

Flour Bluff ISD

Nov 9, 2020 thru Nov 13, 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 ¹ (g)
Mon - 11/09/2020																
High School Lunch	Total	1051														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	700	343	61	566	*3.00	*3.26	*101.1	*12	*0.0	*2	23.24	*25.99	15.72	5.59	*0.01
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*
SALAD, ROMAINE SIDE W/PIC KLE	1/2 C	400	11	*0	80	*1.06	*0.46	*11.7	*1848	*11.48	1	0.61	2.34	0.05	*0.00	*0.00
APPLESAUCE FLAVORED	1/2 CUP	500	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	300	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	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	300	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	300	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			742	*72	1490	*969.76	*3.92	*443.0	*1447	*12.37	*34	39.21	*87.34	27.40	*7.88	*0.01
% of Calories											*18.5%	21.1%	*47.1%	33.2%	*9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Flour Bluff ISD

Nov 9, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	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)
Tue - 11/10/2020																
High School Lunch	Total	1051														
PIZZA, FRENCH BREAD PEPPERONI	1 EACH	950	300	25	559	0.00	208.67	279.6	499	11.98	4	17.97	32.95	11.98	4.49	0.00
SANDWICH, TURKEY/CHICKEN/SSSIANT	1 SANDWICH	100	333	*58	777	*2.00	1.45	*219.0	*134	*0.0	*4	24.8	*28.65	13.8	6.00	*0.00
SANDWICH, COURTESY MEAL (HS)	SANDWICH	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 CORN, CANNED	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
CORN, CANNED	1/2 CUP	500	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	600	25	*N/A*	0	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	0.00
PEARS DICED, CANNED	1/2 CUP	500	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	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	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	400	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			706	*42	1147	*3.39	*189.57	*590.1	*1115	*16.55	*39	29.51	*93.16	24.56	*6.52	*0.00
% of Calories											*22.0%	16.7%	*52.8%	31.3%	*8.3%	*0.0%
Nutrient Guideline			750-850		1420										<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)
Wed - 11/11/2020																
High School Lunch	Total	1051														
PORK, BBQ PULLED SANDWICH SANDWICH, HAM & CHEESE	(#12 SCP)	1000	435	*64	845	*4.98	*2.51	*99.5	*10	*1.2	7	*23.94	47.87	15.97	*5.49	*0.00
SANDWICH, COURTESY MEAL (HS)	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
BEANS, PORK CANNED	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
COLESLAW	1/2 CUP	300	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
FRUIT COCKTAIL	1/2 CUP	800	90	6	174	1.82	0.33	36.4	1395	21.83	*9	0.91	10.63	5.19	0.58	0.00
FRUIT FRESH ASSORTED	1 EACH	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*
MILK SKIM UNFLAVORED	8 OZ	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 1% WHITE	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 FAT FREE, CHOCOLATE	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, STRAWBERRY FF	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
MUSTARD PKG	1 EACH	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MAYONNAISE RC 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
KETCHUP PKG 9 GM	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
DRESSING RANCH PKG	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, ITALIAN LC 200/12G	4 EACH	300	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SAUCE, BBQ CUP 1 OZ.	2 EACH	50	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*
	1 OZ.	500	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*
Weighted Daily Average % of Calories			778	*80	1493	*9.96	*3.29	*453.5	*1830	*22.35	*45 *23.1%	*35.31 *18.2%	99.00 50.9%	*26.78 *31.0%	*7.14 *8.3%	*0.04 *0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 11/12/2020																
High School Lunch	Total	1051														
BEEF, FRITO PIE (7-12)	# 6 SC + 2 OZ	800	553	57	1166	6.05	2.73	253.5	1092	2.4	3	24.79	50.34	29.21	9.38	0.70
SANDWICH, SUNFLOWER BUTTER W/J	1 SAND WICH	250	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
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
POTATO, SAVORY LOOPS	1/2 CUP	500	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*
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*
KETCHUP PKG 9 GM	4 EACH	100	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	300	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			861	*61	1510	*8.72	*7.67	*564.0	*1950	*30.05	*39	34.19	97.51	38.63	10.31	*0.53
% of Calories											*18.3%	15.9%	45.3%	40.4%	10.8%	*0.6%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 11/13/2020																
High School Lunch	Total	1051														
PIZZA, CHEESE STICKS	3 EACH	650	448	30	686	2.98	3.58	537.2	*N/A*	*N/A*	0	23.87	47.75	17.91	5.97	0.00
SANDWICH,TURK,CHZ HOAGI	1 SAND	500	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
CUCUMBER SLICES	1/2 CUP	500	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
SALAD, ROMAINE W/GRAPE T	1/2C(G)+	500	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
OMATO	1/4C(R)															
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	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	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	300	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*
SAUCE, MARINARA CUP	2 EACH	500	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			674	*48	1237	*6.33	*6.61	*790.8	*2949	*22.73	*35	*34.89	84.01	*22.83	*7.11	*0.00
% of Calories											*20.9%	*20.7%	49.9%	*30.5%	*9.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			752	*61	1376	*199.63	*42.22	*568.3	*1858	*20.81	*39	*34.62	*92.20	*28.04	*7.79	*0.12
											*46.2%	*18.4%	*49.0%	*33.6%	*9.3%	*0.1%

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	752		750 - 850	100%													
Cholesterol (mg)	61				Missing												
Sodium 1 (mg)	1376		1420														
Sodium 2 (mg)	1376		1080						296	Correction Required - Sodium too High							
Fiber (g)	199.63				Missing												
Iron (mg)	42.22				Missing												
Calcium (mg)	568.3				Missing												
Vitamin A (IU)	1858				Missing												
Sugars (g)	39	20.52%			Missing												
Vitamin C (mg)	20.81				Missing												
Protein (g)	34.62	18.42%			Missing												
Carbohydrate (g)	92.20	49.05%			Missing												
Total Fat (g)	28.04	33.56%			Missing												
Saturated Fat (g)	7.79	9.33%	<10.00%		Missing												
Trans Fat ¹ (g)	0.12	0.14%			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.