

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Feb 15, 2021 thru Feb 26, 2021

Junior High Breakfast

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:45:36 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															
Junior High Breakfast	Total	101													
BKF PANCAKE MAPLE MINI BITE	6 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	120	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	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	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	50	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			738	*39	689	*6.17	*753.1	*1728	*33.75	89	25.30	128.94	*11.97	*3.45	*0.01
% of Calories										48.1%	13.7%	69.9%	*14.6%	*4.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

	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															
Junior High Breakfast	Total	101													
BKF MUFFIN, ASSORTED	1 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			471	*26	400	*4.64	*610.1	1451	*20.79	58	17.47	88.79	*5.55	*1.30	*0.01
% of Calories										49.2%	14.8%	75.4%	*10.6%	*2.5%	*0.0%
Nutrient Guideline			400-550		600									<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 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															
Junior High Breakfast	Total	101													
BKF HONEY BUN 3OZ/60CT	1 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			493	*11	446	*4.99	*626.8	1467	*30.80	56	18.54	89.22	*7.56	*3.08	*0.01
% of Calories										45.1%	15.0%	72.3%	*13.8%	*5.6%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

	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)
Thu - 02/18/2021															
Junior High Breakfast	Total	101													
BKF BOWTIE, W/SAUS LINK (5-12)	1 EACH+ 1LINKS	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			469	*56	545	*4.77	*671.3	*1420	*20.41	*50	22.01	78.81	*7.81	*2.84	*0.01
% of Calories										*42.4%	18.8%	67.3%	*15.0%	*5.4%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Fri - 02/19/2021															
Junior High Breakfast	Total	101													
BKF CINNAMON ROLL IW 72/2.80	1 ROLL	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			479	*11	451	*4.89	*650.2	*1417	*20.40	57	18.56	89.80	*5.59	*2.10	*0.01
% of Calories										47.7%	15.5%	75.0%	*10.5%	*3.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

	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 - 02/22/2021															
Junior High Breakfast	Total	101													
BKF CHICKEN SAUSAGE SAND	1 EACH	50	180	40	300	1.80	79.9	*N/A*	*N/A*	7	9.99	17.99	7.0	2.00	*N/A*
WICH															
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	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	50	237	0	59	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
Weighted Daily Average			566	*31	520	*4.99	*646.5	*1461	*20.40	74	20.52	107.69	*6.07	*1.84	*0.01
% of Calories										52.4%	14.5%	76.1%	*9.7%	*2.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Tue - 02/23/2021															
Junior High Breakfast	Total	101													
BKF MUFFIN, ASSORTED	1 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			471	*26	400	*4.64	*610.1	1451	*20.79	58	17.47	88.79	*5.55	*1.30	*0.01
% of Calories										49.2%	14.8%	75.4%	*10.6%	*2.5%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

	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 - 02/24/2021															
Junior High Breakfast	Total	101													
BKF BREAD ASSORTED	1 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*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
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			490	*11	466	*4.19	*646.5	1417	*20.40	61	18.04	91.66	*6.57	*1.60	*0.01
% of Calories										49.7%	14.7%	74.8%	*12.1%	*2.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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

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Thu - 02/25/2021															
Junior High Breakfast	Total	101													
BKF PANCAKE BB SAUSAGE STICK	1 EACH	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH, COURTESY MEAL (K-12)	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	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	50	237	0	59	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
Weighted Daily Average			601	*24	569	*4.63	*616.9	*1461	*20.40	76	18.54	110.16	*10.03	*2.83	*0.01
% of Calories										50.3%	12.3%	73.3%	*15.0%	*4.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

Fri - 02/26/2021															
Junior High Breakfast	Total	101													
DONUT, POWDERED SUGAR MINS	1 PACKAG	50	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	50	220	*N/A*	303	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
SANDWICH, COURTESY MEAL (K-12)	SANDWIC	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
FRUIT FRESH ASSORTED	1 EACH	50	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	50	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	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	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	10	110	5	100	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			513	*21	465	*4.81	*626.7	*1417	*20.40	63	17.05	95.07	*8.04	*3.32	*0.01
% of Calories										49.5%	13.3%	74.2%	*14.1%	*5.8%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

Weighted Average			529	*26	495	*4.87	*645.8	*1469	*22.86	*64	19.35	96.89	*7.47	*2.37	*0.01
										*109.0	14.6%	73.2%	*12.7%	*4.0%	*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

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 15, 2021 thru Feb 26, 2021

Junior High Breakfast

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:45:36 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	529		400 - 550	100%											
Cholesterol (mg)	26				Missing										
Sodium 1 (mg)	495		600												
Sodium 2 (mg)	495		535												
Iron (mg)	4.87				Missing										
Calcium (mg)	645.8				Missing										
Vitamin A (IU)	1469				Missing										
Sugars (g)	64	48.46%			Missing										
Vitamin C (mg)	22.86				Missing										
Protein (g)	19.35	14.63%													
Carbohydrate (g)	96.89	73.24%													
Total Fat (g)	7.47	12.71%			Missing										
Saturated Fat (g)	2.37	4.02%	<10.00%		Missing										
Trans Fat ¹ (g)	0.01	0.02%			Missing										

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

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