

# Flour Bluff ISD

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/22/2020 11:24:31 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/02/2020               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch              | Total        | 1051      |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CHICKEN FILET ON BUN W/CH EESE | 1 PIECE      | 700       | 457         | 65          | 954       | 5.12      | 4.01      | 261.9      | *144       | *0.0       | 4          | 31.0      | 41.49    | 18.43     | 5.11      | *0.00                   |
| SANDWICH ITALIAN SUB           | SUB          | 350       | 413         | *63         | 947       | *4.00     | 1.89      | *208.0     | *134       | *6.0       | *3         | 22.81     | *40.65   | 16.81     | *6.50     | *0.00                   |
| SANDWICH,COURTESY MEAL (HS)    | SANDWIC      | 1         | 320         | 50          | 1160      | *4.00     | *1.44     | 460.0      | 600        | *0.0       | 2          | 18.0      | 26.0     | 21.0      | 10.00     | 1.80                    |
| POTATO, FF, STRAIGHT CUT       | 1/2 CUP      | 1000      | 142         | *N/A*       | 385       | 1012.4    | 0.71      | 0.0        | *N/A*      | 1.85       | *N/A*      | 2.03      | 21.26    | 5.06      | 1.01      | *N/A*                   |
| TOMATOES GRAPE                 | 14 EACH      | 400       | 40          | 0           | 0         | 1.35      | 10.93     | 0.0        | 1012       | 36.45      | 5          | 1.35      | 8.1      | 0.0       | 0.00      | 0.00                    |
| APPLESAUCE FLAVORED            | 1/2 CUP      | 400       | 61          | 0           | 36        | 2.18      | *0.00     | *0.0       | 67         | *0.0       | *13        | 11.05     | 14.19    | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED           | 1 EACH       | 200       | 85          | 0           | 1         | 3.69      | *0.22     | *6.2       | 88         | *6.46      | 17         | 0.46      | 22.31    | 0.0       | 0.00      | *0.00                   |
| MILK SKIM UNFLAVORED           | 8 OZ         | 50        | 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         | 200       | 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         | 600       | 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       | 110         | 5           | 100       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 18         | 8.0       | 18.0     | 0.0       | 0.00      | *N/A*                   |
| MUSTARD PKG                    | 2 EACH       | 25        | 11          | 0           | 180       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| MAYONNAISE RC PKG              | 2 EACH       | 25        | 57          | 0           | 238       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 4.54     | 5.67      | 0.00      | 0.00                    |
| KETCHUP PKG 9 GM               | 4 EACH       | 500       | 40          | 0           | 400       | 0.00      | 0.00      | 0.0        | 400        | 0.0        | 8          | 0.0       | 12.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG             | 4 EACH       | 400       | 206         | 17          | 429       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 3.43     | 20.57     | 2.57      | 0.00                    |
| SAUCE, MARINARA CUP            | 2 EACH       | 600       | 30          | 0           | 243       | 2.02      | 0.73      | 0.0        | 202        | 0.0        | 4          | 2.02      | 6.07     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average         |              |           | 854         | *77         | 1940      | *971.30   | *8.59     | *545.0     | *1374      | *21.26     | *38        | 44.14     | *101.87  | 31.14     | *7.81     | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *17.7%     | 20.7%     | *47.7%   | 32.8%     | *8.2%     | *0.0%                   |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          |           | <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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/22/2020 11:24:32 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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/03/2020            |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch           | Total        | 1051      |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PIZZA SLICES                | SERVING      | 900       | 360         | 40          | 530       | 3.50      | 1.80      | 325.1      | 500        | *0.0       | 8          | 19.51     | 34.51    | 16.5      | 7.50      | *N/A*                   |
