

# Flour Bluff ISD

Nov 30, 2020 thru Dec 4, 2020

## Base Menu Spreadsheet

High School Lunch

### Portion Values - Detailed

	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)
Mon - 11/30/2020																
High School Lunch	Total	401														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	200	343	61	566	*3.00	*3.26	*101.1	*12	*0.0	*2	23.24	*25.99	15.72	5.59	*0.01
CHICKEN FLAUTA SOUTHWEST SANDWICH ITALIAN SUB	2 EACH SUB	175	342	10	403	8.05	1.45	161.1	806	24.16	2	18.12	46.32	9.06	3.02	0.00
SANDWICH, COURTESY MEAL (HS)	SANDWIC	25	273	*55	798	*3.00	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*0.00
POTATO, FF, STRAIGHT CUT SALAD, ROMAINE SIDE W/PIC KLE	1/2 CUP	200	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*
APPLESAUCE FLAVORED FRUIT FRESH ASSORTED	1/2 C	100	11	*0	80	*1.06	*0.46	*11.7	*1848	*11.48	1	0.61	2.34	0.05	*0.00	*0.00
MILK SKIM UNFLAVORED	1/2 CUP	150	61	0	36	2.18	*0.00	*0.0	67	*0.0	*13	11.05	14.19	0.0	0.00	0.00
MILK 1% WHITE	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 FAT FREE, CHOCOLATE SAUCE, MARINARA CUP	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
MUSTARD PKG	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
MAYONNAISE RC PKG	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
KETCHUP PKG 9 GM	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*
DRESSING RANCH 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
SAUCE, MARINARA CUP	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
Weighted Daily Average % of Calories	3 EACH	100	30	0	300	0.00	0.00	0.0	300	0.0	6	0.0	9.0	0.0	0.00	0.00
Nutrient Guideline	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
	1 EACH	25	15	0	121	1.01	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
			792	*56	1162	*513.17	*2.99	*925.1	*2287	*23.91	*61	47.19	*110.45	18.94	*5.96	*0.01
			750-850		1420						*30.9%	23.8%	*55.8%	21.5%	*6.8%	*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  
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Nov 30, 2020 thru Dec 4, 2020

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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)
Tue - 12/01/2020																
High School Lunch	Total	401														
PIZZA, FRENCH BREAD PEPPERONI	1 EACH	275	300	25	559	0.00	208.67	279.6	499	11.98	4	17.97	32.95	11.98	4.49	0.00
PASTA, LASAGNA CHEESE ROLL UP	1 ROLL	25	298	*45	356	*1.19	*0.82	354.6	*763	*11.56	*5	*18.14	27.23	12.72	*8.08	*N/A*
SANDWICH, TURKEY/CHICKEN	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	1 EACH	100	99	0	94	0.99	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.99	14.88	3.47	0.50	0.00
CORN, CANNED	1/2 CUP	100	103	0	207	*2.44	*0.00	*0.0	*24	*4.4	*5	2.44	21.74	1.22	0.00	0.00
CARROTS PETITE SLIM 4/5LB	1/2 CUP	200	39	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	6	1.11	8.89	*N/A*	*N/A*	*N/A*
PEARS DICED, CANNED	1/2 CUP	150	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 FLAVOR	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 REGULAR 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
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			764	*55	*1060	*3.66	*143.63	*1078.1	*1812	*19.54	*66	*42.77	*108.80	*18.16	*6.55	*0.00
% of Calories											*34.4%	*22.4%	*56.9%	*21.4%	*7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Nov 30, 2020 thru Dec 4, 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 - 12/02/2020																
High School Lunch	Total	401														
PORK, BBQ PULLED SANDWICH	(#12 SCP)	150	436	*64	847	*5.00	*2.52	*100.0	*10	*1.2	7	*23.97	48.01	15.98	*5.49	*0.00
CHICKEN NUGGETS	6 EACH	225	318	31	489	3.67	2.20	48.9	122	*N/A*	1	19.57	19.57	18.35	3.06	*N/A*
SANDWICH, HAM & CHEESE	1 SAND WICH	25	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
MUFFIN, MINI WG CORN	1 EACH	100	143	21	100	1.86	0.74	17.6	112	0.15	11	2.06	22.55	4.9	0.88	*N/A*
BEANS, PORK CANNED	1/2 CUP	100	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
COLESLAW	1/2 CUP	96	90	6	174	1.82	0.33	36.4	1395	21.83	*9	0.91	10.63	5.19	0.58	0.00
FRUIT COCKTAIL	1/2 CUP	150	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	3 EACH	200	30	0	300	0.00	0.00	0.0	300	0.0	6	0.0	9.0	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
DRESSING, ITALIAN LC 200/12G	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*
SAUCE, BBQ CUP 1 OZ.	1 OZ.	100	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			855	*70	1394	*9.41	*3.13	*899.4	*2081	*16.04	*70	*45.69	114.88	*24.18	*5.75	*0.06
% of Calories											*32.9%	*21.4%	53.7%	*25.4%	*6.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Nov 30, 2020 thru Dec 4, 2020

