

# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:48:50 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 <sup>1</sup> (g) |
|--|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/22/2021                                   |              |          |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Primary/Elementary Lunch                           | Total        | 551      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BEEF, HAMBURGER W/ CHEESE                          | 1 BURGER     | 300      | 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          | 150      | 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      | 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*                   |
| CELERY STICKS                                      | 1 EA         | 100      | 23          | *0          | 159       | *0.93     | *23.4     | *3696      | *22.96     | 3          | 1.22      | 4.68     | 0.09      | *0.00     | *0.00                   |
| APPLESAUCE FLAVORED                                | 3/4 CUP      | 150      | 46          | 0           | 0         | 0.41      | 22.9      | 4002       | 4.12       | 2          | 1.14      | 5.72     | 1.72      | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED                               | 1/2 CUP      | 300      | 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       | 150      | 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         | 25       | 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         | 200      | 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         | 300      | 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         | 25       | 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                                   | 2 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                                 | 3 EACH       | 150      | 30          | 0           | 300       | 0.00      | 0.0       | 300        | 0.0        | 6          | 0.0       | 9.0      | 0.0       | 0.00      | 0.00                    |
| DRESSING, ITALIAN LC 200/12G                       | 2 EACH       | 150      | 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       | 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*                   |
|  | 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                             |              |          | 617         | *59         | 1142      | *3.35     | *447.6    | *2599      | *15.16     | *33        | *36.32    | *76.98   | *19.81    | *6.11     | *0.00                   |
| % of Calories                                      |              |          |             |             |           |           |           |            |            | *21.1%     | *23.6%    | *49.9%   | *28.9%    | *8.9%     | *0.0%                   |
| Nutrient Guideline                                 |              |          | 550-650     |             | 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

<sup>1</sup> - 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

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:48:50 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 <sup>1</sup> (g) |
|---|-----------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/23/2021                                |                 |          |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Primary/Elementary Lunch                        |                 |          |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| PIZZA, FRENCH BREAD ASSORTED                    | Total           | 551      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| ED  | 1 EACH          | 300      | 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          | 150      | 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)) | 100      | 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          | 300      | 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         | 150      | 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                            | 300             | 77       | 0           | 14          | 0.00      | 0.0       | 72        | 0.0        | 14         | 0.0        | 18.3      | 0.0      | 0.0       | 0.00      | 0.00                    |
| MILK SKIM UNFLAVORED                            | 1 EACH          | 150      | 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            | 25       | 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            | 200      | 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            | 300      | 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            | 25       | 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                    |
| 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                    |
| DRESSING, ITALIAN LC 200/12G                    | 2 EACH          | 150      | 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        | 150      | 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                          |                 |          | 585         | *58         | *818      | *60.14    | *582.4    | *1694      | *21.15     | *36        | *27.57    | *76.78   | *18.70    | *6.85     | *0.00                   |
| % of Calories                                   |                 |          |             |             |           |           |           |            |            | *24.5%     | *18.8%    | *52.5%   | *28.8%    | *10.5%    | *0.0%                   |
| Nutrient Guideline                              |                 |          | 550-650     |             | 1230      |           |           |            |            |            |           |          |           | <10.00    |                         |

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Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

