

# Flour Bluff ISD

Nov 30, 2020 thru Dec 4, 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 <sup>1</sup> (g)
Mon - 11/30/2020																
Junior High Lunch	Total	351														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	225	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	3 EACH SUB	100	514	15	604	12.08	2.17	241.7	1208	36.25	3	27.19	69.47	13.59	4.53	0.00
SANDWICH, COURTESY MEAL (K-8)	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	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*
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	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 FAT FREE, CHOCOLATE	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, STRAWBERRY FF	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
MUSTARD PKG	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
MAYONNAISE RC PKG	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*
KETCHUP PKG 9 GM	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
DRESSING RANCH 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
DRESSING, ITALIAN LC 200/12G SAUCE, MARINARA CUP	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
	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
	2 EACH	25	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*
	1 EACH	50	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			721	*56	1309	*873.39	*3.71	*469.2	*1598	*19.64	*33	*39.29	*92.33	*23.01	*6.83	*0.01
% of Calories											*18.5%	*21.8%	*51.2%	*28.7%	*8.5%	*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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Nov 30, 2020 thru Dec 4, 2020

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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 <sup>1</sup> (g)
Tue - 12/01/2020																
Junior High Lunch	Total	351														
PIZZA, FRENCH BREAD PEPPERONI	1 EACH	150	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	175	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	25	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 (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
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	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 FLAVOR	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 REGULAR 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
CHEESE, PARMESAN, BULK	1 PACKAG	25	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			587	*47	*889	*3.21	*89.76	*633.5	*1309	*16.51	*38	*28.46	*79.29	*17.93	*7.36	*0.00
% of Calories											*26.2%	*19.4%	*54.1%	*27.5%	*11.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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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 <sup>1</sup> (g)
Wed - 12/02/2020																
Junior High Lunch	Total	351														
PORK, BBQ PULLED SANDWICH	(#12 SCP)	100	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 WICH	1 SAND	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 (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
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*
COLESLAW	1/2 CUP	50	90	6	174	1.82	0.33	36.4	1395	21.83	*9	0.91	10.63	5.19	0.58	0.00
BEANS, PORK CANNED	1/2 CUP	50	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	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	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	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
DRESSING, ITALIAN LC 200/12G	2 EACH	25	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.	150	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			651	*59	1122	*7.76	*2.86	*416.6	*1113	*8.63	*39	*32.03	79.20	*23.71	*5.20	*0.07
% of Calories											*24.2%	*19.7%	48.7%	*32.8%	*7.2%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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Nov 30, 2020 thru Dec 4, 2020

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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 <sup>1</sup> (g)
Thu - 12/03/2020																
Junior High Lunch	Total	351														
BEEF, FRITO PIE (5-12)	# 8 SC + 2 OZ	125	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 (K-8)	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	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*
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	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			809	*80	1459	*7.60	*7.06	*543.1	*1499	*28.69	*38 *19.0%	33.41 16.5%	91.44 45.2%	36.40 40.5%	11.76 13.1%	*0.30 *0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 12/04/2020																
Junior High Lunch	Total	351														
PIZZA, CHEESE STICKS	3 EACH	150	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	150	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	50	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
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 T	1/2C(G)+	100	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
OMATO	1/4C(R)															
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	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	25	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	150	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	25	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			626	*49	1102	*6.15	*5.49	*644.6	*2146	*15.98	*35	*32.30	83.86	*18.64	*4.72	*0.00
% of Calories											*22.5%	*20.6%	53.6%	*26.8%	*6.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			679	*58	*1176	*179.62	*21.78	*541.4	*1533	*17.89	*37	*33.10	*85.22	*23.94	*7.17	*0.08
											*49.0%	*19.5%	*50.2%	*31.7%	*9.5%	*0.1%

\*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 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:08:51 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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	679		600 - 700	100%													
Cholesterol (mg)	58				Missing												
Sodium 1 (mg)	1176		1360		Missing				141	Correction Required - Sodium too High							
Sodium 2 (mg)	1176		1035		Missing												
Fiber (g)	179.62				Missing												
Iron (mg)	21.78				Missing												
Calcium (mg)	541.4				Missing												
Vitamin A (IU)	1533				Missing												
Sugars (g)	37	21.76%			Missing												
Vitamin C (mg)	17.89				Missing												
Protein (g)	33.10	19.50%			Missing												
Carbohydrate (g)	85.22	50.21%			Missing												
Total Fat (g)	23.94	31.74%			Missing												
Saturated Fat (g)	7.17	9.51%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.08	0.10%			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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