

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

Generated on: 2/2/2021 3:50:55 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 - 02/22/2021															
Junior High Lunch	Total	351													
BEEF, HAMBURGER W/ CHEESE	1 BURGER	200	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 (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	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*
SALAD, ROMAINE SIDE W/PICKL	1/2 C	100	11	*0	80	*0.46	*11.7	*1848	*11.48	1	0.61	2.34	0.05	*0.00	*0.00
APPLESAUCE FLAVORED	1/2 CUP	150	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	200	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	1 EACH	200	15	0	121	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00
Weighted Daily Average			770	*62	1508	*3.43	*497.4	*1745	*17.94	*45	37.15	*94.61	28.54	*7.08	*0.01
% of Calories										*23.2%	19.3%	*49.1%	33.4%	*8.3%	*0.0%
Nutrient Guideline			600-700		1360									<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 22, 2021 thru Feb 26, 2021

Junior High Lunch

002 - Flour Bluff Junior High School

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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 - 02/23/2021															
Junior High Lunch	Total	351													
PIZZA, FRENCH BREAD ASSORTED	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	175	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))	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 (K-BREADSTICK, 5" GARLIC	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	150	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	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	250	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	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
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	25	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			578	*51	*858	*46.54	*614.9	*1578	*18.26	*38	*27.73	*77.49	*17.72	*7.24	*0.00
% of Calories										*26.5%	*19.2%	*53.6%	*27.6%	*11.3%	*0.0%
Nutrient Guideline			600-700		1360									<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 - 02/24/2021															
Junior High Lunch	Total	351													
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	225	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	50	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	50	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	150	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	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	250	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	25	5	0	90	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	1 EACH	25	28	0	119	0.00	0.0	0	0.0	0	0.0	2.27	2.83	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, BBQ CUP 1 OZ.	2 EACH	25	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 OZ.	150	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			650	*60	1114	*2.85	*415.4	*1072	*7.94	*39	*32.03	79.26	*23.58	*5.18	*0.07
% of Calories										*24.2%	*19.7%	48.8%	*32.6%	*7.2%	*0.1%
Nutrient Guideline			600-700		1360									<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)
Thu - 02/25/2021															
Junior High Lunch	Total	351													
BEEF, FRITO PIE (5-12)	# 8 SC + 2 OZ	125	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	200	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 SANDWICH	1	220	25	720	*1.44	270.0	300	*0.0	1	13.0	25.0	12.0	5.00	0.90
MANDARIN ORANGES, CANNED	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
FRUIT FRESH ASSORTED	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*
MILK SKIM UNFLAVORED	1/2 CUP	150	68	0	10	0.70	19.5	293	20.49	17	0.98	16.59	0.0	0.00	0.00
MILK 1% WHITE	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 FAT FREE, CHOCOLATE	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, STRAWBERRY FF	8 OZ	100	100	10	125	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MUSTARD PKG	8 OZ	250	110	5	100	0.00	300.0	500	2.4	18	8.0	19.0	0.0	0.00	0.00
MAYONNAISE RC 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*
KETCHUP PKG 9 GM	2 EACH	25	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	25	57	0	238	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
Weighted Daily Average	4 EACH	100	40	0	400	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
% of Calories	2 EACH	100	103	9	214	0.00	0.0	0	0.0	2	0.0	1.71	10.29	1.29	0.00
Nutrient Guideline			776	*73	1392	*7.05	*481.0	*1487	*27.82	*38	31.40	*90.29	33.83	10.03	*0.30
			600-700		1360					*19.5%	16.2%	*46.6%	39.2%	11.6%	*0.4%

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Fri - 02/26/2021															
Junior High Lunch	Total	351													
PIZZA, CHEESE STICKS (1-12)	3 EACH	150	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	150	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	150	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	100	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	250	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	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	4 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	2 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	25	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	150	30	0	243	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00
Weighted Daily Average			639	*53	1143	*5.43	*646.4	*2061	*18.84	*35	*33.15	*83.44	*19.71	*5.21	*0.13
% of Calories										*21.9%	*20.8%	*52.2%	*27.8%	*7.3%	*0.2%
Nutrient Guideline			600-700		1360									<10.00	

Weighted Average			683	*60	*1203	*13.06	*531.0	*1588	*18.16	*39	*32.29	*85.02	*24.67	*6.95	*0.10
										*51.4%	*18.9%	*49.8%	*32.5%	*9.2%	*0.1%

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002 - Flour Bluff Junior High School

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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	683			600 - 700	100%												
Cholesterol (mg)	60					Missing											
Sodium 1 (mg)	1203			1360		Missing											
Sodium 2 (mg)	1203			1035		Missing			168								Correction Required - Sodium too High
Iron (mg)	13.06					Missing											
Calcium (mg)	531.0					Missing											
Vitamin A (IU)	1588					Missing											
Sugars (g)	39	22.86%				Missing											
Vitamin C (mg)	18.16					Missing											
Protein (g)	32.29	18.92%				Missing											
Carbohydrate (g)	85.02	49.82%				Missing											
Total Fat (g)	24.67	32.53%				Missing											
Saturated Fat (g)	6.95	9.16%			<10.00%	Missing											
Trans Fat ¹ (g)	0.10	0.14%				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.