

# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Pre-Kinder Lunch

### Portion Values - Detailed

006 - Pre-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 - 10/07/2019																
Pre-Kinder Lunch	Total	75														
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
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	75	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*
PEARS DICED, CANNED	1/4 CUP	75	40	0	8	0.50	0.00	0.0	38	0.0	8	0.0	9.55	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	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			546	*31	*1178	*4.62	*2.55	*753.4	*921	*4.37	*27	*26.39	*69.19	*18.26	*7.06	*0.00
% of Calories											*19.6%	*19.3%	*50.7%	*30.1%	*11.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/08/2019																
Pre-Kinder Lunch	Total	75														
PIZZA PEPP, BIG DADDY, PRE-K	1 SLICE	75	180	23	285	2.00	0.90	150.0	250	0.0	3	9.0	17.0	8.5	4.00	*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
SALAD, ROMAINE W/TOMATO	1/2C(G)+ 1/4C(R)	75	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	1/4 CUP	75	38	0	5	0.54	0.39	10.7	161	11.27	9	0.54	9.12	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
DRESSING RANCH PKG	2 EACH	10	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			383	*34	*463	*6.47	*2.42	*494.8	*6147	*43.61	*31	*20.22	*48.18	*12.63	*5.73	*0.00
% of Calories											*32.0%	*21.1%	*50.3%	*29.7%	*13.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/09/2019																
Pre-Kinder Lunch	Total	75														
SPAGHETTI W/MEAT SAUCE BB	4.6 OZ+1/ 2 C	75	173	25	305	1.02	2.75	20.4	509	4.89	5	14.25	9.16	9.16	3.05	0.51
PASTA, SPAGHETTI NOODLES	1/2 CUP	75	180	0	0	6.00	1.80	0.0	10	0.0	2	7.0	41.0	1.0	0.00	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
CARROTS, BABY MINIS	PACKAGE	75	35	*N/A*	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	*N/A*	*N/A*	*N/A*
APPLESAUCE FLAVORED	1/4 CUP	75	30	0	18	1.09	*0.00	*0.0	34	*0.0	*7	5.53	7.09	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
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*
DRESSING RANCH PKG	2 EACH	10	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	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

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Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Pre-Kinder Lunch

### 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 <sup>1</sup> (g)
Weighted Daily Average			540	*38	*565	*10.22	*4.94	*349.1	*7136	*13.42	*31	*36.30	*78.13	*14.42	*4.85	*0.51
% of Calories											*23.1%	*26.9%	*57.9%	*24.0%	*8.1%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/10/2019																
Pre-Kinder Lunch	Total	75														
CORN DOG, TURKEY	4 OZ	75	251	25	763	3.01	1.81	60.2	50	15.05	10	11.04	30.11	10.04	2.01	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.	1/4 CUP	75	14	*0	46	*1.15	*0.01	*0.0	*0	*0.0	*1	0.58	2.95	0.0	*0.00	*0.00
PEACHES DICED, CANNED	1/4 CUP	75	35	0	5	0.00	0.00	0.0	149	0.6	6	0.0	8.45	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MUSTARD PKG	2 EACH	10	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	10	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			410	*36	*1004	*4.27	*1.84	*363.7	*809	*18.18	*30	*20.00	*54.95	*12.79	*3.57	*0.00
% of Calories											*29.1%	*19.5%	*53.6%	*28.1%	*7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/11/2019																
Pre-Kinder Lunch	Total	75														
PASTA, LASAGNA CHEESE ROLL UP	1 ROLL	75	298	*45	356	*1.19	*0.82	354.6	*763	*11.56	*5	*18.14	27.23	12.72	*8.08	*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
BROCCOLI BITES FRESH	1/4 CUP	75	6	0	6	1.48	0.13	7.4	93	14.46	0	0.37	0.37	0.0	0.00	0.00
FRUIT MIX, CANNED	1/4 CUP	75	47	0	5	0.52	0.37	20.8	104	10.91	9	0.52	10.91	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
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*
DRESSING RANCH PKG	2 EACH	25	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			492	*60	*587	*3.31	*1.36	*691.6	*1542	*39.47	*27	*27.55	*51.73	*19.04	*10.14	*0.00
% of Calories											*22.1%	*22.4%	*42.0%	*34.8%	*18.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Pre-Kinder Lunch