| SANDWICH, TURKEY/CH CRO     | 1 SAND       | 150       | 333         | *58         | 777       | *2.00     | 1.45      | *219.0     | *134       | *0.0       | *4         | 24.8      | *28.65   | 13.8      | 6.00      | *0.00                   |
| SSIAANT                     | WICH         |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| SANDWICH,COURTESY MEAL (HS) | SANDWIC      | 1         | 320         | 50          | 1160      | *4.00     | *1.44     | 460.0      | 600        | *0.0       | 2          | 18.0      | 26.0     | 21.0      | 10.00     | 1.80                    |
| CORN, CANNED                | 1/2 CUP      | 200       | 103         | 0           | 207       | *2.44     | *0.00     | *0.0       | *24        | *4.4       | *5         | 2.44      | 21.74    | 1.22      | 0.00      | 0.00                    |
| CARROTS MINI IW             | 1/2 CUP      | 400       | 25          | *N/A*       | 0         | *N/A*     | *N/A*     | *N/A*      | 18         | *N/A*      | 4          | 0.72      | 5.76     | 0.0       | *N/A*     | 0.00                    |
| PIE, PUMPKIN, OPEN TOP      | 1 PIE        | 800       | 360         | 40          | 470       | 3.00      | 1.80      | 40.0       | 6000       | 1.2        | 31         | 5.0       | 56.0     | 13.0      | 7.00      | *N/A*                   |
| PEARS DICED, CANNED         | 1/2 CUP      | 350       | 80          | 0           | 15        | 1.00      | 0.00      | 0.0        | 75         | 0.0        | 15         | 0.0       | 19.1     | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED        | 1 EACH       | 200       | 85          | 0           | 1         | 3.69      | *0.22     | *6.2       | 88         | *6.46      | 17         | 0.46      | 22.31    | 0.0       | 0.00      | *0.00                   |
| MILK SKIM UNFLAVORED        | 8 OZ         | 50        | 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         | 200       | 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         | 600       | 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       | 110         | 5           | 100       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 18         | 8.0       | 18.0     | 0.0       | 0.00      | *N/A*                   |
| MUSTARD PKG                 | 1 EACH       | 10        | 5           | 0           | 90        | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| MAYONNAISE RC PKG           | 1 EACH       | 10        | 28          | 0           | 119       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 2.27     | 2.83      | 0.00      | 0.00                    |
| KETCHUP PKG 9 GM            | 4 EACH       | 200       | 40          | 0           | 400       | 0.00      | 0.00      | 0.0        | 400        | 0.0        | 8          | 0.0       | 12.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG          | 4 EACH       | 400       | 206         | 17          | 429       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 3.43     | 20.57     | 2.57      | 0.00                    |
| CHEESE, PARMESAN, BULK      | 1 PACKAG     | 200       | 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      |              |           | 898         | *86         | 1328      | *7.07     | *3.16     | *649.0     | *5644      | *5.38      | *60        | 33.07     | *113.96  | 34.77     | *13.98    | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | *26.9%     | 14.7%     | *50.8%   | 34.9%     | *14.0%    | *0.0%                   |
| Nutrient Guideline          |              |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          | <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

