

Flour Bluff ISD

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

Early Childhood Breakfast

Portion Values - Detailed

	Portion Size	Reimb 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)
Mon - 11/02/2020																
Early Childhood Breakfast	Total	150														
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			260	*6	208	*2.97	*3.08	*392.9	971	*17.49	37	9.77	52.48	*1.26	*0.31	*0.00
% of Calories											57.5%	15.0%	80.7%	*4.4%	*1.1%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 11/03/2020																
Early Childhood Breakfast	Total	150														
BKF MUFFIN 2OZ PK-4, ASSORTED	1 EACH	50	198	37	129	1.75	0.79	75.1	*36	*0.0	16	3.59	32.2	6.14	1.53	0.00
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			252	*19	157	*2.43	*0.42	*350.4	*619	*13.79	38	9.96	47.09	2.46	*0.76	*0.00
% of Calories											59.5%	15.8%	74.7%	8.8%	*2.7%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

Early Childhood Breakfast

Portion Values - Detailed

Page 2

Generated on: 10/22/2020 11:26:08 AM

	Portion Size	Reimb 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 - 11/04/2020																
Early Childhood Breakfast	Total	150														
BKF HONEY BUN 3OZ/60CT	1 EACH	100	270	0	210	3.00	1.80	40.0	100	21.01	13	6.0	40.02	10.01	4.50	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	1 EACH	100	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			519	*6	368	*4.97	*4.28	*419.6	1068	*31.49	61	13.77	98.94	*7.93	*3.31	*0.00
% of Calories											46.6%	10.6%	76.2%	*13.7%	*5.7%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Thu - 11/05/2020																
Early Childhood Breakfast	Total	150														
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			373	*6	312	*4.09	*6.00	*460.4	1350	*21.18	50	10.78	78.50	*2.10	*0.36	*0.00
% of Calories											53.4%	11.5%	84.1%	*5.1%	*0.9%	*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

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

Early Childhood Breakfast

Portion Values - Detailed

Page 3

Generated on: 10/22/2020 11:26:08 AM

	Portion Size	Reimb 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 - 11/06/2020																
Early Childhood Breakfast	Total	150														
BKF PANCAKE BOWLS	1 EACH	50	218	35	337	1.98	1.79	19.8	*N/A*	*N/A*	15	4.96	37.68	4.96	2.48	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			407	*18	415	*4.75	*6.60	*467.0	*1336	*21.18	48	12.43	81.17	*3.76	*1.19	*0.00
% of Calories											46.8%	12.2%	79.8%	*8.3%	*2.6%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			362	*11	292	*3.84	*4.07	*418.1	*1069	*21.03	47	11.34	71.64	*3.50	*1.19	*0.00
											115.7%	12.5%	79.1%	*8.7%	*2.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	362		350 - 500	100%				
Cholesterol (mg)	11				Missing			
Sodium 1 (mg)	292		540					
Sodium 2 (mg)	292		485					
Fiber (g)	3.84				Missing			
Iron (mg)	4.07				Missing			
Calcium (mg)	418.1				Missing			
Vitamin A (IU)	1069				Missing			
Sugars (g)	47	51.42%						
Vitamin C (mg)	21.03				Missing			
Protein (g)	11.34	12.52%						
Carbohydrate (g)	71.64	79.09%						
Total Fat (g)	3.50	8.70%			Missing			
Saturated Fat (g)	1.19	2.94%	<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.