

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

006 - Pre-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 ¹ (g)
Mon - 10/07/2019																
Pre-Kinder Breakfast	Total	85														
MUFFIN, APPLE CINNAMON	1 EACH	85	189	40	129	1.99	1.07	39.8	99	2.39	16	2.98	30.84	5.97	1.99	0.00
BANANA FRESH	1 EACH	85	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*N/A*
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			399	50	254	5.99	1.43	339.8	704	13.79	49	11.98	71.84	8.47	3.49	*0.00
% of Calories											49.0%	12.0%	72.0%	19.1%	7.9%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/08/2019																
Pre-Kinder Breakfast	Total	85														
CEREAL CUPS, (PRE-K)	1 EACH	85	105	*N/A*	165	2.00	5.85	*100.0	700	8.4	4	1.5	22.5	1.75	*0.25	*N/A*
APPLE RED FRESH	1 EACH	85	76	0	2	2.39	*N/A*	*N/A*	72	*N/A*	14	0.0	19.12	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			281	*10	292	4.39	*5.85	*400.0	1272	*10.80	30	9.50	53.62	4.25	*1.75	*0.00
% of Calories											42.4%	13.5%	76.2%	13.6%	*5.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 10/09/2019																
Pre-Kinder Breakfast	Total	85														
FRENCH TOAST (PRE-K)	2 EACH	85	421	211	582	4.01	2.89	120.3	401	*N/A*	22	16.04	52.13	18.05	4.01	*N/A*
ORANGE FRESH	1 EACH	85	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			582	221	707	6.84	*2.89	*420.3	958	*2.40	45	25.45	79.68	20.55	5.51	*0.00
% of Calories											31.2%	17.5%	54.8%	31.8%	8.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/10/2019																
Pre-Kinder Breakfast	Total	85														
CINNAMON ROLL W/GLAZE	2 EACH	85	288	0	154	3.37	*7.08	*30.3	*102	*0.0	*32	5.78	62.83	1.13	0.56	*0.00
APPLE GREEN FRESH	1 EACH	85	68	0	0	4.27	0.31	17.1	85	10.24	15	0.0	18.78	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

006 - Pre-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 ¹ (g)
Weighted Daily Average			456	10	279	7.64	*7.39	*347.4	*687	*12.64	*58	13.78	93.61	3.63	2.06	*0.00
% of Calories											*51.1%	12.1%	82.1%	7.2%	4.1%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 10/11/2019																
Pre-Kinder Breakfast	Total	85														
PANCAKE WRAP, BB TR/PK 2.51 OZ	1 STICK-	85	210	20	371	1.00	1.08	20.0	50	0.0	8	6.01	20.04	11.02	3.01	0.00
CRAISIN, STRAWBERRY MILK 1% WHITE	1 PACKAG	85	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*
	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			420	*30	*496	4.00	*1.08	*320.0	*550	*2.40	44	*14.01	60.03	*13.52	*4.51	*0.00
% of Calories											41.9%	*13.3%	57.1%	*29.0%	*9.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 10/14/2019																
Pre-Kinder Breakfast	Total	85														
BAGEL MINI STRWBER CR CH SE IW	2.43 OZ	85	230	10	180	2.00	1.08	20.0	100	0.0	13	6.0	41.02	6.0	2.50	0.00
BANANA FRESH MILK 1% WHITE	1 EACH	85	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*N/A*
	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			440	20	305	6.00	1.44	320.0	705	11.40	46	15.00	82.02	8.50	4.00	*0.00
% of Calories											41.8%	13.6%	74.5%	17.4%	8.2%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/15/2019																
Pre-Kinder Breakfast	Total	85														
CEREAL CUPS, (PRE-K) APPLE RED FRESH MILK 1% WHITE	1 EACH	85	105	*N/A*	165	2.00	5.85	*100.0	700	8.4	4	1.5	22.5	1.75	*0.25	*N/A*
	1 EACH	85	76	0	2	2.39	*N/A*	*N/A*	72	*N/A*	14	0.0	19.12	0.0	0.00	0.00
	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			281	*10	292	4.39	*5.85	*400.0	1272	*10.80	30	9.50	53.62	4.25	*1.75	*0.00
% of Calories											42.4%	13.5%	76.2%	13.6%	*5.6%	*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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

