

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 2/2/2021 3:58:23 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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 - 02/15/2021															
Early Childhood Lunch	Total	200													
CHICKEN FILET ON BUN	1 PIECE	200	404	53	808	3.92	113.9	*10	*0.0	3	28.2	40.84	14.13	2.61	*0.00
POTATO, FF, STRAIGHT CUT	3/4 CUP	200	213	*N/A*	577	1.06	0.0	*N/A*	2.78	*N/A*	3.04	31.89	7.59	1.52	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*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	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	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	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	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	0.0	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	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	100	20	0	200	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			788	*61	1635	*5.09	*447.0	*704	*8.65	*30	40.26	104.17	23.32	4.88	*0.00
% of Calories										*15.2%	20.5%	52.9%	26.7%	5.6%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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)
Tue - 02/16/2021															
Early Childhood Lunch	Total	200													
SANDWICH,TURK,CHZ HOAGIE I	1 SANDW ICH	200	291	40	752	1.81	300.9	201	*N/A*	6	21.07	31.1	11.04	5.02	*N/A*
CARROTS PETITE SLIM 4/5LB	3/4 CUP	200	58	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	8	1.67	13.33	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*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	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	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	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	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	20	5	0	90	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	1 EACH	20	28	0	119	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
DRESSING RANCH PKG	4 EACH	50	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
Weighted Daily Average			561	*52	*1004	*1.92	*634.0	*794	*5.87	40	31.76	73.67	*17.71	*6.41	*0.00
% of Calories										28.5%	22.7%	52.5%	*28.4%	*10.3%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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)
Wed - 02/17/2021															
Early Childhood Lunch	Total	200													
SANDWICH, HAM & CHEESE	1 SANDW ICH	200	332	85	1163	*2.18	*271.1	*300	*1.2	*1	27.1	26.3	16.54	6.50	*0.90
BROCCOLI BITES FRESH	3/4 CUP	200	17	0	17	0.40	22.3	278	43.39	1	1.11	1.11	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*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	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	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	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	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	10	5	0	90	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	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
DRESSING RANCH PKG	2 EACH	50	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			533	95	1368	*2.69	*626.4	*1172	*50.46	*27	37.24	56.11	20.50	7.57	*0.90
% of Calories										*20.1%	28.0%	42.1%	34.7%	12.8%	*1.5%
Nutrient Guideline			550-650		1230									<10.00	

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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)
Thu - 02/18/2021															
Early Childhood Lunch	Total	200													
CORN DOG, TURKEY	1 EACH	200	281	40	662	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00
BEANS, REFRIED	3/4 CUP	200	227	*N/A*	802	2.72	60.5	0	1.82	0	12.1	37.81	2.27	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*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	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	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	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	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	20	5	0	90	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE RC PKG	1 EACH	20	28	0	119	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	100	20	0	200	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average			678	*48	1709	*4.64	*453.8	794	*16.72	36	30.16	100.30	16.85	*4.26	*0.00
% of Calories										21.1%	17.8%	59.2%	22.4%	*5.7%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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 - 02/19/2021															
Early Childhood Lunch	Total	200													
SANDWICH, TURKEY/CH CROSS IANT	1 SANDW	200	380	*70	1070	*1.36	*261.1	*300	*N/A*	*4	27.0	*29.0	18.5	8.50	*0.90
CUCUMBER SLICES	3/4 CUP	200	11	0	0	0.41	22.9	229	6.87	1	1.15	2.29	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	*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	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	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	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	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	1 EACH	10	5	0	90	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	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00
DRESSING RANCH PKG	2 EACH	50	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Weighted Daily Average			576	*80	1258	*1.88	*617.0	*1123	*12.74	*30	37.18	*59.99	22.47	9.57	*0.90
% of Calories										*21.1%	25.8%	*41.7%	35.1%	15.0%	*1.4%
Nutrient Guideline			550-650		1230									<10.00	

Weighted Average			627	*67	*1395	*3.24	*555.6	*918	*18.89	*33	35.32	*78.85	*20.17	*6.54	*0.36
										*46.8%	22.5%	*50.3%	*29.0%	*9.4%	*0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	627		550 - 650	100%				
Cholesterol (mg)	67				Missing			
Sodium 1 (mg)	1395		1230		Missing		165	Correction Required - Sodium too High
Sodium 2 (mg)	1395		935		Missing		460	Correction Required - Sodium too High
Iron (mg)	3.24				Missing			
Calcium (mg)	555.6				Missing			
Vitamin A (IU)	918				Missing			
Sugars (g)	33	20.79%			Missing			
Vitamin C (mg)	18.89				Missing			
Protein (g)	35.32	22.54%						
Carbohydrate (g)	78.85	50.30%			Missing			
Total Fat (g)	20.17	28.95%			Missing			
Saturated Fat (g)	6.54	9.39%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.36	0.52%			Missing			

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