## Base Menu Spreadsheet

High School 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 <sup>1</sup> (g)
Thu - 12/03/2020																
High School Lunch	Total	401														
BEEF, FRITO PIE (5-12)	# 8 SC + 2 OZ	175	537	61	825	*6.27	*3.31	231.4	*812	*8.89	*3	23.13	45.01	30.58	11.79	*0.62
HOT DOG, CHILI CHEESE SANDWICH, SUNFLOWER BUTTER W/J WICH	1 EACH	200	379	83	734	*3.56	*2.74	201.7	*192	*2.0	*4	21.82	25.52	23.48	9.45	*0.14
SANDWICH, COURTESY MEAL (HS)	1 SANDWICH	25	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	100	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	200	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	150	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	3 EACH	100	30	0	300	0.00	0.00	0.0	300	0.0	6	0.0	9.0	0.0	0.00	0.00
MUSTARD PKG	2 EACH	50	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	50	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	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
Weighted Daily Average % of Calories			939	*88	1450	*8.10	*6.48	*1014.9	*2259	*31.90	*66	45.32	114.75	34.91	11.89	*0.35
Nutrient Guideline			750-850		1420						*28.1%	19.3%	48.9%	33.5%	11.4%	*0.3%

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**Nov 30, 2020 thru Dec 4, 2020**

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Portion Values - Detailed

	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 - 12/04/2020																
High School Lunch	Total	401														
PIZZA, CHEESE STICKS	3 EACH	200	448	30	686	2.98	3.58	537.2	*N/A*	*N/A*	0	23.87	47.75	17.91	5.97	0.00
FISH SANDWICH, ASSORTED	1 PORTIO	50	355	48	574	3.95	3.36	105.3	58	0.0	2	21.08	42.51	11.55	1.51	*0.00
SANDWICH, TURK, CHZ HOAGI	1 SAND	150	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	100	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 TOMATO	1/2C(G)+ 1/4C(R)	100	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
PEACHES DICED, CANNED	1/2 CUP	150	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	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	3 EACH	200	30	0	300	0.00	0.00	0.0	300	0.0	6	0.0	9.0	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
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	200	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00
SAUCE, TARTAR PKG	2 EACH	100	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00
Weighted Daily Average			809	*57	1411	*6.69	*5.01	*1190.7	*2862	*19.67	*66	*45.19	114.29	*19.95	*6.13	*0.00
% of Calories											*32.7%	*22.3%	56.5%	*22.2%	*6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			832	*65	*1295	*108.21	*32.25	*1021.7	*2260	*22.21	*66	*45.23	*112.63	*23.23	*7.26	*0.08
											*71.2%	*21.7%	*54.1%	*25.1%	*7.8%	*0.1%

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 \* - 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 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:08:07 PM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	832		750 - 850	100%													
Cholesterol (mg)	65				Missing												
Sodium 1 (mg)	1295		1420		Missing												
Sodium 2 (mg)	1295		1080		Missing		215			Correction Required - Sodium too High							
Fiber (g)	108.21				Missing												
Iron (mg)	32.25				Missing												
Calcium (mg)	1021.7				Missing												
Vitamin A (IU)	2260				Missing												
Sugars (g)	66	31.66%			Missing												
Vitamin C (mg)	22.21				Missing												
Protein (g)	45.23	21.75%			Missing												
Carbohydrate (g)	112.63	54.15%			Missing												
Total Fat (g)	23.23	25.13%			Missing												
Saturated Fat (g)	7.26	7.85%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.08	0.09%			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.

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