006 - Pre-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 ¹ (g)
Wed - 10/16/2019																
Pre-Kinder Breakfast	Total	85														
CROISSANT, HAM, EGG & CHE ESE	1 EACH	85	301	30	532	2.01	1.45	200.9	301	*N/A*	7	16.07	33.15	12.05	3.01	*N/A*
ORANGE FRESH	1 EACH	85	61	0	0	2.83	*N/A*	*N/A*	57	*N/A*	11	1.41	15.55	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			462	40	657	4.84	*1.45	*500.9	858	*2.40	30	25.49	60.70	14.55	4.51	*0.00
% of Calories											26.3%	22.1%	52.5%	28.3%	8.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/17/2019																
Pre-Kinder Breakfast	Total	85														
DONUT HOLE WG W/H. GLAZE (PK)	3 BITES	85	143	*N/A*	150	*1.00	*0.72	*5.7	*N/A*	*N/A*	4	*2.0	15.71	*8.0	*3.50	*N/A*
APPLE GREEN FRESH	1 EACH	85	68	0	0	4.27	0.31	17.1	85	10.24	15	0.0	18.78	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			311	*10	275	*5.27	*1.03	*322.8	*585	*12.64	30	*10.00	46.49	*10.50	*5.00	*0.00
% of Calories											38.8%	*12.9%	59.8%	*30.4%	*14.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 10/18/2019																
Pre-Kinder Breakfast	Total	85														
PANCAKE MNIS (PRE-K)	1PKG	85	200	10	295	3.00	2.70	60.0	500	0.0	*N/A*	4.0	34.0	5.0	1.00	0.00
CRAISIN, STRAWBERRY	1 PACKAG	85	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 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			410	*20	*420	6.00	*2.70	*360.0	*1000	*2.40	*36	*12.00	73.99	*7.50	*2.50	*0.00
% of Calories											*35.1%	*11.7%	72.2%	*16.5%	*5.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 10/21/2019																
Pre-Kinder Breakfast	Total	85														
CINNAMON ROLL MINI IW	1 PACKAG	85	240	0	299	2.00	1.44	20.0	75	0.0	15	4.99	39.93	6.99	1.50	0.00
BANANA FRESH	1 EACH	85	110	0	0	4.00	0.36	0.0	105	9.0	21	1.0	29.0	0.0	0.00	*N/A*
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

006 - Pre-Kinder grade

	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 ¹ (g)
Weighted Daily Average			450	10	424	6.00	1.80	320.0	680	11.40	48	13.99	80.93	9.49	3.00	*0.00
% of Calories											42.7%	12.4%	72.0%	19.0%	6.0%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 10/22/2019																
Pre-Kinder Breakfast	Total	85														
BKF PATTY BRD, HAM/EGG/CHS	1 BAR	85	375	*70	779	1.75	*0.72	*40.0	*15	*0.0	*2	10.51	32.67	22.89	11.14	*0.00
APPLE RED FRESH	1 EACH	85	76	0	2	2.39	*N/A*	*N/A*	72	*N/A*	14	0.0	19.12	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			552	*80	907	4.14	*0.72	*340.0	*587	*2.40	*28	18.51	63.79	25.39	12.64	*0.00
% of Calories											*20.4%	13.4%	46.2%	41.4%	20.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 10/23/2019																
Pre-Kinder Breakfast	Total	0														
CEREAL CUPS, (PRE-K)	1 EACH	0	0	*N/A*	0	0.00	0.00	*0.0	0	0.0	0	0.0	0.0	0.0	*0.00	*N/A*
ORANGE FRESH	1 EACH	0	0	0	0	0.00	*N/A*	*N/A*	0	*N/A*	0	0.0	0.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	*0	0	0.00	*0.00	*0.0	0	*0.00	0	0.00	0.00	0.00	*0.00	*0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	*0.0%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 10/24/2019																
Pre-Kinder Breakfast	Total	85														
WRAP, TURKEY SAU, EGG & C HESE	1 EACH	85	199	45	358	1.99	5.38	99.6	299	3.58	1	8.96	21.91	9.96	4.98	*N/A*
APPLE GREEN FRESH	1 EACH	85	68	0	0	4.27	0.31	17.1	85	10.24	15	0.0	18.78	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			367	55	483	6.26	5.68	416.7	884	16.23	28	16.96	52.69	12.46	6.48	*0.00
% of Calories											29.9%	18.5%	57.4%	30.5%	15.9%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Breakfast

Portion Values - Detailed

006 - Pre-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 ¹ (g)
Fri - 10/25/2019																
Pre-Kinder Breakfast	Total	85														
PANCAKE, MAPLE MINIS (PRE-K)	3 PIECES	85	181	25	281	3.01	1.81	20.1	*N/A*	*N/A*	4	6.02	15.06	9.04	2.51	*N/A*
CRAISIN, STRAWBERRY	1 PACKAG	85	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 1% WHITE	8 OZ	85	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			391	*35	*406	6.01	*1.81	*320.1	*500	*2.40	40	*14.02	55.05	*11.54	*4.01	*0.00
% of Calories											41.0%	*14.4%	56.4%	*26.6%	*9.2%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			415	*43	*443	*5.55	*2.94	*366.3	*803	*8.15	*39	*15.01	66.29	*11.04	*4.37	*0.00
											*84.1%	*14.5%	64.0%	*24.0%	*9.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	415		350 - 500	100%				
Cholesterol (mg)	43				Missing			
Sodium 1 (mg)	443		540		Missing			
Sodium 2 (mg)	443		485		Missing			
Fiber (g)	5.55				Missing			
Iron (mg)	2.94				Missing			
Calcium (mg)	366.3				Missing			
Vitamin A (IU)	803				Missing			
Sugars (g)	39	37.39%			Missing			
Vitamin C (mg)	8.15				Missing			
Protein (g)	15.01	14.49%			Missing			
Carbohydrate (g)	66.29	63.97%						
Total Fat (g)	11.04	23.97%			Missing			
Saturated Fat (g)	4.37	9.49%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.