<sup>1</sup> - 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

High School Lunch

### 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 <sup>1</sup> (g) |
|--------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/04/2020               |                  |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch              | Total            | 1051      |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| SPAGHETTI W/MEAT SAUCE BB      | 4.6 OZ+1/2 C     | 950       | 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          | 950       | 180         | 0           | 0         | 6.00      | 1.80      | 0.0        | 10         | 0.0        | 2          | 7.0       | 41.0     | 1.0       | 0.00      | 0.00                    |
| SANDWICH, HAM & CHEESE         | 1 SAND WICH      | 50        | 330         | 80          | 1210      | *4.00     | *2.16     | *270.1     | *300       | *1.2       | *1         | 27.0      | 26.0     | 16.5      | 6.50      | *0.90                   |
| SANDWICH,COURTESY MEAL (HS)    | SANDWIC          | 1         | 320         | 50          | 1160      | *4.00     | *1.44     | 460.0      | 600        | *0.0       | 2          | 18.0      | 26.0     | 21.0      | 10.00     | 1.80                    |
| BREADSTICK, 5" GARLIC          | 1 EACH           | 900       | 100         | 0           | 95        | 1.00      | 0.90      | 0.0        | 0          | 0.0        | 1          | 1.0       | 15.0     | 3.5       | 0.50      | 0.00                    |
| SALAD, ROMAINE W/GRAPE T OMATO | 1/2C(G)+ 1/4C(R) | 200       | 32          | 0           | 4         | 2.14      | 6.34      | 14.2       | 4098       | 34.38      | 4          | 1.43      | 6.45     | 0.0       | 0.00      | 0.00                    |
| PEAS FROZEN                    | 1/2 CUP          | 200       | *76         | *0          | *154      | *4.35     | *1.99     | *0.3       | *434       | *6.52      | *4         | *5.43     | *13.03   | *0.0      | *0.00     | *0.00                   |
| FRUIT COCKTAIL                 | 1/2 CUP          | 500       | 79          | *N/A*       | 10        | 1.99      | *N/A*     | *N/A*      | 199        | 1.19       | 13         | 0.99      | 18.88    | *N/A*     | *N/A*     | *N/A*                   |
| FRUIT FRESH ASSORTED           | 1 EACH           | 200       | 85          | 0           | 1         | 3.69      | *0.22     | *6.2       | 88         | *6.46      | 17         | 0.46      | 22.31    | 0.0       | 0.00      | *0.00                   |
| MILK SKIM UNFLAVORED           | 8 OZ             | 50        | 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             | 200       | 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             | 600       | 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       | 110         | 5           | 100       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 18         | 8.0       | 18.0     | 0.0       | 0.00      | *N/A*                   |
| MUSTARD PKG                    | 1 EACH           | 25        | 5           | 0           | 90        | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| MAYONNAISE RC PKG              | 1 EACH           | 25        | 28          | 0           | 119       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 2.27     | 2.83      | 0.00      | 0.00                    |
| KETCHUP PKG 9 GM               | 4 EACH           | 500       | 40          | 0           | 400       | 0.00      | 0.00      | 0.0        | 400        | 0.0        | 8          | 0.0       | 12.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG             | 4 EACH           | 400       | 206         | 17          | 429       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 3.43     | 20.57     | 2.57      | 0.00                    |
| DRESSING, ITALIAN LC 200/12G   | 2 EACH           | 100       | 10          | *N/A*       | 180       | *N/A*     | *N/A*     | *N/A*      | *N/A*      | *N/A*      | *N/A*      | *N/A*     | 2.0      | *N/A*     | *N/A*     | *N/A*                   |
| CHEESE, PARMESAN, BULK         | 1 PACKAG         | 200       | 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         |                  |           | *704        | *40         | *945      | *10.28    | *6.61     | *342.9     | *2147      | *16.45     | *40        | *31.41    | *100.77  | *21.55    | *4.87     | *0.51                   |
| % of Calories                  |                  |           |             |             |           |           |           |            |            |            | *22.6%     | *17.9%    | *57.3%   | *27.6%    | *6.2%     | *0.6%                   |
| Nutrient Guideline             |                  |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          |           | <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

