

# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Early Childhood Lunch

005 - Early Childhood Center Kinder grade

Generated on: 2/2/2021 3:58:39 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 - 02/22/2021															
Early Childhood Lunch	Total	200													
SANDWICH ITALIAN SUB	SUB	200	273	*55	798	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*0.00
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*
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
SAUCE, MARINARA CUP	1 EACH	20	15	0	121	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			474	*65	1005	*2.62	*543.3	*1016	*50.46	*28	28.08	*57.15	12.89	*5.08	*0.00
% of Calories										*24.0%	23.7%	*48.2%	24.5%	*9.6%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Tue - 02/23/2021															
Early Childhood Lunch	Total	200													
PIZZA, FRENCH BREAD ASSORTED	1 EACH	200	295	22	500	105.64	319.8	625	8.99	4	17.49	32.97	11.49	4.25	*0.00
CORN, CANNED	3/4 CUP	200	129	0	277	*0.00	*0.0	*30	*5.41	*6	3.01	27.31	1.5	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*
Weighted Daily Average			581	30	900	*105.75	*652.9	*1249	*20.27	*35	29.52	88.44	14.24	5.00	*0.00
% of Calories										*24.0%	20.3%	60.9%	22.1%	7.7%	*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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### Portion Values - Detailed

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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 - 02/24/2021															
Early Childhood Lunch	Total	200													
CHICKEN NUGGETS	5 EACH	200	265	25	408	1.83	40.8	102	*N/A*	1	16.31	16.31	15.29	2.55	*N/A*
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	100	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
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
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			736	*38	1542	*4.67	*569.3	1021	*8.77	36	41.04	93.92	21.52	*3.62	*0.00
% of Calories										19.8%	22.3%	51.1%	26.3%	*4.4%	*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)
Thu - 02/25/2021															
Early Childhood Lunch	Total	200													
SANDWICH, SUNFLOWER BUTT ER W/J	SANDWIC	200	531	30	543	*2.90	251.0	*105	*0.0	*21	22.1	58.3	28.04	7.00	*0.00
TOMATOES GRAPE	3/4 cup	200	61	0	0	16.40	0.0	1519	54.67	8	2.02	12.15	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*
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			775	40	721	*19.41	*584.1	*2218	*60.54	*54	33.15	99.03	31.86	8.07	*0.00
% of Calories										*28.1%	17.1%	51.1%	37.0%	9.4%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

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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 - 02/26/2021															
Early Childhood Lunch	Total	200													
PIZZA, CHEESE STICKS (1-12)	2 EACH	200	298	20	458	2.39	358.1	*N/A*	*N/A*	0	15.92	31.83	11.94	3.98	0.00
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*
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
SAUCE, MARINARA CUP	1 EACH	100	15	0	121	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			500	30	696	*3.09	*714.1	*874	*12.74	27	26.60	64.23	15.76	5.05	*0.00
% of Calories										21.9%	21.3%	51.4%	28.4%	9.1%	*0.0%
Nutrient Guideline			550-650		1230									<10.00	

Weighted Average			613	*41	973	*27.11	*612.7	*1275	*30.56	*36 *53.3%	31.68 20.7%	*80.55 *52.6%	19.25 28.3%	*5.36 *7.9%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	613		550 - 650	100%				
Cholesterol (mg)	41				Missing			
Sodium 1 (mg)	973		1230					
Sodium 2 (mg)	973		935				38	Correction Required - Sodium too High
Iron (mg)	27.11				Missing			
Calcium (mg)	612.7				Missing			
Vitamin A (IU)	1275				Missing			
Sugars (g)	36	23.67%			Missing			
Vitamin C (mg)	30.56				Missing			
Protein (g)	31.68	20.67%						
Carbohydrate (g)	80.55	52.56%			Missing			
Total Fat (g)	19.25	28.26%						
Saturated Fat (g)	5.36	7.87%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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