

Flour Bluff ISD

Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Junior High 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 ¹ (g)
Mon - 12/07/2020																
Junior High Lunch	Total	351														
CHICKEN SANDWICH, ASSORTED	1 EA.	150	386	49	772	4.97	3.77	112.8	*10	*0.0	3	26.66	39.77	13.32	2.47	*0.00
PIZZA BAGEL BITES	4 EACH	175	239	20	758	4.99	2.69	199.5	748	5.98	5	18.95	24.94	8.98	3.99	*N/A*
SANDWICH ITALIAN SUB	SUB	25	273	*55	798	*3.00	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*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	300	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	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
APPLE SAUCE FLAVORED	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
FRUIT FRESH ASSORTED	1 EACH	150	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	250	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	10	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	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	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	150	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			664	*44	1481	*873.53	*7.08	*480.7	*1427	*20.33	*39	38.05	*90.85	19.22	*5.00	*0.00
% of Calories											*23.5%	22.9%	*54.8%	26.1%	*6.8%	*0.0%
Nutrient Guideline			600-700		1360										<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

Dec 7, 2020 thru Dec 11, 2020

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)
Tue - 12/08/2020																
Junior High Lunch	Total	351														
PIZZA SLICES	SERVING	150	360	40	530	3.50	1.80	325.1	500	*0.0	8	19.51	34.51	16.5	7.50	*N/A*
PASTA, CHEESE RAVIOLI	3PIECES	150	265	25	780	4.16	2.24	221.8	*200	*6.01	10	17.17	34.8	6.12	*2.50	*N/A*
SANDWICH, TURKEY/CH CRO	1 SAND	50	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
BREADSTICK, 5" GARLIC	1 EACH	1	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	100	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	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	250	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	10	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	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	150	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			567	*47	*984	*5.75	*2.00	*600.8	*939	*8.19	*40	29.25	*76.37	*16.30	*6.15	*0.00
% of Calories											*28.3%	20.6%	*53.8%	*25.9%	*9.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Base Menu Spreadsheet

Junior High 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)
Wed - 12/09/2020																
Junior High Lunch	Total	601														
SPAGHETTI W/MEAT SAUCE	5.6 OZ+1/2 C	350	168	55	292	2.02	2.02	44.4	652	19.15	7	15.12	9.07	7.06	2.82	*N/A*
SPAGHETTI NOODLES	1/2 CUP	350	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 WICH	1 SAND	50	330	80	1210	*4.00	*2.16	*270.1	*300	*1.2	*1	27.0	26.0	16.5	6.50	*0.90
CHICKEN, BREADED DRUMSTICK	SERVING	200	220	60	530	1.00	1.00	14.0	*N/A*	*N/A*	*N/A*	19.0	6.0	13.0	3.00	*N/A*
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
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	300	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
SALAD, ROMAINE W/GRAPE TOMATO	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			*675	*68	*1050	*12.82	*15.43	*1114.2	*3012	*34.80	*45	*38.29	*93.89	*16.35	*4.26	*0.08
% of Calories											*26.6%	*22.7%	*55.6%	*21.8%	*5.7%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Dec 7, 2020 thru Dec 11, 2020

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 - 12/10/2020																
Junior High Lunch	Total	351														
CORN DOG, TURKEY	1 EACH	150	281	40	662	2.01	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00
BEEF, SLOPPY JOE, RF,RS	#8 SCOOP	175	280	44	932	3.73	3.64	124.0	448	8.02	10	18.48	32.65	8.28	2.66	*0.00
SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC	25	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	300	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	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	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	250	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	10	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	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	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			683	*53	1559	*6.52	*3.87	*437.5	*1131	*30.10	*43	25.64	88.84	24.77	5.36	*0.00
% of Calories											*25.3%	15.0%	52.0%	32.6%	7.1%	*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)	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 - 12/11/2020																
Junior High Lunch	Total	351														
CHICKEN STRIPS	3 STRIPS	225	94	20	158	0.67	0.61	6.7	0	0.0	0	8.43	5.39	4.38	0.84	*N/A*
BURRITO W/CHILI & CHEESE	1 BURRIT	100	499	51	920	*10.20	*3.90	371.5	*765	*7.6	*5	28.69	44.61	22.91	11.83	*0.28
SANDWICH,TURK,CHZ HOAGI	1 SAND	25	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 (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
GINGERBREAD PEOPLE	1 COOKIE	200	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	100	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	100	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	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	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	250	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	10	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	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	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			587	42	911	*7.95	*3.00	*494.6	*1331	*9.70	*39	26.46	75.34	19.97	6.85	*0.08
% of Calories											*26.4%	18.0%	51.3%	30.6%	10.5%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	
Weighted Average			*635	*51	*1197	*181.32	*6.28	*625.6	*1568	*20.62	*41	*31.54	*85.06	*19.32	*5.53	*0.03
											*58.4%	*19.9%	*53.6%	*27.4%	*7.8%	*0.0%

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Flour Bluff ISD

Dec 7, 2020 thru Dec 11, 2020

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:09:04 PM

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	635		600 - 700	100%	Missing												
Cholesterol (mg)	51				Missing												
Sodium 1 (mg)	1197		1360		Missing												
Sodium 2 (mg)	1197		1035		Missing		162			Correction Required - Sodium too High							
Fiber (g)	181.32				Missing												
Iron (mg)	6.28				Missing												
Calcium (mg)	625.6				Missing												
Vitamin A (IU)	1568				Missing												
Sugars (g)	41	25.93%			Missing												
Vitamin C (mg)	20.62				Missing												
Protein (g)	31.54	19.86%			Missing												
Carbohydrate (g)	85.06	53.56%			Missing												
Total Fat (g)	19.32	27.37%			Missing												
Saturated Fat (g)	5.53	7.83%	<10.00%		Missing												
Trans Fat ¹ (g)	0.03	0.05%			Missing												

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