

Flour Bluff ISD

Nov 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Early Childhood 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 - 11/30/2020																
Early Childhood Lunch	Total	301														
SANDWICH ITALIAN SUB	SUB	301	413	*63	947	*4.00	1.89	*208.0	*134	*6.0	*3	22.81	*40.65	16.81	*6.50	*0.00
CELERY STICKS	1/2 CUP	50	30	0	0	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00
APPLESAUCE FLAVORED	1/2 CUP	200	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	50	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	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	150	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*
DRESSING RANCH PKG	2 EACH	40	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	20	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			595	*71	1124	*6.26	*2.00	*520.5	*1158	*10.00	*31	38.67	*70.52	19.61	*7.42	*0.00
% of Calories											*21.0%	26.0%	*47.4%	29.7%	*11.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 12/01/2020																
Early Childhood Lunch	Total	301														
PIZZA, FRENCH BREAD PEPPERONI	1 EACH	301	300	25	559	0.00	208.67	279.6	499	11.98	4	17.97	32.95	11.98	4.49	0.00
CORN, CANNED	3/4 CUP	40	154	0	311	*3.67	*0.00	*0.0	*37	*6.6	*7	3.67	32.61	1.83	0.00	0.00
PEARS DICED, CANNED	1/2 CUP	200	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	100	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	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	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	150	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			511	32	723	*2.38	*208.75	*590.6	*1098	*17.48	*37	26.85	74.23	13.05	4.99	*0.00
% of Calories											*28.9%	21.0%	58.2%	23.0%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<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 - 12/02/2020																
Early Childhood Lunch	Total	301														
CHICKEN NUGGETS	5 EACH	301	265	25	408	3.06	1.83	40.8	102	*N/A*	1	16.31	16.31	15.29	2.55	*N/A*
BROCCOLI BITES FRESH	1/2 CUP	50	11	0	11	2.97	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
FRUIT COCKTAIL	1/2 CUP	200	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	100	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	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	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	150	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*
KETCHUP PKG 9 GM	2 EACH	100	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
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
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
Weighted Daily Average			533	*38	744	6.10	*1.95	*354.2	875	*10.22	34	25.48	56.44	*23.05	*3.90	*0.00
% of Calories											25.5%	19.1%	42.4%	*38.9%	*6.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 12/03/2020																
Early Childhood Lunch	Total	301														
SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC	301	530	30	580	*8.00	*2.88	250.0	*105	*0.0	*21	22.0	58.0	28.0	7.00	*0.00
TOMATOES GRAPE	1/2 cup	150	40	0	0	1.35	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00
MANDARIN ORANGES, CANNED	1/2 CUP	200	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	100	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	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	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	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*
DRESSING RANCH PKG	2 EACH	40	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			733	37	711	*10.61	*8.92	*525.4	*1285	*37.36	*55	30.45	95.49	30.20	7.67	*0.00
% of Calories											*30.0%	16.6%	52.1%	37.1%	9.4%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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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 - 12/04/2020																
Early Childhood Lunch	Total	301														
PIZZA, CHEESE STICKS	2 EACH	301	298	20	458	1.99	2.39	358.1	*N/A*	*N/A*	0	15.92	31.83	11.94	3.98	0.00
CUCUMBER SLICES	3/4 CUP	100	11	0	0	1.15	0.41	22.9	229	6.87	1	1.15	2.29	0.0	0.00	0.00
PEACHES DICED, CANNED	1/2 CUP	200	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	100	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	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	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	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*
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
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			507	29	671	3.93	*2.72	*626.9	*769	*7.29	29	23.70	66.50	16.19	4.90	*0.00
% of Calories											23.0%	18.7%	52.5%	28.8%	8.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			575	*41	795	*5.86	*44.87	*523.5	*1037	*16.47	*37	29.03	*72.63	*20.42	*5.78	*0.00
											*58.2%	20.2%	*50.5%	*31.9%	*9.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	575		550 - 650	100%				
Cholesterol (mg)	41				Missing			
Sodium 1 (mg)	795		1230					
Sodium 2 (mg)	795		935					
Fiber (g)	5.86				Missing			
Iron (mg)	44.87				Missing			
Calcium (mg)	523.5				Missing			
Vitamin A (IU)	1037				Missing			
Sugars (g)	37	25.86%			Missing			
Vitamin C (mg)	16.47				Missing			
Protein (g)	29.03	20.18%						
Carbohydrate (g)	72.63	50.49%			Missing			
Total Fat (g)	20.42	31.93%			Missing			
Saturated Fat (g)	5.78	9.03%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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