

Flour Bluff ISD

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 10/22/2020 11:23:51 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)
Mon - 11/02/2020																
Junior High Lunch	Total	601														
CHICKEN FILET ON BUN W/CH EESE	1 PIECE	300	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	300	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 (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
POTATO, FF, STRAIGHT CUT	1/2 CUP	600	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	200	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	350	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	100	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	400	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*
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	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
SAUCE, MARINARA CUP	1 EACH	100	15	0	121	1.01	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			812	*73	1703	*1018.4	*7.43	*536.6	*1194	*21.52	*39	44.10	*103.04	26.73	*7.49	*0.00
% of Calories											*19.1%	21.7%	*50.8%	29.6%	*8.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Flour Bluff ISD

Nov 2, 2020 thru Nov 6, 2020

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 10/22/2020 11:23:51 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)
Tue - 11/03/2020																
Junior High Lunch	Total	601														
PIZZA SLICES	SERVING	400	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	200	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 (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
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	200	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	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	100	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	400	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*
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	1 EACH	100	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	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			598	*55	874	*5.63	*1.76	*604.5	*981	*6.01	*40	30.78	*78.20	18.51	*7.63	*0.00
% of Calories											*27.0%	20.6%	*52.3%	27.8%	*11.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Junior High Lunch

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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 - 11/04/2020																
Junior High Lunch	Total	601														
SPAGHETTI W/MEAT SAUCE BB	4.6 OZ+1/2 C	500	173	25	305	1.02	2.75	20.4	509	4.89	5	14.25	9.16	9.16	3.05	0.51
SPAGHETTI NOODLES	1/2 CUP	500	99	0	12	*3.04	*0.93	*3.6	*5	*0.0	*1	3.54	20.93	1.22	0.10	0.00
SANDWICH, HAM & CHEESE	1 SAND WICH	100	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 (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
BREADSTICK, 5" GARLIC	1 EACH	300	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	600	*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	350	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	100	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	400	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*
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	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	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	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	50	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			*650	*44	*1029	*11.98	*8.05	*375.2	*3053	*27.45	*44	*34.52	*92.60	*17.19	*4.68	*0.58
% of Calories											*27.1%	*21.2%	*57.0%	*23.8%	*6.5%	*0.8%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Junior High 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)
Thu - 11/05/2020																
Junior High Lunch	Total	601														
CORN DOG, TURKEY	1 EACH	500	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	100	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 (K-8)	SANDWIC	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
POTATO, SAVORY LOOPS	1/2 CUP	400	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	100	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	350	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	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	100	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			741	*52	1360	*6.03	*3.02	*633.3	*1356	*31.80	*59	27.42	102.60	24.74	5.70	*0.00
% of Calories											*32.1%	14.8%	55.4%	30.1%	6.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Junior High Lunch

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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)
Fri - 11/06/2020																
Junior High Lunch	Total	601														
CHICKEN STRIPS	3 STRIPS	500	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 SANDWICH	100	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 SANDWICH,COURTESY MEAL (K-8)	SANDWICH	1	220	25	720	*4.00	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
GINGERBREAD PEOPLE	1 COOKIE	600	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	200	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	200	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	350	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	200	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			670	40	955	*6.53	*2.88	*647.2	1731	*10.53	*57	28.57	95.96	19.08	5.37	*0.00
% of Calories											*34.2%	17.0%	57.3%	25.6%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			*694	*52	*1184	*209.73	*4.63	*559.4	*1663	*19.46	*48	*33.08	*94.48	*21.25	*6.17	*0.12
											*62.2%	*19.1%	*54.4%	*27.5%	*8.0%	*0.2%

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Portion Values - Detailed

Page 6

Generated on: 10/22/2020 11:23:51 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	694		600 - 700	100%	Missing												
Cholesterol (mg)	52				Missing												
Sodium 1 (mg)	1184		1360		Missing												
Sodium 2 (mg)	1184		1035		Missing				149	Correction Required - Sodium too High							
Fiber (g)	209.73				Missing												
Iron (mg)	4.63				Missing												
Calcium (mg)	559.4				Missing												
Vitamin A (IU)	1663				Missing												
Sugars (g)	48	27.65%			Missing												
Vitamin C (mg)	19.46				Missing												
Protein (g)	33.08	19.06%			Missing												
Carbohydrate (g)	94.48	54.44%			Missing												
Total Fat (g)	21.25	27.55%			Missing												
Saturated Fat (g)	6.17	8.00%	<10.00%		Missing												
Trans Fat ¹ (g)	0.12	0.15%			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.