

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 22, 2021 thru Feb 26, 2021

Intermediate Lunch

003 - Intermediate School 5-6 grade

Generated on: 2/2/2021 3:49:54 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 - 02/22/2021 | | | | | | | | | | | | | | | |
| Intermediate Lunch | Total | 301 | | | | | | | | | | | | | |
| BEEF, HAMBURGER W/ CHEESE | 1 BURGER | 150 | 341 | 60 | 563 | *3.24 | *101.1 | *12 | *0.0 | *2 | 23.04 | *25.99 | 15.56 | 5.53 | *0.01 |
| CHICKEN FLAUTA SOUTHWEST | 2 EACH | 100 | 342 | 10 | 403 | 1.45 | 161.1 | 806 | 24.16 | 2 | 18.12 | 46.32 | 9.06 | 3.02 | 0.00 |
| 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-POTATO, FF, STRAIGHT CUT | SANDWIC | 1 | 220 | 25 | 720 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| SALAD, ROMAINE SIDE W/PICKL | 1/2 CUP | 200 | 142 | *N/A* | 385 | 0.71 | 0.0 | *N/A* | 1.85 | *N/A* | 2.03 | 21.26 | 5.06 | 1.01 | *N/A* |
| APPLESAUCE FLAVORED | 1 EA | 100 | 23 | *0 | 159 | *0.93 | *23.4 | *3696 | *22.96 | 3 | 1.22 | 4.68 | 0.09 | *0.00 | *0.00 |
| FRUIT FRESH ASSORTED | 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 |
| 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 |
| DRESSING, ITALIAN LC 200/12G | 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 | 2 EACH | 10 | 10 | *N/A* | 180 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | *N/A* | *N/A* | *N/A* |
| | 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 | | | 627 | *51 | 1208 | *3.36 | *415.0 | *2173 | *21.39 | *31 | *33.27 | *81.44 | *19.73 | *5.79 | *0.01 |
| % of Calories | | | | | | | | | | *19.9% | *21.2% | *51.9% | *28.3% | *8.3% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 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