### 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 <sup>1</sup> (g)
Mon - 10/14/2019																
Pre-Kinder Lunch	Total	75														
CHICKEN, BREADED DRUMSTICK	1 PIECE	75	347	91	822	1.83	2.63	36.5	183	*N/A*	*N/A*	32.88	9.13	20.09	4.57	*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
BEANS, PORK CANNED	1/4 CUP	75	65	0	229	3.48	0.90	29.8	99	0.6	3	3.48	11.44	0.75	0.25	0.00
PEARS DICED, CANNED	1/4 CUP	75	40	0	8	0.50	0.00	0.0	38	0.0	8	0.0	9.55	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
KETCHUP PKG 9 GM	2 EACH	10	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			561	*102	*1225	*5.92	*3.56	*369.8	*930	*3.13	*23	*44.75	*43.56	*23.60	*6.38	*0.00
% of Calories											*16.6%	*31.9%	*31.1%	*37.9%	*10.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 10/15/2019																
Pre-Kinder Lunch	Total	75														
PIZZA, B.D. CHEESE (PRE-K)	1 SLICE	75	163	16	305	2.10	0.95	131.3	210	*N/A*	3	8.4	17.85	6.83	3.15	*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
SALAD, SPRING ROMAINE	1 CUP (G)	75	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	1/4 CUP	75	38	0	5	0.54	0.39	10.7	161	11.27	9	0.54	9.12	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
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*
DRESSING RANCH PKG	2 EACH	10	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			334	*28	*493	*4.31	*1.90	*466.8	*4935	*29.82	*25	*18.23	*42.37	*11.10	*4.95	*0.00
% of Calories											*30.0%	*21.8%	*50.7%	*29.9%	*13.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 10/16/2019																
Pre-Kinder Lunch	Total	75														
SANDWICH, GRILLED CHEESE IW	3.6 OZ	75	215	23	564	2.01	0.96	200.7	502	0.0	3	14.05	20.74	8.36	4.68	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
CUCUMBER SLICES	1/4 CUP	75	4	0	0	0.38	0.14	7.6	76	2.29	0	0.38	0.76	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/4 CUP	75	35	0	0	0.44	0.00	8.7	33	3.94	7	0.0	8.31	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
DRESSING RANCH PKG	2 EACH	10	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00

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## Planned Menu Spreadsheet

Pre-Kinder Lunch

### 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 <sup>1</sup> (g)
Weighted Daily Average			373	*35	*733	*2.94	*1.13	*520.5	*1194	*8.76	*23	*22.82	*42.69	*12.49	*6.42	*0.00
% of Calories											*24.4%	*24.5%	*45.7%	*30.1%	*15.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 10/17/2019																
Pre-Kinder Lunch	Total	75														
CHICKEN CHUNKS, MINI (PRE-K)	4 PIECES	75	105	23	198	0.58	0.63	*N/A*	*N/A*	*N/A*	*N/A*	9.3	5.82	5.23	0.87	*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
CELERY STICKS	1/4 CUP	75	15	0	46	0.38	0.14	7.6	1334	1.37	1	0.38	1.91	0.57	0.00	0.00
PEACHES DICED, CANNED	1/4 CUP	75	35	0	5	0.00	0.00	0.0	149	0.6	6	0.0	8.45	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
DRESSING RANCH PKG	2 EACH	10	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			274	*35	*417	*1.08	*0.80	*311.1	*2066	*4.50	*20	*18.07	*29.04	*9.94	*2.60	*0.00
% of Calories											*28.7%	*26.3%	*42.3%	*32.6%	*8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 10/18/2019																
Pre-Kinder Lunch	Total	75														
CHALUPA, BEAN & CHEESE	1 BOWL	75	245	19	303	2.90	1.26	299.5	599	1.2	0	16.3	21.11	11.41	4.04	*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
CORN, MEXICALI	1/4 CUP	75	*43	*0	*234	*1.09	*0.06	*0.4	*15	*2.26	*2	*1.07	*9.11	*0.53	*0.00	*0.00
FRUIT COCKTAIL	1/4 CUP	75	40	*N/A*	5	0.99	*N/A*	*N/A*	99	0.6	6	0.5	9.44	*N/A*	*N/A*	*N/A*
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
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
Weighted Daily Average			*435	*30	*711	*5.09	*1.35	*603.3	*1298	*6.59	*22	*26.26	*52.61	*14.69	*5.60	*0.00
% of Calories											*19.8%	*24.2%	*48.4%	*30.4%	*11.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Pre-Kinder Lunch

