

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 15, 2021 thru Feb 19, 2021

Early Childhood Breakfast

005 - Early Childhood Center Kinder grade

Generated on: 2/2/2021 3:43:40 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 ¹ (g)
Mon - 02/15/2021															
Early Childhood Breakfast	Total	200													
BKF CEREAL, ASSORTED (K-12)	1 EACH	200	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
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	25	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	1	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			346	*4	376	*8.06	*397.9	1405	*20.65	39	9.15	73.03	*2.84	*0.31	*0.00
% of Calories										44.6%	10.6%	84.5%	*7.4%	*0.8%	*0.0%
Nutrient Guideline			350-500		540									<10.00	

Tue - 02/16/2021															
Early Childhood Breakfast	Total	200													
BKF MUFFIN, ASSORTED	1 EACH	200	225	30	117	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	75	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	25	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	50	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	1	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			350	*34	207	*1.20	*237.0	500	*11.03	39	10.04	63.41	6.26	*1.08	*0.00
% of Calories										44.7%	11.5%	72.4%	16.1%	*2.8%	*0.0%
Nutrient Guideline			350-500		540									<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 ¹ (g)
Wed - 02/17/2021															
Early Childhood Breakfast	Total	200													
BKF HONEY BUN 3OZ/60CT	1 EACH	200	270	0	210	1.80	40.0	100	21.01	13	6.0	40.02	10.01	4.50	0.00
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	25	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	25	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	50	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	1	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			375	*3	268	*1.92	*195.6	408	*30.65	31	10.22	61.28	10.32	*4.69	*0.00
% of Calories										33.4%	10.9%	65.4%	24.8%	*11.3%	*0.0%
Nutrient Guideline			350-500		540									<10.00	

Thu - 02/18/2021															
Early Childhood Breakfast	Total	200													
BKF CEREAL, ASSORTED (K-12)	1 EACH	200	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	0	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MILK 1% WHITE	8 OZ	25	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	50	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	1	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			314	*3	345	*8.06	*307.9	1255	*19.93	33	6.75	67.68	*2.84	*0.31	*0.00
% of Calories										42.6%	8.6%	86.1%	*8.1%	*0.9%	*0.0%
Nutrient Guideline			350-500		540									<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 ¹ (g)
Fri - 02/19/2021															
Early Childhood Breakfast	Total	200													
BKF BREAD ASSORTED	1 EACH	200	263	*N/A*	250	0.18	79.9	0	*N/A*	24	4.99	44.95	7.99	1.50	*N/A*
FRUIT FRESH ASSORTED	1 EACH	75	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
FRUIT JUICE, VARIETY	4 OZ	75	60	*N/A*	3	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	150	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	25	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	50	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	1	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			418	*6	386	*0.30	*423.0	620	*11.13	49	14.21	73.71	8.30	*1.69	*0.00
% of Calories										47.3%	13.6%	70.6%	17.9%	*3.6%	*0.0%
Nutrient Guideline			350-500		540									<10.00	

Weighted Average			361	*10	316	*3.91	*312.3	838	*18.68	38	10.07	67.82	*6.11	*1.62	*0.00
										95.8%	11.2%	75.2%	*15.3%	*4.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	361		350 - 500	100%				
Cholesterol (mg)	10				Missing			
Sodium 1 (mg)	316		540					
Sodium 2 (mg)	316		485					
Iron (mg)	3.91				Missing			
Calcium (mg)	312.3				Missing			
Vitamin A (IU)	838							
Sugars (g)	38	42.58%						
Vitamin C (mg)	18.68				Missing			
Protein (g)	10.07	11.17%						
Carbohydrate (g)	67.82	75.22%						
Total Fat (g)	6.11	15.26%			Missing			
Saturated Fat (g)	1.62	4.03%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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