

Flour Bluff ISD

Nov 2, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 10/21/2020 1:22:44 PM

	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																
High School Breakfast	Total	211														
BKF PANCAKE MAPLE MINI BITES	6 EACH	160	378	52	588	6.30	3.78	42.0	*N/A*	*N/A*	8	12.6	31.5	18.9	5.25	*N/A*
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*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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			581	*46	646	*7.71	*5.12	*388.5	*862	*16.27	52	18.67	85.41	*15.72	*4.47	*0.02
% of Calories											35.7%	12.9%	58.8%	*24.4%	*6.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 11/03/2020																
High School Breakfast	Total	211														
BKF MUFFIN, ASSORTED	1 EACH	150	225	30	117	102.88	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	60	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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			409	*28	283	*76.24	*3.45	*370.8	940	*17.36	49	11.98	77.59	*5.74	*1.13	*0.02
% of Calories											47.5%	11.7%	75.9%	*12.6%	*2.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Portion Values - Detailed

	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																
High School Breakfast	Total	211														
BKF HONEY BUN 3OZ/60CT	1 EACH	150	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	60	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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 % of Calories			440	*7	349	*5.23	*3.95	*394.7	963	*31.74	45 41.0%	13.52 12.3%	78.21 71.0%	*8.62 *17.6%	*3.70 *7.6%	*0.02 *0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 11/05/2020																
High School Breakfast	Total	211														
BKF BOWTIE,W/SAUS LINK (5-12)	1 EACH+ 1LINKS	150	220	90	410	2.00	1.36	130.0	*5	*0.01	*1	13.01	19.0	10.51	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	60	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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 % of Calories			405	*71	491	*4.52	*3.64	*458.7	*896	*16.81	*37 *36.1%	18.50 18.3%	63.26 62.5%	*8.98 *20.0%	*3.34 *7.4%	*0.02 *0.0%
Nutrient Guideline			450-600		640											<10.00

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	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																
High School Breakfast	Total	211														
CINNAMON SWIRL IW	2.7 OZ	150	221	13	250	2.60	6.11	168.2	1422	26.03	13	2.4	36.05	7.61	1.50	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	60	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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			406	*16	378	*4.95	*7.02	*485.8	1903	*35.31	45	10.96	75.38	*6.92	*1.57	*0.02
% of Calories											44.5%	10.8%	74.3%	*15.4%	*3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 11/09/2020																
High School Breakfast	Total	211														
BKF CHICKEN SAUSAGE SANDWICH	1 EACH	100	180	40	299	1.00	1.80	79.9	*N/A*	*N/A*	7	9.98	17.97	6.99	2.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	110	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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	2 EACH	100	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
JELLY ASSORTED	1PKG	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			515	*26	437	*4.37	*5.60	*452.1	*1193	*19.43	67	14.70	102.12	*5.42	*1.48	*0.02
% of Calories											52.3%	11.4%	79.3%	*9.5%	*2.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Tue - 11/10/2020																
High School Breakfast	Total	211														
BKF MUFFIN, ASSORTED	1 EACH	180	225	30	117	102.88	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	30	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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 % of Calories			409	*32	260	*90.39	*2.36	*342.9	794	*15.90	49 47.7%	12.09 11.8%	76.28 74.6%	*6.22 *13.7%	*1.24 *2.7%	*0.02 *0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 11/11/2020																
High School Breakfast	Total	211														
BKF PUMPKIN SUPER SLICE	1 EACH	140	260	*N/A*	250	2.00	0.18	79.9	0	*N/A*	24	4.99	43.95	7.99	1.50	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	70	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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 % of Calories			431	*7	379	*4.58	*3.21	*428.9	944	*17.32	53 48.7%	12.71 11.8%	81.21 75.3%	*6.93 *14.5%	*1.50 *3.1%	*0.02 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Thu - 11/12/2020																
High School Breakfast	Total	211														
BKF PANCAKE BB SAUSAGE S TICK	1 EACH	180	250	25	400	1.00	1.08	20.0	*N/A*	*N/A*	10	6.0	22.99	14.99	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	30	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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	180	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			531	*28	526	*3.47	*2.35	*354.5	*775	*15.22	61	13.94	87.80	*13.94	*3.88	*0.02
% of Calories											45.7%	10.5%	66.1%	*23.6%	*6.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 11/13/2020																
High School Breakfast	Total	211														
DONUT, POWDERED SUGAR MINIS	1 PACKAG	180	309	20	249	1.99	1.44	39.9	*N/A*	*N/A*	29	2.99	51.84	10.97	4.98	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	30	222	*N/A*	282	3.37	8.77	202.5	1093	11.09	16	3.02	48.38	*2.53	*0.17	*N/A*
SANDWICH,COURTESY MEAL (HS)	2 OZ	1	640	100	2320	*8.00	*2.88	920.0	1200	*0.0	4	36.0	52.0	42.0	20.00	3.60
FRUIT FRESH ASSORTED	1 EACH	120	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	100	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	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	50	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			481	*24	372	*4.32	*2.65	*371.5	*737	*15.22	58	11.38	87.10	*10.51	*4.73	*0.02
% of Calories											48.5%	9.5%	72.5%	*19.7%	*8.9%	*0.0%
Nutrient Guideline			450-600		640										<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.

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Flour Bluff ISD

Nov 2, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	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)
Weighted Average			461	*28	412	*20.58	*3.94	*404.8	*1001	*20.06	*51 *100.5	13.85 12.0%	81.44 70.7%	*8.90 *17.4%	*2.70 *5.3%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	461		450 - 600	100%				
Cholesterol (mg)	28				Missing			
Sodium 1 (mg)	412		640					
Sodium 2 (mg)	412		570					
Fiber (g)	20.58				Missing			
Iron (mg)	3.94				Missing			
Calcium (mg)	404.8				Missing			
Vitamin A (IU)	1001				Missing			
Sugars (g)	51	44.68%			Missing			
Vitamin C (mg)	20.06				Missing			
Protein (g)	13.85	12.02%						
Carbohydrate (g)	81.44	70.69%						
Total Fat (g)	8.90	17.39%			Missing			
Saturated Fat (g)	2.70	5.28%	<10.00%		Missing			
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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

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