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

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Feb 22, 2021 thru Feb 26, 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) | 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 - 02/23/2021 | | | | | | | | | | | | | | | |
| Intermediate Lunch | | | | | | | | | | | | | | | |
| PIZZA, FRENCH BREAD ASSORTED | Total | 301 | | | | | | | | | | | | | |
| ED | 1 EACH | 150 | 295 | 22 | 500 | 105.64 | 319.8 | 625 | 8.99 | 4 | 17.49 | 32.97 | 11.49 | 4.25 | *0.00 |
| PASTA, LASAGNA CHEESE ROLL UP | 1 ROLL | 100 | 298 | *45 | 326 | *0.82 | 304.0 | *763 | *11.56 | *5 | *18.14 | *26.22 | 12.72 | *8.08 | *N/A* |
| SALAD, CHEF | 1 SALAD (1C(G)) | 50 | 320 | 128 | 856 | *12.90 | *71.5 | *3195 | *45.71 | *9 | 19.27 | *27.6 | 14.61 | 5.69 | *0.00 |
| SANDWICH,COURTESY MEAL (K-BREADSTICK, 5" GARLIC | SANDWIC | 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 |
| CARROTS PETITE SLIM 4/5LB | 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 |
| PEARS DICED, CANNED | 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* |
| FRUIT FRESH ASSORTED | 1 EACH | 100 | 77 | 0 | 14 | 0.00 | 0.0 | 72 | 0.0 | 14 | 0.0 | 18.3 | 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 |
| DRESSING RANCH 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 |
| DRESSING, ITALIAN LC 200/12G | 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 | 2 EACH | 10 | 10 | *N/A* | 180 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | *N/A* | *N/A* | *N/A* |
| | 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 | | | 563 | *57 | *796 | *55.14 | *550.9 | *1605 | *21.41 | *34 | *26.84 | *73.65 | *18.09 | *6.69 | *0.00 |
| % of Calories | | | | | | | | | | *24.3% | *19.1% | *52.3% | *28.9% | *10.7% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 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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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) |
|--|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/24/2021 | | | | | | | | | | | | | | | |
| Intermediate Lunch | Total | 301 | | | | | | | | | | | | | |
| PORK, BBQ PULLED SANDWICH | (#12 SCP) | 100 | 436 | *64 | 847 | *2.52 | *100.0 | *10 | *1.2 | 7 | *23.97 | 48.01 | 15.98 | *5.49 | *0.00 |
| CHICKEN NUGGETS | 6 EACH | 175 | 318 | 31 | 489 | 2.20 | 48.9 | 122 | *N/A* | 1 | 19.57 | 19.57 | 18.35 | 3.06 | *N/A* |
| SANDWICH, HAM & CHEESE | 1 SANDWICH | 25 | 332 | 85 | 1163 | *2.18 | *271.1 | *300 | *1.2 | *1 | 27.1 | 26.3 | 16.54 | 6.50 | *0.90 |
| SANDWICH,COURTESY MEAL (K-MUFFIN, MINI WG CORN | SANDWICH | 1 | 220 | 25 | 720 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| COLESLAW | 1 EACH | 100 | 143 | 21 | 100 | 0.74 | 17.6 | 112 | 0.15 | 11 | 2.06 | 22.55 | 4.9 | 0.88 | *N/A* |
| BEANS, PORK CANNED | 1/2 CUP | 100 | 72 | 5 | 140 | 0.25 | 28.1 | 1078 | 16.85 | *7 | 0.7 | 8.44 | 4.21 | 0.47 | 0.00 |
| FRUIT COCKTAIL | 1/2 CUP | 100 | 129 | 0 | 457 | 1.79 | 59.7 | 199 | 1.19 | 6 | 6.96 | 22.87 | 1.49 | 0.50 | 0.00 |
| FRUIT FRESH ASSORTED | 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* |
| 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 | 1 EACH | 10 | 5 | 0 | 90 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| DRESSING RANCH 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 |
| SAUCE, BBQ CUP 1 OZ. | 2 EACH | 100 | 103 | 9 | 214 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| | 1 OZ. | 50 | 30 | *N/A* | 95 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | *N/A* | 8.0 | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 664 | *63 | 1089 | *3.30 | *391.2 | *1108 | *11.25 | *37 | *32.54 | 79.03 | *24.84 | *5.45 | *0.08 |
| % of Calories | | | | | | | | | | *22.3% | *19.6% | 47.6% | *33.6% | *7.4% | *0.1% |
| Nutrient Guideline | | | 600-650 | | 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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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 - 02/25/2021 | | | | | | | | | | | | | | | |
| Intermediate Lunch | Total | 301 | | | | | | | | | | | | | |
| BEEF, FRITO PIE (5-12) | # 8 SC + 2 OZ | 150 | 537 | 61 | 795 | *3.31 | 180.8 | *812 | *8.89 | *3 | 23.13 | *44.0 | 30.58 | 11.79 | *0.62 |
| HOT DOG, CHILI CHEESE SANDWICH, SUNFLOWER BUTTER W/J | 1 EACH SANDWICH | 125 | 325 | 71 | 640 | *2.76 | 125.7 | *193 | *2.0 | *4 | 18.35 | 25.34 | 18.96 | 6.42 | *0.14 |
| SANDWICH, COURTESY MEAL (K-TOMATOES GRAPE) | 1 SANDWICH | 25 | 531 | 30 | 543 | *2.90 | 251.0 | *105 | *0.0 | *21 | 22.1 | 58.3 | 28.04 | 7.00 | *0.00 |
| POTATO, SAVORY LOOPS | 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 |
| MANDARIN ORANGES, CANNED | 1/2 CUP | 200 | 162 | *N/A* | 445 | 0.71 | 0.0 | *N/A* | 0.0 | *N/A* | 2.03 | 21.26 | 7.09 | 1.01 | *N/A* |
| 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 |
| | 2 EACH | 100 | 103 | 9 | 214 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 1.71 | 10.29 | 1.29 | 0.00 |
| Weighted Daily Average | | | 765 | *70 | 1322 | *7.45 | *441.7 | *1538 | *28.48 | *36 | 30.47 | *87.44 | 34.21 | 10.48 | *0.37 |
| % of Calories | | | | | | | | | | *18.6% | 15.9% | *45.7% | 40.3% | 12.3% | *0.4% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | <10.00 | |