### 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 <sup>1</sup> (g)
Mon - 10/21/2019																
Pre-Kinder Lunch	Total	75														
CHICKEN ALFREDO	#8 SCOOP	75	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	75	111	*0	14	*1.70	*1.02	*11.8	*0	*0.0	*1	3.88	20.79	1.28	0.19	*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
VEGETABLES CALIFORNIA BL END	1/4 CUP	75	14	0	23	*1.01	*0.18	*10.1	*755	*13.59	*1	0.5	2.78	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/4 CUP	75	35	0	0	0.44	0.00	8.7	33	3.94	7	0.0	8.31	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
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*
Weighted Daily Average			592	*137	*1329	*3.26	*2.05	*717.7	*1886	*20.07	*26	*43.16	*55.88	*21.35	*9.63	*0.00
% of Calories											*17.7%	*29.2%	*37.8%	*32.5%	*14.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 10/22/2019																
Pre-Kinder Lunch	Total	75														
BEEF, CARNE GUISTADA	#8	75	140	63	320	1.00	0.54	219.2	129	2.99	1	19.93	5.98	3.99	1.69	*N/A*
RICE, STEAMED WHITE	#8 SCOOP	75	94	0	2	0.00	0.01	1.0	0	0.0	*N/A*	1.89	22.05	0.0	0.00	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
PEAS FROZEN	1/4 CUP	75	*38	*0	*77	*2.17	*1.00	*0.1	*217	*3.26	*2	*2.72	*6.52	*0.0	*0.00	*0.00
MANDARIN ORANGES, CANNED	1/4 CUP	75	38	0	5	0.54	0.39	10.7	161	11.27	9	0.54	9.12	0.0	0.00	0.00
Weighted Daily Average			*317	*64	*419	*3.82	*1.96	*234.5	*590	*17.65	*13	*25.46	*44.31	*4.24	*1.76	*0.00
% of Calories											*15.8%	*32.2%	*56.0%	*12.1%	*5.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 10/23/2019																
Pre-Kinder Lunch	Total	75														
PORK, BBQ PULLED SAND (PR E-K)	2 OZ. (#1 6 SCP)	75	386	*64	727	*4.00	*1.80	*60.0	*N/A*	*1.2	9	*22.0	41.01	14.5	*5.00	*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
BEANS BAKED, CANNED	1/4 CUP	75	99	12	290	2.77	1.27	46.6	24	1.3	*5	5.07	14.79	1.96	0.54	0.00
APPLESAUCE FLAVORED	1/4 CUP	75	30	0	18	1.09	*0.00	*0.0	34	*0.0	*7	5.53	7.09	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
SAUCE, BBQ CUP 1 OZ.	1 OZ.	10	30	*N/A*	95	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	3	*N/A*	8.0	*N/A*	*N/A*	*N/A*

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

## Planned Menu Spreadsheet

Pre-Kinder Lunch

### 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 <sup>1</sup> (g)
Weighted Daily Average			625	*87	*1188	*7.98	*3.11	*410.0	*641	*5.04	*33	*40.98	*76.61	*19.21	*7.10	*0.00
% of Calories											*21.2%	*26.2%	*49.0%	*27.7%	*10.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 10/24/2019																
Pre-Kinder Lunch	Total	75														
BEEF, SLOPPY JOE, RF,RS PR E-K	#16 SCOOP	75	129	*24	453	1.55	1.64	48.2	*241	*4.41	6	9.16	14.46	3.81	*1.21	*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, 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*
PEACHES DICED, CANNED	1/4 CUP	75	35	0	5	0.00	0.00	0.0	149	0.6	6	0.0	8.45	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	75	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	*35	*947	*3.66	*2.03	*351.6	*1173	*9.93	*25	*19.55	*57.48	*10.55	*3.27	*0.00
% of Calories											*25.1%	*19.6%	*57.6%	*23.8%	*7.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 10/25/2019																
Pre-Kinder Lunch	Total	75														
BURRITO W/CHILI & CHEESE	1 BURRIT	75	328	44	767	*5.75	*6.25	*239.0	*1069	*4.08	*1	23.14	*24.63	15.68	8.33	*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
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	1/4 CUP	75	40	*N/A*	5	0.99	*N/A*	*N/A*	99	0.6	6	0.5	9.44	*N/A*	*N/A*	*N/A*
MILK 1% WHITE	8 OZ	75	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			587	*55	*1557	*7.87	*7.96	*636.0	*2169	*22.23	*24	*37.21	*65.19	*20.97	*10.14	*0.00
% of Calories											*16.3%	*25.4%	*44.5%	*32.2%	*15.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			*458	*54	*854	*4.99	*2.60	*484.9	*2229	*16.45	*25	*28.46	*54.13	*15.02	*5.95	*0.03
											*49.6%	*24.9%	*47.3%	*29.5%	*11.7%	*0.1%

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# Flour Bluff ISD

Oct 7, 2019 thru Oct 25, 2019

Planned Menu Spreadsheet

Pre-Kinder Lunch

Portion Values - Detailed

006 - Pre-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	458		550 - 650	83%	Missing	92		Correction Required - Calories are Low									
Cholesterol (mg)	54				Missing												
Sodium 1 (mg)	854		1230		Missing												
Sodium 2 (mg)	854		935		Missing												
Fiber (g)	4.99				Missing												
Iron (mg)	2.60				Missing												
Calcium (mg)	484.9				Missing												
Vitamin A (IU)	2229				Missing												
Sugars (g)	25	22.06%			Missing												
Vitamin C (mg)	16.45				Missing												
Protein (g)	28.46	24.86%			Missing												
Carbohydrate (g)	54.13	47.29%			Missing												
Total Fat (g)	15.02	29.52%			Missing												
Saturated Fat (g)	5.95	11.69%	<10.00%		Missing			Correction Required - Sat. Fat too High									
Trans Fat <sup>1</sup> (g)	0.03	0.07%			Missing												

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