004 - Primary/Elementary 1-4 grade

Generated on: 2/2/2021 3:48:50 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 <sup>1</sup> (g) |
|--|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/24/2021                               |              |          |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Primary/Elementary Lunch                       | Total        | 551      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| PORK, BBQ PULLED SANDWICH                      | (#12 SCP)    | 300      | 436         | *64         | 847       | *2.52     | *100.0    | *10        | *1.2       | 7          | *23.97    | 48.01    | 15.98     | *5.49     | *0.00                   |
| CHICKEN NUGGETS                                | 5 EACH       | 150      | 265         | 25          | 408       | 1.83      | 40.8      | 102        | *N/A*      | 1          | 16.31     | 16.31    | 15.29     | 2.55      | *N/A*                   |
| SANDWICH, HAM & CHEESE                         | 1 SANDWICH   | 100      | 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       | 300      | 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                    |
| BROCCOLI BITES FRESH                           | 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 COCKTAIL                                 | 3/4 CUP      | 150      | 17          | 0           | 17        | 0.40      | 22.3      | 278        | 43.39      | 1          | 1.11      | 1.11     | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED                           | 1/2 CUP      | 300      | 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       | 150      | 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         | 25       | 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         | 200      | 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         | 300      | 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         | 25       | 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                             | 3 EACH       | 150      | 30          | 0           | 300       | 0.00      | 0.0       | 300        | 0.0        | 6          | 0.0       | 9.0      | 0.0       | 0.00      | 0.00                    |
| SAUCE, BBQ CUP 1 OZ.                           | 2 EACH       | 150      | 103         | 9           | 214       | 0.00      | 0.0       | 0          | 0.0        | 2          | 0.0       | 1.71     | 10.29     | 1.29      | 0.00                    |
|  | 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                         |              |          | 708         | *78         | 1243      | *3.21     | *448.0    | *1174      | *20.87     | *43        | *33.92    | 91.72    | *23.42    | *6.42     | *0.17                   |
| % of Calories                                  |              |          |             |             |           |           |           |            |            | *24.2%     | *19.2%    | 51.8%    | *29.8%    | *8.2%     | *0.2%                   |
| Nutrient Guideline                             |              |          | 550-650     |             | 1230      |           |           |            |            |            |           |          |           | <10.00    |                         |

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Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

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 <sup>1</sup> (g) |
|--|--------------------|----------|-------------|-------------|-----------|----------------|--------------|-------------|---------------|------------|--------------|-------------|-------------|--------------|-------------------------|
| Thu - 02/25/2021                             |                    |          |             |             |           |                |              |             |               |            |              |             |             |              |                         |
| Primary/Elementary Lunch                     | Total              | 551      |             |             |           |                |              |             |               |            |              |             |             |              |                         |
| BEEF, FRITO PIE (K-4)                        | #8SC + 1           | 275      | 537         | 61          | 825       | *3.31          | 231.4        | *812        | *8.89         | *3         | 23.13        | 45.01       | 30.58       | 11.79        | *0.62                   |
| HOT DOG, CHILI CHEESE                        | 1 EACH             | 125      | 325         | 71          | 640       | *2.76          | 125.7        | *193        | *2.0          | *4         | 18.35        | 25.34       | 18.96       | 6.42         | *0.14                   |
| SANDWICH, SUNFLOWER BUTT<br>ER W/J           | 1 SANDW<br>ICH     | 150      | 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-<br>TOMATOES GRAPE | SANDWIC<br>1/2 cup | 1<br>200 | 220<br>40   | 25<br>0     | 720<br>0  | *1.44<br>10.93 | 270.0<br>0.0 | 300<br>1012 | *0.0<br>36.45 | 1<br>5     | 13.0<br>1.35 | 25.0<br>8.1 | 12.0<br>0.0 | 5.00<br>0.00 | 0.90<br>0.00            |
| POTATO, SAVORY LOOPS                         | 1/2 CUP            | 150      | 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            | 300      | 68          | 0           | 10        | 0.70           | 19.5         | 293         | 20.49         | 17         | 0.98         | 16.59       | 0.0         | 0.00         | 0.00                    |
| FRUIT FRESH ASSORTED                         | 1 EACH             | 150      | 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               | 25       | 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               | 200      | 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               | 25       | 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             | 150      | 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             | 150      | 103         | 9           | 214       | 0.00           | 0.0          | 0           | 0.0           | 2          | 0.0          | 1.71        | 10.29       | 1.29         | 0.00                    |
| Weighted Daily Average                       |                    |          | 752         | *64         | 1129      | *7.68          | *524.6       | *1637       | *33.43        | *42        | 31.43        | 87.96       | 33.11       | 10.42        | *0.34                   |
| % of Calories                                |                    |          |             |             |           |                |              |             |               | *22.1%     | 16.7%        | 46.8%       | 39.6%       | 12.5%        | *0.4%                   |
| Nutrient Guideline                           |                    |          | 550-650     |             | 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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# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