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|---|-----------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/26/2021 | | | | | | | | | | | | | | | |
| Intermediate Lunch | Total | 301 | | | | | | | | | | | | | |
| PIZZA, CHEESE STICKS (1-12) | 3 EACH | 125 | 448 | 30 | 686 | 3.58 | 537.2 | *N/A* | *N/A* | 0 | 23.87 | 47.75 | 17.91 | 5.97 | 0.00 |
| FISH SANDWICH, ASSORTED | 1 PORTIO | 125 | 355 | 48 | 574 | 3.36 | 105.3 | 58 | 0.0 | 2 | 21.08 | 42.51 | 11.55 | 1.51 | *0.00 |
| SANDWICH, TURKEY/CH CROSS IANT | 1 SANDWICH | 50 | 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-CUCUMBER SLICES | SANDWIC 1/2 CUP | 1 | 220 | 25 | 720 | *1.44 | 270.0 | 300 | *0.0 | 1 | 13.0 | 25.0 | 12.0 | 5.00 | 0.90 |
| SALAD, ROMAINE W/GRAPE TOMATO | 1/2C(G)+1/4C(R) | 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 | 32 | 0 | 4 | 6.34 | 14.2 | 4098 | 34.38 | 4 | 1.43 | 6.45 | 0.0 | 0.00 | 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 | 10 | 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 | 50 | 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 |
| DRESSING, ITALIAN LC 200/12G | 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 | 2 EACH | 10 | 10 | *N/A* | 180 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 2.0 | *N/A* | *N/A* | *N/A* |
| SAUCE, TARTAR PKG | 2 EACH | 50 | 30 | 0 | 243 | 0.73 | 0.0 | 202 | 0.0 | 4 | 2.02 | 6.07 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 615 | *52 | 1070 | *5.51 | *597.8 | *2153 | *19.86 | *32 | *31.59 | *79.44 | *19.55 | *5.21 | *0.15 |
| % of Calories | | | | | | | | | | *20.8% | *20.5% | *51.7% | *28.6% | *7.6% | *0.2% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|--------|--------|-------|--------|--------|--------|--------|--------|-------|-------|
| Weighted Average | | | 647 | *59 | *1097 | *14.95 | *479.3 | *1716 | *20.48 | *34 | *30.94 | *80.20 | *23.28 | *6.72 | *0.12 |
| | | | | | | | | | | *47.3% | *19.1% | *49.6% | *32.4% | *9.4% | *0.2% |

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.

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Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 6

Feb 22, 2021 thru Feb 26, 2021

Intermediate Lunch

003 - Intermediate School 5-6 grade

Generated on: 2/2/2021 3:49:54 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 ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|---------------------------------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 647 | | 600 - 650 | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 59 | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 1097 | | 1230 | | Missing | | | | | | | | | | | |
| Sodium 2 (mg) | 1097 | | 935 | | Missing | | | 162 | | | Correction Required - Sodium too High | | | | | |
| Iron (mg) | 14.95 | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 479.3 | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 1716 | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 34 | 21.01% | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 20.48 | | | | Missing | | | | | | | | | | | |
| Protein (g) | 30.94 | 19.13% | | | Missing | | | | | | | | | | | |
| Carbohydrate (g) | 80.20 | 49.59% | | | Missing | | | | | | | | | | | |
| Total Fat (g) | 23.28 | 32.39% | | | Missing | | | | | | | | | | | |
| Saturated Fat (g) | 6.72 | 9.35% | <10.00% | | Missing | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.12 | 0.17% | | | Missing | | | | | | | | | | | |

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