

Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 15, 2021 thru Feb 26, 2021

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:45:00 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															
Primary/Elementary Breakfas	Total	900													
BKF PANCAKE MAPLE MINI BITE	6 EACH	300	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	600	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	450	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	400	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	300	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	500	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	1 EACH	200	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			464	*24	506	*6.70	*419.0	*1209	*19.59	47	14.07	81.07	*8.82	*2.33	*0.00
% of Calories										40.2%	12.1%	69.8%	*17.1%	*4.5%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Tue - 02/16/2021															
Primary/Elementary Breakfas	Total	900													
BKF MUFFIN, ASSORTED	1 EACH	700	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	200	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	450	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	400	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	300	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	500	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			390	*29	260	*2.76	*325.7	803	*15.50	46	11.28	73.13	*6.02	*1.22	*0.00
% of Calories										46.8%	11.6%	75.1%	*13.9%	*2.8%	*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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Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Page 2

Feb 15, 2021 thru Feb 26, 2021

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:45:00 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)
Wed - 02/17/2021															
Primary/Elementary Breakfas	Total	900													
BKF HONEY BUN 3OZ/60CT	1 EACH	100	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	800	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	450	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	400	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	300	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	500	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			391	*6	394	*7.41	*451.7	1434	*24.28	44	11.33	79.08	*4.19	*1.11	*0.00
% of Calories										45.3%	11.6%	80.9%	*9.7%	*2.6%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

	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															
Primary/Elementary Breakfas	Total	900													
BKF BOWTIE, EGG & PEPPER J ACK	1 EACH	450	160	60	310	1.00	110.0	*N/A*	*N/A*	1	7.0	19.0	6.0	3.00	*N/A*
BKF CEREAL, ASSORTED (K-12)	1 EACH	450	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	450	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	400	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	300	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	500	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			355	*36	408	*4.62	*428.4	*1031	*17.82	37	12.79	65.49	*5.10	*2.06	*0.00
% of Calories										41.4%	14.4%	73.7%	*12.9%	*5.2%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

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Planned Menu Spreadsheet

Portion Values - Detailed

Feb 15, 2021 thru Feb 26, 2021

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:45:00 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)
Fri - 02/19/2021															
Primary/Elementary Breakfas	Total	900													
BKF CINNAMON ROLL IW 72/2.80	1 ROLL	650	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	250	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	450	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	400	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	300	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	500	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			401	*6	345	*3.52	*394.4	*806	*15.47	44	12.85	75.09	*5.89	*2.35	*0.00
% of Calories										44.1%	12.8%	75.0%	*13.2%	*5.3%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Mon - 02/22/2021															
Primary/Elementary Breakfas	Total	900													
BKF CHICKEN SAUSAGE SAND WICH	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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	1 EACH	200	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			383	*35	409	*3.65	*389.0	*816	*15.47	42	15.72	64.93	*6.59	*1.98	*0.00
% of Calories										44.4%	16.4%	67.8%	*15.5%	*4.7%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

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Portion Values - Detailed

Page 4

Feb 15, 2021 thru Feb 26, 2021

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:45:00 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)
Tue - 02/23/2021															
Primary/Elementary Breakfas	Total	900													
BKF MUFFIN, ASSORTED	1 EACH	700	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	200	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	450	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	400	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	300	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	500	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			390	*29	260	*2.76	*325.7	803	*15.50	46	11.28	73.13	*6.02	*1.22	*0.00
% of Calories										46.8%	11.6%	75.1%	*13.9%	*2.8%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Wed - 02/24/2021															
Primary/Elementary Breakfas	Total	900													
BKF BREAD ASSORTED	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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			417	*6	366	*2.49	*388.9	806	*15.47	50	12.11	77.81	*7.31	*1.62	*0.00
% of Calories										47.7%	11.6%	74.7%	*15.8%	*3.5%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

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Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 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															
Primary/Elementary Breakfas	Total	900													
BKF PANCAKE BB SAUSAGE STICK	1 EACH	650	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	250	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	450	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	400	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	300	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	500	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	1 EACH	200	119	0	30	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00
Weighted Daily Average			433	*24	481	*3.13	*345.7	*816	*15.47	45	12.83	68.54	*12.36	*3.42	*0.00
% of Calories										41.2%	11.8%	63.3%	*25.7%	*7.1%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Fri - 02/26/2021															
Primary/Elementary Breakfas	Total	900													
DONUT, POWDERED SUGAR MINI	1 PACKAG	650	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	250	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	450	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	400	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	300	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	500	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			450	*21	365	*3.39	*360.0	*806	*15.47	53	10.66	82.78	*9.46	*4.14	*0.00
% of Calories										47.6%	9.5%	73.6%	*18.9%	*8.3%	*0.0%
Nutrient Guideline			400-500		540									<10.00	

Weighted Average			407	*22	379	*4.04	*382.8	*933	*17.00	45	12.49	74.10	*7.18	*2.15	*0.00
										100.2%	12.3%	72.8%	*15.9%	*4.7%	*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

Primary/Elementary Breakfast

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:45:00 PM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	407		400 - 500		100%											
Cholesterol (mg)	22					Missing										
Sodium 1 (mg)	379		540													
Sodium 2 (mg)	379		485													
Iron (mg)	4.04					Missing										
Calcium (mg)	382.8					Missing										
Vitamin A (IU)	933					Missing										
Sugars (g)	45	44.52%														
Vitamin C (mg)	17.00					Missing										
Protein (g)	12.49	12.27%														
Carbohydrate (g)	74.10	72.77%														
Total Fat (g)	7.18	15.86%														
Saturated Fat (g)	2.15	4.74%	<10.00%			Missing										
Trans Fat ¹ (g)	0.00	0.00%				Missing										

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