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 <sup>1</sup> (g) |
|---|-----------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/26/2021                          |                 |          |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Primary/Elementary Lunch                  | Total           | 551      |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| PIZZA, CHEESE STICKS (1-12)               | 3 EACH          | 275      | 448         | 30          | 686       | 3.58      | 537.2     | *N/A*      | *N/A*      | 0          | 23.87     | 47.75    | 17.91     | 5.97      | 0.00                    |
| FISH POLLOCK SANDWICH                     | 1 Each          | 150      | 370         | 50          | 530       | 2.88      | 100.0     | 110        | 0.0        | 3          | 21.0      | 44.0     | 11.5      | 1.50      | *0.00                   |
| SANDWICH, TURKEY/CH CROSS IANT            | 1 SANDWICH      | 125      | 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 | 100      | 8           | 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      | 32          | 0           | 4         | 6.34      | 14.2      | 4098       | 34.38      | 4          | 1.43      | 6.45     | 0.0       | 0.00      | 0.00                    |
| PINEAPPLE TIDBITS, CANNED                 | 1/2 CUP         | 200      | 70          | 0           | 0         | 0.00      | 17.5      | 66         | 7.87       | 13         | 0.0       | 16.62    | 0.0       | 0.00      | 0.00                    |
| FRUIT FRESH ASSORTED                      | 1 EACH          | 150      | 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            | 25       | 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            | 200      | 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            | 25       | 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                          | 3 EACH          | 150      | 30          | 0           | 300       | 0.00      | 0.0       | 300        | 0.0        | 6          | 0.0       | 9.0      | 0.0       | 0.00      | 0.00                    |
| DRESSING RANCH PKG                        | 2 EACH          | 150      | 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          | 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, MARINARA CUP                       | 2 EACH          | 150      | 30          | 0           | 243       | 0.73      | 0.0       | 202        | 0.0        | 4          | 2.02      | 6.07     | 0.0       | 0.00      | 0.00                    |
| SAUCE, TARTAR PKG                         | 2 EACH          | 25       | 57          | 11          | 193       | 0.00      | 0.0       | 11         | 0.0        | 2          | 0.0       | 2.27     | 5.67      | 0.00      | 0.00                    |
| Weighted Daily Average                    |                 |          | 622         | *54         | 1084      | *4.34     | *667.9    | *1554      | *14.08     | *31        | *32.84    | *77.02   | *20.51    | *6.22     | *0.21                   |
| % of Calories                             |                 |          |             |             |           |           |           |            |            | *19.7%     | *21.1%    | *49.5%   | *29.7%    | *9.0%     | *0.3%                   |
| Nutrient Guideline                        |                 |          | 550-650     |             | 1230      |           |           |            |            |            |           |          |           | <10.00    |                         |

|                  |  |  |     |     |       |        |        |       |        |        |        |        |        |       |       |
|------------------|--|--|-----|-----|-------|--------|--------|-------|--------|--------|--------|--------|--------|-------|-------|
| Weighted Average |  |  | 657 | *63 | *1083 | *15.75 | *534.1 | *1732 | *20.94 | *37    | *32.42 | *82.09 | *23.11 | *7.20 | *0.14 |
|                  |  |  |     |     |       |        |        |       |        | *50.2% | *19.7% | *50.0% | *31.7% | *9.9% | *0.2% |

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# Flour Bluff ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Feb 22, 2021 thru Feb 26, 2021

Primary/Elementary Lunch

004 - Primary/Elementary 1-4 grade

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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 <sup>1</sup> (g) | Error Messages (if any)                 |
|----------------------------|----------|--------------|----------|-------------|-------------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|---|
| Calories                   | 657      |              |          | 550 - 650   | 101%        |           |           |            | 7          |            |            |           |          |           |           |                         | Correction Required - Calories too High |
| Cholesterol (mg)           | 63       |              |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Sodium 1 (mg)              | 1083     |              |          | 1230        |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Sodium 2 (mg)              | 1083     |              |          | 935         |             | Missing   |           |            | 148        |            |            |           |          |           |           |                         | Correction Required - Sodium too High   |
| Iron (mg)                  | 15.75    |              |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Calcium (mg)               | 534.1    |              |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Vitamin A (IU)             | 1732     |              |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Sugars (g)                 | 37       | 22.33%       |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Vitamin C (mg)             | 20.94    |              |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Protein (g)                | 32.42    | 19.74%       |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Carbohydrate (g)           | 82.09    | 49.99%       |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Total Fat (g)              | 23.11    | 31.67%       |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Saturated Fat (g)          | 7.20     | 9.87%        |          | <10.00%     |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |
| Trans Fat <sup>1</sup> (g) | 0.14     | 0.20%        |          |             |             | Missing   |           |            |            |            |            |           |          |           |           |                         |   |

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