

Flour Bluff ISD

Nov 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Primary/Elementary 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																
Primary/Elementary Lunch	Total	551														
BEEF, STEAK BURGER W/ CH EESE	1 BURGER	300	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	150	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 (K-8)	SANDWIC	100	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*
CELERY STICKS	3/4 CUP	150	46	0	0	1.14	0.41	22.9	4002	4.12	2	1.14	5.72	1.72	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	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	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	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	300	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	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	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 SAUCE, MARINARA CUP	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*
	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			631	*56	1169	*558.56	*3.33	*429.4	*2657	*17.70	*32	*34.30	*78.94	*20.83	*6.17	*0.00
% of Calories											*20.2%	*21.8%	*50.1%	*29.7%	*8.8%	*0.0%
Nutrient Guideline			550-650		1230										<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 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Primary/Elementary 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 - 12/01/2020																
Primary/Elementary Lunch	Total	551														
PIZZA, FRENCH BREAD PEPPERONI	1 EACH	300	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	150	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/SSSIANT	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 (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	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	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	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	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	300	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
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
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			550	*47	*811	*3.02	*114.19	*578.0	*1040	*15.08	*33	*27.88	*69.96	*18.35	*6.89	*0.00
% of Calories											*23.9%	*20.3%	*50.9%	*30.0%	*11.3%	*0.0%
Nutrient Guideline			550-650		1230										<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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Nov 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Primary/Elementary 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)
Wed - 12/02/2020																
Primary/Elementary Lunch	Total	551														
PORK, BBQ PULLED SANDWICH	(#12 SCP)	250	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	5 EACH	250	265	25	408	3.06	1.83	40.8	102	*N/A*	1	16.31	16.31	15.29	2.55	*N/A*
SANDWICH, HAM & CHEESE	1 SAND WICH	50	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	50	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	100	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	100	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
BROCCOLI BITES FRESH	3/4 CUP	200	17	0	17	4.45	0.40	22.3	278	43.39	1	1.11	1.11	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	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	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	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	300	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	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	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
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			622	*60	1131	*9.47	*2.85	*401.3	*1164	*25.64	*36	*30.85	75.75	*22.13	*5.53	*0.08
% of Calories											*23.4%	*19.9%	48.8%	*32.0%	*8.0%	*0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

Primary/Elementary Lunch

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)
Thu - 12/03/2020																
Primary/Elementary Lunch	Total	551														
BEEF, FRITO PIE (K-4)	#8SC + 1 OZ	250	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	250	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	50	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
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	350	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	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	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	300	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	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	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	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 % of Calories			789	*78	1292	*8.13	*6.94	*518.7	*1522	*33.79	*41 *20.6%	32.28 16.4%	89.03 45.1%	35.85 40.9%	11.84 13.5%	*0.35 *0.4%
Nutrient Guideline			550-650		1230										<10.00	

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Fri - 12/04/2020																
Primary/Elementary Lunch	Total	551														
PIZZA, CHEESE STICKS	3 EACH	250	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 POLLOCK SANDWICH	1 Each	250	370	50	530	5.00	2.88	100.0	110	0.0	3	21.0	44.0	11.5	1.50	*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	150	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	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	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	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	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	300	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	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	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*
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	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			628	*50	1065	*6.58	*4.67	*609.0	*1649	*12.53	*33	*31.21	82.32	*19.52	*4.86	*0.00
% of Calories											*20.7%	*19.9%	52.4%	*28.0%	*7.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			644	*58	*1094	*117.15	*26.40	*507.3	*1606	*20.95	*35	*31.31	*79.20	*23.34	*7.06	*0.09
											*48.7%	*19.4%	*49.2%	*32.6%	*9.9%	*0.1%

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Flour Bluff ISD

Nov 30, 2020 thru Dec 4, 2020

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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Generated on: 11/30/2020 1:10:13 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	644		550 - 650	100%														
Cholesterol (mg)	58				Missing													
Sodium 1 (mg)	1094		1230		Missing													
Sodium 2 (mg)	1094		935		Missing				159	Correction Required - Sodium too High								
Fiber (g)	117.15				Missing													
Iron (mg)	26.40				Missing													
Calcium (mg)	507.3				Missing													
Vitamin A (IU)	1606				Missing													
Sugars (g)	35	21.63%			Missing													
Vitamin C (mg)	20.95				Missing													
Protein (g)	31.31	19.45%			Missing													
Carbohydrate (g)	79.20	49.20%			Missing													
Total Fat (g)	23.34	32.62%			Missing													
Saturated Fat (g)	7.06	9.87%	<10.00%		Missing													
Trans Fat ¹ (g)	0.09	0.12%			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

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