

Flour Bluff ISD

Nov 2, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

Primary/Elementary Breakfast

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)
Mon - 11/02/2020																
Primary/Elementary Breakfas	Total	900														
BKF PANCAKE MAPLE MINI BITES	6 EACH	300	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	600	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	450	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	400	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	300	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	500	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*
SYRUP PANCAKE CUP	1 EACH	200	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 % of Calories			489	*25	513	*6.19	*7.26	*490.8	*1370	*20.43	50 40.8%	15.42 12.6%	85.17 69.7%	*8.82 *16.2%	*2.36 *4.3%	*0.00 *0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 11/03/2020																
Primary/Elementary Breakfas	Total	900														
BKF MUFFIN 2OZ PK-4, ASSORTED	1 EACH	700	198	37	129	1.75	0.79	75.1	*36	*0.0	16	3.59	32.2	6.14	1.53	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	200	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	450	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	400	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	300	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	500	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*
Weighted Daily Average % of Calories			392	*36	286	*3.96	*2.71	*445.2	*902	*15.50	48 48.8%	12.67 12.9%	71.63 73.0%	*6.17 *14.2%	*1.73 *4.0%	*0.00 *0.0%
Nutrient Guideline			400-500		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

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Flour Bluff ISD

Nov 2, 2020 thru Nov 13, 2020

Base Menu Spreadsheet

Primary/Elementary Breakfast

Portion Values - Detailed

Page 2

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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)
Wed - 11/04/2020																
Primary/Elementary Breakfas	Total	900														
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	800	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	450	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	400	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	300	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	500	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*
Weighted Daily Average			416	*7	397	*5.18	*8.14	*526.3	1614	*25.22	47	12.56	83.28	*4.19	*1.15	*0.00
% of Calories											45.4%	12.1%	80.1%	*9.1%	*2.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 11/05/2020																
Primary/Elementary Breakfas	Total	900														
BKF BOWTIE, EGG & PEPPER JACK	1 EACH	450	160	60	310	2.00	1.00	110.0	*N/A*	*N/A*	1	7.0	19.0	6.0	3.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	450	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	450	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	400	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	300	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	500	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*
Weighted Daily Average			380	*37	419	*4.53	*5.03	*498.1	*1178	*18.58	40	14.22	69.52	*5.10	*2.08	*0.00
% of Calories											42.3%	15.0%	73.2%	*12.1%	*4.9%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

Primary/Elementary 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)
Fri - 11/06/2020																
Primary/Elementary Breakfas	Total	900														
CINNAMON SWIRL IW	2.7 OZ	650	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	250	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	450	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	400	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	300	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	500	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*
Weighted Daily Average			410	*17	382	*4.66	*7.00	*519.6	1962	*34.92	46	11.78	75.30	*7.03	*1.63	*0.00
% of Calories											44.4%	11.5%	73.4%	*15.4%	*3.6%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 11/09/2020																
Primary/Elementary Breakfas	Total	900														
BKF CHICKEN SAUSAGE SANDWICH	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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*
SYRUP PANCAKE CUP	1 EACH	500	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			446	*36	434	*3.50	*3.88	*455.7	*960	*16.11	53	17.26	78.73	*6.58	*1.99	*0.00
% of Calories											47.8%	15.5%	70.6%	*13.3%	*4.0%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Flour Bluff ISD

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Base Menu Spreadsheet

Primary/Elementary 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)
Tue - 11/10/2020																
Primary/Elementary Breakfas	Total	900														
BKF MUFFIN 2OZ PK-4, ASSORTED	1 EACH	700	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	200	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 JUICE, VARIETY	4 OZ	400	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	300	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	500	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*
Weighted Daily Average			392	*36	286	*3.96	*2.71	*445.2	*902	*15.50	48	12.67	71.63	*6.17	*1.73	*0.00
% of Calories											48.8%	12.9%	73.0%	*14.2%	*4.0%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Wed - 11/11/2020																
Primary/Elementary Breakfas	Total	900														
BKF PUMPKIN SUPER SLICE	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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*
Weighted Daily Average			438	*7	381	*4.23	*2.71	*455.8	935	*16.11	53	13.66	81.01	*7.31	*1.63	*0.00
% of Calories											48.8%	12.5%	74.0%	*15.0%	*3.3%	*0.0%
Nutrient Guideline			400-500		540										<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)
Thu - 11/12/2020																
Primary/Elementary Breakfas	Total	900														
BKF PANCAKE BB SAUSAGE S TICK	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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*
SYRUP PANCAKE CUP	1 EACH	500	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			497	*25	506	*3.50	*3.36	*412.5	*960	*16.11	55	14.38	82.35	*12.36	*3.43	*0.00
% of Calories											44.7%	11.6%	66.3%	*22.4%	*6.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 11/13/2020																
Primary/Elementary Breakfas	Total	900														
DONUT, POWDERED SUGAR MINIS	1 PACKAG	650	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	250	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	450	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	400	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	300	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	500	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*
Weighted Daily Average			474	*22	381	*4.22	*3.62	*426.9	*935	*16.11	57	12.21	86.71	*9.46	*4.15	*0.00
% of Calories											48.2%	10.3%	73.2%	*18.0%	*7.9%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Weighted Average			433	*25	398	*4.39	*4.64	*467.6	*1172	*19.46	50	13.68	78.53	*7.32	*2.19	*0.00
											103.4%	12.6%	72.5%	*15.2%	*4.5%	*0.0%

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

Primary/Elementary Breakfast

Portion Values - Detailed

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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	433		400 - 500	100%													
Cholesterol (mg)	25				Missing												
Sodium 1 (mg)	398		540														
Sodium 2 (mg)	398		485														
Fiber (g)	4.39				Missing												
Iron (mg)	4.64				Missing												
Calcium (mg)	467.6				Missing												
Vitamin A (IU)	1172				Missing												
Sugars (g)	50	45.95%															
Vitamin C (mg)	19.46				Missing												
Protein (g)	13.68	12.63%															
Carbohydrate (g)	78.53	72.47%															
Total Fat (g)	7.32	15.20%			Missing												
Saturated Fat (g)	2.19	4.54%	<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

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