High School Lunch

### 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/05/2020               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| High School Lunch              | Total        | 1051      |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CORN DOG, TURKEY               | 1 EACH       | 450       | 281         | 40          | 662       | 2.01      | 1.81      | 60.2       | 100        | 9.03       | 9          | 9.03      | 31.11    | 13.05     | 3.51      | 0.00                    |
| SANDWICH, SUNFLOWER BUTTER W/J | SANDWIC      | 600       | 530         | 30          | 580       | *8.00     | *2.88     | 250.0      | *105       | *0.0       | *21        | 22.0      | 58.0     | 28.0      | 7.00      | *0.00                   |
| SANDWICH,COURTESY MEAL (HS)    | SANDWIC      | 1         | 320         | 50          | 1160      | *4.00     | *1.44     | 460.0      | 600        | *0.0       | 2          | 18.0      | 26.0     | 21.0      | 10.00     | 1.80                    |
| POTATO, SAVORY LOOPS           | 1/2 CUP      | 300       | 162         | *N/A*       | 445       | 1.01      | 0.71      | 0.0        | *N/A*      | 0.0        | *N/A*      | 2.03      | 21.26    | 7.09      | 1.01      | *N/A*                   |
| BROCCOLI BITES FRESH           | 1/2 CUP      | 500       | 11          | 0           | 11        | 2.97      | 0.27      | 14.8       | 185        | 28.93      | 0          | 0.74      | 0.74     | 0.0       | 0.00      | 0.00                    |
| MANDARIN ORANGES, CANNED       | 1/2 CUP      | 500       | 75          | 0           | 11        | 1.07      | 0.77      | 21.5       | 322        | 22.54      | 18         | 1.07      | 18.25    | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED           | 1 EACH       | 200       | 85          | 0           | 1         | 3.69      | *0.22     | *6.2       | 88         | *6.46      | 17         | 0.46      | 22.31    | 0.0       | 0.00      | *0.00                   |
| MILK SKIM UNFLAVORED           | 8 OZ         | 50        | 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         | 200       | 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         | 600       | 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       | 110         | 5           | 100       | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 18         | 8.0       | 18.0     | 0.0       | 0.00      | *N/A*                   |
| MUSTARD PKG                    | 2 EACH       | 25        | 11          | 0           | 180       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| MAYONNAISE RC PKG              | 2 EACH       | 25        | 57          | 0           | 238       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 4.54     | 5.67      | 0.00      | 0.00                    |
| KETCHUP PKG 9 GM               | 4 EACH       | 400       | 40          | 0           | 400       | 0.00      | 0.00      | 0.0        | 400        | 0.0        | 8          | 0.0       | 12.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG             | 4 EACH       | 400       | 206         | 17          | 429       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 3.43     | 20.57     | 2.57      | 0.00                    |
| Weighted Daily Average         |              |           | 728         | *47         | 1185      | *8.34     | *3.16     | *487.1     | *1013      | *31.98     | *49        | 25.96     | 88.91    | 32.05     | 7.06      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | *26.8%     | 14.3%     | 48.8%    | 39.6%     | 8.7%      | *0.0%                   |
| Nutrient Guideline             |              |           | 750-850     |             | 1420      |           |           |            |            |            |            |           |          |           | <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

