

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Intermediate Lunch

003 - Intermediate School 5-6 grade

Generated on: 2/2/2021 3:49:34 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															
Intermediate Lunch	Total	301													
CHICKEN SANDWICH, ASSORTE	1 Piece	125	423	39	766	4.33	129.4	*67	*0.0	3	24.94	42.64	16.52	3.21	*0.00
PIZZA BAGEL BITES	4 EACH	125	239	20	758	2.69	199.5	748	5.98	5	18.95	24.94	8.98	3.99	*N/A*
SANDWICH ITALIAN SUB	SUB	50	273	*55	798	2.07	*188.0	*134	*1.2	*3	17.84	*27.15	9.07	*4.01	*0.00
SANDWICH,COURTESY MEAL (K-	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
POTATO, FF, STRAIGHT CUT	1/2 CUP	300	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	100	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	100	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	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	50	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	200	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	10	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	10	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	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	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	50	15	0	121	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			672	*42	1496	*7.74	*439.8	*1347	*20.94	*34	34.72	*89.30	21.20	*5.36	*0.00
% of Calories										*20.2%	20.7%	*53.2%	28.4%	*7.2%	*0.0%
Nutrient Guideline			600-650		1230									<10.00	

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

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Portion Values - Detailed

Feb 15, 2021 thru Feb 19, 2021

Intermediate Lunch

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 ¹ (g)
Tue - 02/16/2021															
Intermediate Lunch	Total	301													
PIZZA SLICES ASSORTED	SERVING	125	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	125	265	25	780	2.24	221.8	*200	*6.01	10	17.17	34.8	6.12	*2.50	*N/A*
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 (K-BREADSTICK, 5" GARLIC	SANDWICH	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CORN, CANNED	1 EACH	100	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	100	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	100	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	100	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	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	50	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	200	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
KETCHUP PKG 9 GM	1 EACH	100	10	0	100	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00
DRESSING RANCH PKG	2 EACH	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
CHEESE, PARMESAN, BULK	1 PACKAG	50	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			557	*42	*950	*1.87	*527.5	*858	*7.99	*37	26.38	*75.97	*16.55	*5.80	*0.08
% of Calories										*26.6%	18.9%	*54.5%	*26.7%	*9.4%	*0.1%
Nutrient Guideline			600-650		1230									<10.00	

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Intermediate Lunch

003 - Intermediate School 5-6 grade

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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)
Wed - 02/17/2021															
Intermediate Lunch	Total	301													
SPAGHETTI W/MEAT SAUCE	#8SC+1/2	125	168	55	292	2.02	44.4	652	19.15	7	15.12	9.07	7.06	2.82	*N/A*
SPAGHETTI NOODLES	1/2 CUP	125	199	0	37	*1.86	*7.2	*10	*0.0	*2	7.09	42.22	2.43	0.20	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
CHICKEN, BREADED DRUMSTIC	SERVING	150	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 (K-	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
ROLL, DINNER DOUGH 2.5 OZ.	1 ROLL	200	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	100	32	0	4	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
MATO	/4C(R)														
PEAS FROZEN	1/2 CUP	100	*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	100	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	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	50	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	200	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	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	100	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	50	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			*653	*69	*905	*17.14	*1331.2	*2392	*26.83	*34	*36.60	*85.89	*18.28	*4.46	*0.08
% of Calories										*21.1%	*22.4%	*52.6%	*25.2%	*6.1%	*0.1%
Nutrient Guideline			600-650		1230									<10.00	

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Intermediate Lunch

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 ¹ (g)
Thu - 02/18/2021															
Intermediate Lunch	Total	301													
CORN DOG, TURKEY	1 EACH	150	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	50	531	30	543	*2.90	251.0	*105	*0.0	*21	22.1	58.3	28.04	7.00	*0.00
SANDWICH,COURTESY MEAL (K- POTATO, SAVORY LOOPS	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
BROCCOLI BITES FRESH	1/2 CUP	300	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	100	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	100	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	50	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	200	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	10	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	10	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	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average	2 EACH	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
% of Calories			688	*48	1505	*3.75	*399.4	*987	*27.88	*41	24.45	91.59	25.11	5.51	*0.00
Nutrient Guideline			600-650		1230					*23.6%	14.2%	53.2%	32.8%	7.2%	*0.0%

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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 ¹ (g)
Fri - 02/19/2021															
Intermediate Lunch	Total	301													
CHICKEN STRIPS	3 STRIPS	175	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 SANDW ICH	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 (K- GINGERBREAD PEOPLE	SANDWIC 1 COOKIE	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
CUCUMBER SLICES	1/2 CUP	200	158	0	99	1.42	39.6	396	1.19	10	1.98	26.7	4.94	2.47	0.00
BEANS,SEASONED GREAT NOR THERN	1/2 CUP	100	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	100	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 EACH	100	70	0	0	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
MILK SKIM UNFLAVORED	8 OZ	100	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	50	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	200	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MUSTARD PKG	2 EACH	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	10	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	10	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	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
	4 EACH	100	206	17	429	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
Weighted Daily Average			644	*47	989	*2.89	*441.8	*1254	*11.89	*39	*29.12	*81.77	*22.83	*7.92	*0.17
% of Calories										*23.9%	*18.1%	*50.8%	*31.9%	*11.1%	*0.2%
Nutrient Guideline			600-650		1230									<10.00	

Weighted Average			*643	*50	*1169	*6.68	*627.9	*1368	*19.11	*37	*30.25	*84.90	*20.79	*5.81	*0.07
										*51.7%	*18.8%	*52.8%	*29.1%	*8.1%	*0.1%

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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 ¹ (g)	Error Messages (if any)
Calories	643		600 - 650		100%	Missing											
Cholesterol (mg)	50					Missing											
Sodium 1 (mg)	1169			1230		Missing											
Sodium 2 (mg)	1169			935		Missing			234								Correction Required - Sodium too High
Iron (mg)	6.68					Missing											
Calcium (mg)	627.9					Missing											
Vitamin A (IU)	1368					Missing											
Sugars (g)	37	22.96%				Missing											
Vitamin C (mg)	19.11					Missing											
Protein (g)	30.25	18.83%				Missing											
Carbohydrate (g)	84.90	52.84%				Missing											
Total Fat (g)	20.79	29.12%				Missing											
Saturated Fat (g)	5.81	8.14%		<10.00%		Missing											
Trans Fat ¹ (g)	0.07	0.09%				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.