72.82	*6.79	*2.45	*0.00
% of Calories											51.4%	12.4%	72.6%	*15.2%	*5.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Tue - 10/08/2019																
Primary/Elementary Breakfas	Total	821														
EGG, OMELET W/ TST/LK (K-12)	1 EACH + 1+1G	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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	450	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			487	*197	624	*3.06	*2.60	*1248.6	*14518	*11.42	*44	23.02	64.11	*16.23	*5.60	*0.00
% of Calories											*36.3%	18.9%	52.7%	*30.0%	*10.4%	*0.0%
Nutrient Guideline			400-500		540										<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

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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 ¹ (g)
Wed - 10/09/2019																
Primary/Elementary Breakfas	Total	821														
FRENCH TOAST W/SAUS (K-12)	3 EACH +1	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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			438	*85	496	*3.16	*2.69	*421.4	*936	*13.49	48	18.64	67.19	*11.13	*3.67	*0.00
% of Calories											44.1%	17.0%	61.4%	*22.9%	*7.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 10/10/2019																
Primary/Elementary Breakfas	Total	821														
CINNAMON ROLL W/GLAZE	2 EACH	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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			426	*13	278	*3.65	*5.50	*394.1	*868	*11.41	*57	13.73	83.18	*4.06	*2.06	*0.00
% of Calories											*53.2%	12.9%	78.1%	*8.6%	*4.3%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 7, 2019 thru Oct 25, 2019

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 8/15/2019 3:01:20 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)
Fri - 10/11/2019																
Primary/Elementary Breakfas	Total	821														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-2.51 OZ	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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	250	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			432	*24	406	*2.61	*2.30	*388.5	*865	*13.49	53	13.70	72.02	*9.49	*3.40	*0.00
% of Calories											48.7%	12.7%	66.7%	*19.8%	*7.1%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 10/14/2019																
Primary/Elementary Breakfas	Total	821														
BAGEL MINI STRWBBER CR CH SE IW	2.43 OZ	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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			394	*19	292	*2.90	*2.21	*388.5	*867	*11.41	46	13.85	71.23	*6.73	*3.12	*0.00
% of Calories											47.0%	14.0%	72.2%	*15.4%	*7.1%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Primary/Elementary Breakfast

Portion Values - Detailed

004 - Primary/Elementary 1-4 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 ¹ (g)
Tue - 10/15/2019																
Primary/Elementary Breakfas	Total	821														
PANCAKE, MAPLE MINIS (K-4)	4 PIECES	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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	75	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 % of Calories			423	*31	402	*4.26	*3.03	*392.2	*828	*13.49	46 43.9%	14.81 14.0%	65.72 62.1%	*10.05 *21.4%	*3.58 *7.6%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 10/16/2019																
Primary/Elementary Breakfas	Total	821														
CROISSANT, HAM, EGG & CHE ESE	1 EACH	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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 % of Calories			433	*30	485	*2.91	*2.42	*487.6	*978	*11.41	43 39.7%	19.37 17.9%	66.92 61.7%	*10.05 *20.9%	*3.40 *7.1%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<10.00

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Page 5

Oct 7, 2019 thru Oct 25, 2019

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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 ¹ (g)
Thu - 10/17/2019																
Primary/Elementary Breakfas	Total	821														
DONUT HOLE WG W/H. GLAZE	6 BITES	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	240	25	95	0.00	0.00	250.0	300	0.0	33	7.0	34.0	8.0	4.50	*N/A*
Weighted Daily Average			437	*13	358	*3.15	*2.49	*383.8	*824	*13.49	46	*12.60	69.22	*12.21	*5.59	*0.00
% of Calories											41.8%	*11.5%	63.4%	*25.2%	*11.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 10/18/2019																
Primary/Elementary Breakfas	Total	821														
PANCAKE MINIS W/BACON	1PKG + 1	450	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	350	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	350	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	300	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	500	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	200	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	250	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			435	*22	420	*3.59	*2.95	*402.2	*1100	*11.41	*49	14.31	*77.51	*7.76	*2.23	*0.00
% of Calories											*45.3%	13.2%	*71.3%	*16.1%	*4.6%	*0.0%
Nutrient Guideline			400-500		540										<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