<sup>1</sup> - 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

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 10/22/2020 11:24:32 AM

|                             | 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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/06/2020            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| High School Lunch           | Total        | 1051      |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CHICKEN STRIPS              | 3 STRIPS     | 800       | 94          | 20          | 158       | 0.67      | 0.61      | 6.7       | 0          | 0.0        | 0          | 8.43      | 5.39     | 4.38      | 0.84      | *N/A*                   |
| SANDWICH,TURK,CHZ HOAGI     | 1 SAND       | 250       | 291         | 40          | 752       | 3.01      | 1.81      | 300.9     | 201        | *N/A*      | 6          | 21.07     | 31.1     | 11.04     | 5.02      | *N/A*                   |
| E IW                        | WICH         |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| SANDWICH,COURTESY MEAL (HS) | SANDWIC      | 1         | 320         | 50          | 1160      | *4.00     | *1.44     | 460.0     | 600        | *0.0       | 2          | 18.0      | 26.0     | 21.0      | 10.00     | 1.80                    |
| GINGERBREAD PEOPLE          | 1 COOKIE     | 800       | 158         | 0           | 99        | 0.99      | 1.42      | 39.6      | 396        | 1.19       | 10         | 1.98      | 26.7     | 4.94      | 2.47      | 0.00                    |
| CUCUMBER SLICES             | 1/2 CUP      | 400       | 8           | 0           | 0         | 0.76      | 0.28      | 15.3      | 153        | 4.58       | 1          | 0.76      | 1.53     | 0.0       | 0.00      | 0.00                    |
| BEANS, SEASONED PINTO       | 1/2 CUP      | 700       | 104         | 0           | 184       | 8.98      | 1.45      | 61.1      | 125        | 2.37       | *0         | 5.04      | 18.01    | 0.05      | 0.00      | *0.00                   |
| PEACHES DICED, CANNED       | 1/2 CUP      | 500       | 70          | 0           | 10        | 0.00      | 0.00      | 0.0       | 298        | 1.19       | 13         | 0.0       | 16.89    | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED        | 1 EACH       | 200       | 85          | 0           | 1         | 3.69      | *0.22     | *6.2      | 88         | *6.46      | 17         | 0.46      | 22.31    | 0.0       | 0.00      | *0.00                   |
| MILK SKIM UNFLAVORED        | 8 OZ         | 50        | 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         | 200       | 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         | 600       | 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       | 110         | 5           | 100       | 0.00      | 0.00      | 300.0     | 500        | 2.4        | 18         | 8.0       | 18.0     | 0.0       | 0.00      | *N/A*                   |
| MUSTARD PKG                 | 2 EACH       | 100       | 11          | 0           | 180       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| MAYONNAISE RC PKG           | 2 EACH       | 100       | 57          | 0           | 238       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 4.54     | 5.67      | 0.00      | 0.00                    |
| KETCHUP PKG 9 GM            | 4 EACH       | 200       | 40          | 0           | 400       | 0.00      | 0.00      | 0.0       | 400        | 0.0        | 8          | 0.0       | 12.0     | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG          | 4 EACH       | 400       | 206         | 17          | 429       | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 3          | 0.0       | 3.43     | 20.57     | 2.57      | 0.00                    |
| Weighted Daily Average      |              |           | 582         | 37          | 888       | *8.96     | *3.09     | *454.7    | 1225       | *8.42      | *38        | 24.67     | 77.86    | 18.62     | 4.99      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            |            | *26.4%     | 17.0%     | 53.5%    | 28.8%     | 7.7%      | *0.0%                   |
| Nutrient Guideline          |              |           | 750-850     |             | 1420      |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                  |  |  |      |     |       |         |       |        |       |        |        |        |        |        |       |       |
|------------------|--|--|------|-----|-------|---------|-------|--------|-------|--------|--------|--------|--------|--------|-------|-------|
| Weighted Average |  |  | *753 | *58 | *1257 | *201.19 | *4.92 | *495.7 | *2281 | *16.70 | *45    | *31.85 | *96.67 | *27.63 | *7.74 | *0.10 |
|                  |  |  |      |     |       |         |       |        |       |        | *53.8% | *16.9% | *51.3% | *33.0% | *9.2% | *0.1% |

\*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

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 10/22/2020 11:24:32 AM

| Nutrient                   | Menu AVG | 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 <sup>1</sup> (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---------------------------------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   | Error Messages (if any) |            |                                       |            |            |           |          |           |           |                         |
| Calories                   | 753      |              | 750 - 850     | 100%        | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 58       |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sodium 1 (mg)              | 1257     |              | 1420          |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sodium 2 (mg)              | 1257     |              | 1080          |             | Missing     |           |           |                         | 177        | Correction Required - Sodium too High |            |            |           |          |           |           |                         |
| Fiber (g)                  | 201.19   |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Iron (mg)                  | 4.92     |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Calcium (mg)               | 495.7    |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 2281     |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Sugars (g)                 | 45       | 23.93%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 16.70    |              |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Protein (g)                | 31.85    | 16.91%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 96.67    | 51.34%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Total Fat (g)              | 27.63    | 33.01%       |               |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 7.74     | 9.25%        | <10.00%       |             | Missing     |           |           |                         |            |                                       |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.12%        |               |             | 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

<sup>1</sup> - 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.