

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

High School Lunch

001 - Flour Bluff High School

Generated on: 2/2/2021 3:51:26 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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 - 02/15/2021															
High School Lunch	Total	401													
CHICKEN SANDWICH, ASSORTE	1 Piece	275	423	39	766	4.33	129.4	*67	*0.0	3	24.94	42.64	16.52	3.21	*0.00
PIZZA BAGEL BITES	5 EACH	100	299	25	948	3.37	249.4	935	7.48	6	23.69	31.17	11.22	4.99	*N/A*
SANDWICH ITALIAN SUB	SUB	25	273	*55	798	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*0.00
SANDWICH,COURTESY MEAL (H	SANDWIC	1	320	50	1160	*1.44	460.0	600	*0.0	2	18.0	26.0	21.0	10.00	1.80
POTATO, FF, STRAIGHT CUT	1/2 CUP	400	142	*N/A*	385	0.71	0.0	*N/A*	1.85	*N/A*	2.03	21.26	5.06	1.01	*N/A*
TOMATOES GRAPE	1/2 cup	150	40	0	0	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00
APPLESAUCE FLAVORED	1/2 CUP	250	58	0	34	*0.00	*0.0	64	*0.0	*13	10.59	13.59	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	150	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	300	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	2 EACH	25	11	0	180	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	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
SAUCE, MARINARA CUP	2 EACH	100	30	0	243	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00
Weighted Daily Average			853	*52	1831	*9.01	*480.3	*1515	*22.35	*44	42.35	*107.28	31.03	*6.38	*0.00
% of Calories										*20.6%	19.9%	*50.3%	32.7%	*6.7%	*0.0%
Nutrient Guideline			750-850		1420									<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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Feb 15, 2021 thru Feb 19, 2021

High School Lunch

001 - Flour Bluff High School

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	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 - 02/16/2021															
High School Lunch	Total	401													
PIZZA SLICES ASSORTED	SERVING	275	360	40	530	1.80	325.1	500	*0.0	8	19.51	34.51	16.5	7.50	*N/A*
PASTA, CHEESE RAVIOLI	3PIECES	100	265	25	780	2.24	221.8	*200	*6.01	10	17.17	34.8	6.12	*2.50	*N/A*
SALAD, CHEF	1 SALAD (1C(G))	25	320	128	856	*12.90	*71.5	*3195	*45.71	*9	19.27	*27.6	14.61	5.69	*0.00
SANDWICH,COURTESY MEAL (H	SANDWIC	1	320	50	1160	*1.44	460.0	600	*0.0	2	18.0	26.0	21.0	10.00	1.80
BREADSTICK, 5" GARLIC	1 EACH	200	99	0	94	*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	150	86	0	185	*0.00	*0.0	*20	*3.61	*4	2.0	18.21	1.0	0.00	0.00
CARROTS PETITE SLIM 4/5LB	1/2 CUP	200	39	*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	250	77	0	14	0.00	0.0	72	0.0	14	0.0	18.3	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	150	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	300	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	2 EACH	25	11	0	180	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	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	20	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	200	15	5	65	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
Weighted Daily Average			741	*59	*1133	*2.69	*620.3	*1203	*10.63	*47	*29.75	*92.60	*27.65	*8.30	*0.00
% of Calories										*25.1%	*16.1%	*50.0%	*33.6%	*10.1%	*0.0%
Nutrient Guideline			750-850		1420									<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															
High School Lunch	Total	401													
SPAGHETTI W/MEAT SAUCE	#8SC+1/2	275	168	55	292	2.02	44.4	652	19.15	7	15.12	9.07	7.06	2.82	*N/A*
PASTA, SPAGHETTI NOODLES	1/2 CUP	275	180	0	0	1.80	0.0	10	0.0	2	7.0	41.0	1.0	0.00	0.00
SANDWICH, HAM & CHEESE	1 SANDW	25	332	85	1163	*2.18	*271.1	*300	*1.2	*1	27.1	26.3	16.54	6.50	*0.90
	ICH														
CHICKEN, BREADED DRUMSTIC	SERVING	100	220	60	530	1.00	14.0	*N/A*	*N/A*	*N/A*	19.0	6.0	13.0	3.00	*N/A*
SANDWICH,COURTESY MEAL (H	SANDWIC	1	320	50	1160	*1.44	460.0	600	*0.0	2	18.0	26.0	21.0	10.00	1.80
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	300	201	*N/A*	159	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
SALAD, ROMAINE W/GRAPE TO	1/2C(G)+1	200	32	0	4	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
	/4C(R)														
PEAS FROZEN	1/2 CUP	150	*76	*0	*154	*1.99	*0.3	*434	*6.52	*4	*5.43	*13.03	*0.0	*0.00	*0.00
FRUIT COCKTAIL	1/2 CUP	250	83	*N/A*	10	*N/A*	*N/A*	207	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	150	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	300	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	2 EACH	25	11	0	180	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	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	200	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	1 PACKAG	200	15	5	65	*N/A*	40.0	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*
Weighted Daily Average			*841	*76	*1199	*20.52	*1517.9	*3610	*39.03	*50	*40.27	*117.19	*24.24	*5.46	*0.06
% of Calories										*23.7%	*19.2%	*55.7%	*25.9%	*5.8%	*0.1%
Nutrient Guideline			750-850		1420									<10.00	

