

# Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

## Base Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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)
<b>Mon - 08/23/2021</b>																
High School Breakfast	Total	200														
BKF MUFFIN, ASSORTED	1 EACH	150	243	23	263	0.67	1.50	20.0	0	0.0	17	4.0	41.69	7.0	1.00	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	3.54	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	3.69	*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	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	1	80	5	125	0.00	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	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	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	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			418	*24	382	*3.23	*3.27	*369.4	829	*16.29	48	12.16	78.20	*6.51	*1.16	*0.00
% of Calories											45.8%	11.6%	74.9%	*14.0%	*2.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

<b>Tue - 08/24/2021</b>																
High School Breakfast	Total	200														
BKF HAM BAR PATTY BRD (5-12)	1 BAR	150	401	*70	770	2.12	2.63	103.6	*15	*0.0	*4	11.24	39.74	22.42	7.12	*0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	3.54	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	3.69	*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	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	1	80	5	125	0.00	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	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	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	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
JELLY ASSORTED	1 PKG	100	35	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average			554	*59	762	*4.32	*4.11	*432.1	*840	*16.29	*42	17.58	81.23	*18.07	*5.75	*0.00
% of Calories											*30.5%	12.7%	58.7%	*29.4%	*9.3%	*0.0%
Nutrient Guideline			450-600		640										<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.

**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.

# Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 7/26/2021 9:13:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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 - 08/25/2021																
High School Breakfast	Total	200														
BKF CHKN SAUSAGE SANDWI CH CHZ	1 EACH	150	180	40	300	1.00	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	50	220	*N/A*	303	3.54	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	3.69	*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	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	1	80	5	125	0.00	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	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	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	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
SYRUP PANCAKE CUP	2 EACH	100	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
Weighted Daily Average			489	*36	439	*3.48	*3.49	*414.3	*873	*16.29	62	16.65	90.09	*6.50	*1.91	*0.00
% of Calories											50.8%	13.6%	73.7%	*12.0%	*3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/26/2021																
High School Breakfast	Total	200														
BKF HONEY BUN 3OZ/6OCT	1 EACH	150	270	0	210	3.00	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	3.54	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	3.69	*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	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	1	80	5	125	0.00	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	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	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	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			438	*6	342	*4.98	*3.49	*384.4	904	*32.05	45	13.66	76.95	*8.76	*3.78	*0.00
% of Calories											40.9%	12.5%	70.3%	*18.0%	*7.8%	*0.0%
Nutrient Guideline			450-600		640										<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.

**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.

# Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 7/26/2021 9:13:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	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)
Fri - 08/27/2021																
High School Breakfast	Total	200														
BKF KOLACHE, PK/CK/BF IW	1 EACH	150	230	20	460	2.00	1.44	60.0	750	2.4	5	7.0	25.0	11.0	3.50	0.00
BKF CEREAL, ASSORTED (K-12)	1 EACH	50	220	*N/A*	303	3.54	7.95	189.8	1009	10.59	17	3.53	47.93	*2.53	*0.13	*N/A*
FRUIT FRESH ASSORTED	1 EACH	100	85	0	1	3.69	*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	*N/A*	*0.08	*4.7	60	16.0	12	0.0	13.47	0.0	*N/A*	*N/A*
MILK SKIM UNFLAVORED	8 OZ	1	80	5	125	0.00	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	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	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	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
Weighted Daily Average			408	*21	529	*4.23	*3.22	*399.4	1391	*18.09	39	14.40	65.68	*9.51	*3.03	*0.00
% of Calories											38.0%	14.1%	64.4%	*21.0%	*6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			461	*29	491	*4.05	*3.51	*399.9	*967	*19.80	*47	14.89	78.43	*9.87	*3.12	*0.00
											*92.0%	12.9%	68.0%	*19.3%	*6.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	461		450 - 600	100%				
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	491		640					
Sodium 2 (mg)	491		570					
Fiber (g)	4.05				Missing			
Iron (mg)	3.51				Missing			
Calcium (mg)	399.9				Missing			
Vitamin A (IU)	967				Missing			
Sugars (g)	47	40.87%			Missing			
Vitamin C (mg)	19.80				Missing			
Protein (g)	14.89	12.92%						
Carbohydrate (g)	78.43	68.03%						
Total Fat (g)	9.87	19.27%			Missing			
Saturated Fat (g)	3.12	6.10%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			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

<sup>1</sup> - 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.