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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 ¹ (g)
Mon - 10/21/2019																
Primary/Elementary Breakfas	Total	821														
CINNAMON ROLL MINI IW	1 PACKAG	450	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	370	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	370	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	370	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	450	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*
Weighted Daily Average			388	*11	354	*3.17	*2.59	*366.5	*853	*14.06	46	12.52	70.46	*6.54	*2.15	*0.00
% of Calories											47.6%	12.9%	72.6%	*15.2%	*5.0%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 10/22/2019																
Primary/Elementary Breakfas	Total	821														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	450	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	370	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	370	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	370	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	450	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*
ASSORTED JELLY	1 PKG	100	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			455	*49	617	*2.79	*2.11	*377.5	*808	*11.99	*38	15.70	64.32	*15.26	*7.44	*0.00
% of Calories											*33.0%	13.8%	56.6%	*30.2%	*14.7%	*0.0%
Nutrient Guideline			400-500		540											<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

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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 ¹ (g)
Wed - 10/23/2019																
Primary/Elementary Breakfas	Total	821														
CONCHA, ASSORTED	1 EACH	450	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	370	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	370	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	400	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	300	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	200	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			373	*16	234	*3.72	*2.58	*364.0	*830	*15.02	44	11.65	67.71	*7.06	*3.30	*0.00
% of Calories											46.6%	12.5%	72.5%	*17.0%	*8.0%	*0.0%
Nutrient Guideline			400-500		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 ¹ (g)
Thu - 10/24/2019																
Primary/Elementary Breakfas	Total	821														
WRAP, TURKEY SAU, EGG & C HEESE	1 EACH	450	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	370	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH O & R.A (K-4)	1 EACH	450	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	370	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	300	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	400	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	200	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	100	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			369	*37	407	*2.92	*4.66	*396.7	*929	*13.60	38	14.53	59.56	*8.93	*4.48	*0.00
% of Calories											41.5%	15.7%	64.5%	*21.8%	*10.9%	*0.0%
Nutrient Guideline			400-500		540										<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

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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 ¹ (g)
Fri - 10/25/2019																
Primary/Elementary Breakfas	Total	821														
PANCAKE, MAPLE SAU. SAND WICH	1 EACH	450	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	370	98	*0	139	0.87	3.72	43.5	435	5.22	8	1.3	21.3	*1.3	*0.22	*0.00
SANDWICH,COURTESY MEAL	2 OZ	1	343	51	806	4.00	*1.44	*80.0	*0	*0.0	4	18.12	28.05	21.22	10.12	0.00
FRUIT FRESH B & G.A (K-4)	1 EACH	450	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	370	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	300	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	400	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	200	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	200	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			376	*22	371	*2.08	*2.49	*364.1	*786	*13.71	*45	14.43	66.36	*6.05	*2.61	*0.00
% of Calories											*48.0%	15.3%	70.5%	*14.5%	*6.3%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Weighted Average			418	*40	401	*3.18	*2.86	*452.0	*1791	*12.86	*46	*15.02	*69.22	*9.22	*3.67	*0.00
											*99.7%	*14.4%	*66.3%	*19.9%	*7.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	418		400 - 500	100%				
Cholesterol (mg)	40				Missing			
Sodium 1 (mg)	401		540					
Sodium 2 (mg)	401		485					
Fiber (g)	3.18				Missing			
Iron (mg)	2.86				Missing			
Calcium (mg)	452.0				Missing			
Vitamin A (IU)	1791				Missing			
Sugars (g)	46	44.33%			Missing			
Vitamin C (mg)	12.86				Missing			
Protein (g)	15.02	14.38%			Missing			
Carbohydrate (g)	69.22	66.26%			Missing			
Total Fat (g)	9.22	19.86%			Missing			
Saturated Fat (g)	3.67	7.91%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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