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Portion Values - Detailed

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High School Lunch

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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)
Thu - 02/18/2021															
High School Lunch	Total	401													
CORN DOG, TURKEY	1 EACH	275	281	40	662	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00
BEEF, SLOPPY JOE, RF,RS	#12 SCOO	100	293	44	959	3.80	133.1	449	8.02	10	19.02	35.02	8.51	2.70	*0.00
SANDWICH, SUNFLOWER BUTT ER W/J	SANDWIC	25	531	30	543	*2.90	251.0	*105	*0.0	*21	22.1	58.3	28.04	7.00	*0.00
SANDWICH,COURTESY MEAL (H POTATO, SAVORY LOOPS	SANDWIC	1	320	50	1160	*1.44	460.0	600	*0.0	2	18.0	26.0	21.0	10.00	1.80
BROCCOLI BITES FRESH	1/2 CUP	400	162	*N/A*	445	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	100	11	0	11	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1/2 CUP	250	68	0	10	0.70	19.5	293	20.49	17	0.98	16.59	0.0	0.00	0.00
MILK SKIM UNFLAVORED	1 EACH	150	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK 1% WHITE	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 FAT FREE, CHOCOLATE	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, STRAWBERRY FF	8 OZ	300	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MAYONNAISE RC PKG	2 EACH	25	11	0	180	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average	4 EACH	200	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
% of Calories			777	*56	1735	*3.67	*423.6	*1174	*33.11	*50	23.72	99.78	31.18	6.21	*0.00
Nutrient Guideline			750-850		1420					*25.5%	12.2%	51.4%	36.1%	7.2%	*0.0%

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Fri - 02/19/2021															
High School Lunch	Total	401													
CHICKEN STRIPS	3 STRIPS	275	89	19	149	0.57	6.3	0	0.0	0	7.92	5.07	4.12	0.79	*N/A*
BURRITO W/CHILI & CHEESE	1 BURRIT	100	499	51	889	*3.90	320.8	*765	*7.6	*5	28.69	*43.6	22.91	11.83	*0.28
SANDWICH, TURKEY/CH CROSS IANT	1 SANDWICH	25	380	*70	1070	*1.36	*261.1	*300	*N/A*	*4	27.0	*29.0	18.5	8.50	*0.90
SANDWICH,COURTESY MEAL (H GINGERBREAD PEOPLE	SANDWIC	1	320	50	1160	*1.44	460.0	600	*0.0	2	18.0	26.0	21.0	10.00	1.80
CUCUMBER SLICES	1 COOKIE	300	158	0	99	1.42	39.6	396	1.19	10	1.98	26.7	4.94	2.47	0.00
BEANS,SEASONED GREAT NORTHERN	1/2 CUP	150	8	0	0	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/2 CUP	150	166	*7	200	*0.10	*1.9	*84	*0.42	*2	*11.44	*29.4	*1.56	*0.17	*0.00
FRUIT FRESH ASSORTED	1/2 CUP	250	70	0	0	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
MILK SKIM UNFLAVORED	1 EACH	150	85	0	1	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK 1% WHITE	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 FAT FREE, CHOCOLATE	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, STRAWBERRY FF	8 OZ	300	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	8 OZ	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MAYONNAISE RC PKG	2 EACH	25	11	0	180	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	2 EACH	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
DRESSING RANCH PKG	4 EACH	200	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
	4 EACH	200	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
Weighted Daily Average			707	*48	1093	*2.74	*465.2	*1393	*14.49	*48	*28.91	*92.41	*25.27	*7.62	*0.13
% of Calories										*27.0%	*16.4%	*52.3%	*32.2%	*9.7%	*0.2%
Nutrient Guideline			750-850		1420									<10.00	
Weighted Average			*784	*58	*1398	*7.72	*701.5	*1779	*23.92	*48	*33.00	*101.85	*27.87	*6.80	*0.04
										*54.6%	*16.8%	*52.0%	*32.0%	*7.8%	*0.0%

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Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	784		750 - 850		100%	Missing											
Cholesterol (mg)	58					Missing											
Sodium 1 (mg)	1398			1420		Missing											
Sodium 2 (mg)	1398			1080		Missing			318								Correction Required - Sodium too High
Iron (mg)	7.72					Missing											
Calcium (mg)	701.5					Missing											
Vitamin A (IU)	1779					Missing											
Sugars (g)	48	24.25%				Missing											
Vitamin C (mg)	23.92					Missing											
Protein (g)	33.00	16.84%				Missing											
Carbohydrate (g)	101.85	51.97%				Missing											
Total Fat (g)	27.87	32.00%				Missing											
Saturated Fat (g)	6.80	7.80%			<10.00%	Missing											
Trans Fat ¹ (g)	0.04	0.05%				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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.