

Flour Bluff ISD

Aug 16, 2021 thru Aug 20, 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 ¹ (g)
Mon - 08/16/2021																
High School Breakfast	Total	200														
BKF OATMEAL (5-12)	1 CUP	150	189	*0	*6	5.20	*1.59	28.8	*27	*19.61	*7	5.38	37.16	*2.48	*0.50	*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			377	*6	*189	*6.63	*3.33	*376.0	*849	*31.00	*40	13.19	74.80	*3.12	*0.78	*0.00
% of Calories											*42.9%	14.0%	79.4%	*7.4%	*1.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/17/2021																
High School Breakfast	Total	200														
BKF PANCAKE CHICKEN MINI BITES	5 EACH	150	224	41	367	2.04	1.10	10.2	*N/A*	*N/A*	2	10.18	17.31	13.24	*N/A*	*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			522	*37	489	*4.26	*2.96	*362.0	*873	*16.29	58	16.79	89.58	*11.18	*0.41	*0.00
% of Calories											44.7%	12.9%	68.7%	*19.3%	*0.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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Portion Values - Detailed

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	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 ¹ (g)
Wed - 08/18/2021																
High School Breakfast	Total	200														
BKF ENG MUFFIN EGG/CHEESE	1 SAND	150	214	76	397	2.03	1.83	152.5	*N/A*	*N/A*	1	9.15	24.41	8.14	3.56	0.00
	WICH															
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	1PKG	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			413	*63	482	*4.26	*3.51	*468.8	*829	*16.29	40	16.02	69.73	*7.36	*3.08	*0.00
% of Calories											38.6%	15.5%	67.6%	*16.0%	*6.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/19/2021																
High School Breakfast	Total	200														
BKF DONUT, POWDERED SUGAR	1 PACKAG	150	309	20	249	1.99	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	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			467	*21	371	*4.23	*3.22	*384.3	*829	*16.29	57	11.40	85.81	*9.48	*4.15	*0.00
% of Calories											48.6%	9.8%	73.5%	*18.3%	*8.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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	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 ¹ (g)
Fri - 08/20/2021																
High School Breakfast	Total	201														
BKF PANCAKES W/SAUSAGE (5-12)	1PKG+ S AUSAGE	150	324	*43	496	*3.00	2.53	*50.0	*250	*0.0	*12	15.15	39.5	12.33	2.15	*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*
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			594	*38	583	*4.96	*4.02	*389.9	*1055	*16.21	*66	20.41	105.70	*10.45	*2.01	*0.00
% of Calories											*44.4%	13.8%	71.2%	*15.8%	*3.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			474	*33	*423	*4.87	*3.41	*396.2	*887	*19.22	*52	15.56	85.12	*8.32	*2.08	*0.00
											*99.0%	13.1%	71.8%	*15.8%	*3.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	474		450 - 600	100%				
Cholesterol (mg)	33				Missing			
Sodium 1 (mg)	423		640		Missing			
Sodium 2 (mg)	423		570		Missing			
Fiber (g)	4.87				Missing			
Iron (mg)	3.41				Missing			
Calcium (mg)	396.2				Missing			
Vitamin A (IU)	887				Missing			
Sugars (g)	52	44.02%			Missing			
Vitamin C (mg)	19.22				Missing			
Protein (g)	15.56	13.12%						
Carbohydrate (g)	85.12	71.77%						
Total Fat (g)	8.32	15.78%						
Saturated Fat (g)	2.08	3.95%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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