

# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 15, 2021 thru Feb 26, 2021

Intermediate Breakfast

003 - Intermediate School 5-6 grade

Generated on: 2/2/2021 3:45:17 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															
Intermediate Breakfast	Total	250													
BKF PANCAKE MAPLE MINI BITE	6 EACH	100	378	52	588	3.78	42.0	*N/A*	*N/A*	8	12.6	31.5	18.9	5.25	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	150	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	1 EACH	50	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			502	*29	549	*6.45	*478.3	*1261	*19.37	50	16.56	84.54	*10.08	*2.78	*0.00
% of Calories										40.1%	13.2%	67.4%	*18.1%	*5.0%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Tue - 02/16/2021															
Intermediate Breakfast	Total	250													
BKF MUFFIN, ASSORTED	1 EACH	100	225	30	117	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	150	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			417	*20	355	*5.37	*464.0	1279	*19.69	50	13.05	81.67	*4.90	*1.03	*0.00
% of Calories										47.8%	12.5%	78.4%	*10.6%	*2.2%	*0.0%
Nutrient Guideline			400-500		540									<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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# Flour Bluff ISD

## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 15, 2021 thru Feb 26, 2021

Intermediate Breakfast

003 - Intermediate School 5-6 grade

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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															
Intermediate Breakfast	Total	250													
BKF HONEY BUN 3OZ/60CT	1 EACH	150	270	0	210	1.80	40.0	100	21.01	13	6.0	40.02	10.01	4.50	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			445	*8	374	*4.43	*447.5	1110	*29.86	47	14.41	80.44	*8.02	*3.35	*0.00
% of Calories										42.3%	13.0%	72.3%	*16.2%	*6.8%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Thu - 02/18/2021															
Intermediate Breakfast	Total	250													
BKF BOWTIE, W/SAUS LINK (5-12)	1 EACH+ 1LINKS	150	220	90	410	1.36	130.0	*5	*0.01	*1	13.01	19.0	10.51	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			415	*62	494	*4.16	*501.5	*1053	*17.26	*40	18.62	67.82	*8.32	*3.05	*0.00
% of Calories										*38.5%	17.9%	65.4%	*18.0%	*6.6%	*0.0%
Nutrient Guideline			400-500		540									<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

Feb 15, 2021 thru Feb 26, 2021

Intermediate Breakfast

003 - Intermediate School 5-6 grade

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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															
Intermediate Breakfast	Total	250													
BKF CINNAMON ROLL IW 72/2.80	1 ROLL	150	241	*N/A*	221	1.61	87.4	*N/A*	*N/A*	16	6.03	41.2	6.03	2.51	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			428	*8	380	*4.31	*475.9	*1050	*17.25	49	14.43	81.14	*5.63	*2.16	*0.00
% of Calories										45.8%	13.5%	75.9%	*11.8%	*4.5%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Mon - 02/22/2021															
Intermediate Breakfast	Total	250													
BKF CHICKEN SAUSAGE SAND WICH	1 EACH	150	180	40	300	1.80	79.9	*N/A*	*N/A*	7	9.99	17.99	7.0	2.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	2 EACH	0	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			391	*32	428	*4.42	*471.5	*1050	*17.25	44	16.81	67.22	*6.21	*1.85	*0.00
% of Calories										44.5%	17.2%	68.8%	*14.3%	*4.3%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

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## Planned Menu Spreadsheet

### Portion Values - Detailed

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Feb 15, 2021 thru Feb 26, 2021

Intermediate Breakfast

003 - Intermediate School 5-6 grade

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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)
Tue - 02/23/2021															
Intermediate Breakfast	Total	250													
BKF MUFFIN, ASSORTED	1 EACH	150	225	30	117	1.09	6.4	67	*0.79	18	3.83	39.15	5.95	0.89	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	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	*26	318	*4.00	*427.4	1091	*17.73	50	13.11	79.91	*5.58	*1.19	*0.00
% of Calories										47.8%	12.5%	76.5%	*12.0%	*2.6%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Wed - 02/24/2021															
Intermediate Breakfast	Total	250													
BKF BREAD ASSORTED	1 EACH	150	263	*N/A*	250	0.18	79.9	0	*N/A*	24	4.99	44.95	7.99	1.50	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			441	*8	397	*3.45	*471.4	1050	*17.25	53	13.81	83.40	*6.81	*1.55	*0.00
% of Calories										48.5%	12.5%	75.7%	*13.9%	*3.2%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

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Intermediate Breakfast

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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)
Thu - 02/25/2021															
Intermediate Breakfast	Total	250													
BKF PANCAKE BB SAUSAGE STICK	1 EACH	150	250	25	400	1.08	20.0	*N/A*	*N/A*	10	6.0	22.99	14.99	4.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	160	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	2 EACH	0	0	0	0	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			436	*23	488	*4.00	*435.7	*1054	*17.51	46	14.43	71.11	*11.01	*3.05	*0.00
% of Calories										42.2%	13.2%	65.2%	*22.7%	*6.3%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Fri - 02/26/2021															
Intermediate Breakfast	Total	250													
DONUT, POWDERED SUGAR MINS	1 PACKAG	150	309	20	249	1.44	39.9	*N/A*	*N/A*	29	2.99	51.84	10.97	4.98	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	100	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	150	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	100	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	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	150	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	25	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			468	*20	397	*4.21	*447.4	*1050	*17.25	57	12.60	87.53	*8.59	*3.64	*0.00
% of Calories										48.4%	10.8%	74.8%	*16.5%	*7.0%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Weighted Average			436	*23	418	*4.48	*462.1	*1105	*19.04	*49	14.78	78.48	*7.51	*2.36	*0.00
										*100.3	13.6%	72.0%	*15.5%	*4.9%	*0.0%

\*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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# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 15, 2021 thru Feb 26, 2021

Intermediate Breakfast

003 - Intermediate School 5-6 grade

Generated on: 2/2/2021 3:45:18 PM

Nutrient	Menu AVG	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	436		400 - 500	100%												
Cholesterol (mg)	23				Missing											
Sodium 1 (mg)	418		540													
Sodium 2 (mg)	418		485													
Iron (mg)	4.48				Missing											
Calcium (mg)	462.1				Missing											
Vitamin A (IU)	1105				Missing											
Sugars (g)	49	44.56%			Missing											
Vitamin C (mg)	19.04				Missing											
Protein (g)	14.78	13.56%														
Carbohydrate (g)	78.48	71.99%														
Total Fat (g)	7.51	15.51%			Missing											
Saturated Fat (g)	2.36	4.88%	<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing											

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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