

Flour Bluff ISD

Aug 30, 2021 thru Sep 3, 2021

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

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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)
Mon - 08/30/2021																
High School Breakfast	Total	200														
BKF BISCUIT SAUSAGE (5-12)	1 EACH	150	241	20	573	2.01	1.08	20.0	*0	*0.0	4	9.01	27.17	11.05	3.00	*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*
JELLY ASSORTED	1 PKG	150	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			442	*21	614	*4.24	*2.95	*369.4	*829	*16.29	44	15.91	74.05	*9.54	*2.66	*0.00
% of Calories											39.8%	14.4%	67.0%	*19.4%	*5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/31/2021																
High School Breakfast	Total	200														
BKF BOWTIE,W/SAUSAGE (5-12)	EACH + SAUSAGE	150	261	101	563	*2.00	1.73	*110.0	*N/A*	*N/A*	*1	18.15	20.01	12.08	4.52	*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*
Weighted Daily Average			431	*82	607	*4.23	*3.44	*436.9	*829	*16.29	*36	22.76	61.94	*10.32	*3.80	*0.00
% of Calories											*33.2%	21.1%	57.5%	*21.5%	*7.9%	*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 - 09/01/2021																
High School Breakfast	Total	400														
BKF PANCAKEBOWL	1 EACH	150	228	35	332	1.98	1.79	19.8	*N/A*	*N/A*	16	4.96	39.67	4.96	2.48	*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	150	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00
BKF PANCAKEBOWL	1 EACH	150	228	35	332	1.98	1.79	19.8	*N/A*	*N/A*	16	4.96	39.67	4.96	2.48	*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	150	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			584	*32	478	*4.22	*3.48	*369.2	*895	*16.29	80	12.87	121.18	*4.98	*2.27	*0.00
% of Calories											54.7%	8.8%	83.0%	*7.7%	*3.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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High School Breakfast

Portion Values - Detailed

Page 3

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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)
Thu - 09/02/2021																
High School Breakfast	Total	400														
BKF BREAD ASSORTED	1 EACH	150	263	*N/A*	250	2.00	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	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*
BKF BREAD ASSORTED	1 EACH	150	263	*N/A*	250	2.00	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	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			432	*6	372	*4.23	*2.27	*414.3	829	*16.29	53	12.90	80.65	*7.25	*1.53	*0.00
% of Calories											48.8%	11.9%	74.6%	*15.1%	*3.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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High School Breakfast

Portion Values - Detailed

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	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 ¹ (g)
Fri - 09/03/2021																
High School Breakfast	Total	400														
BKF CONCHA, ASSORTED	1 EACH	150	189	5	85	2.99	1.44	39.9	*100	2.39	8	3.99	32.89	5.98	2.49	*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*
BKF CONCHA, ASSORTED	1 EACH	150	189	5	85	2.99	1.44	39.9	*100	2.39	8	3.99	32.89	5.98	2.49	*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	*10	248	*4.97	*3.22	*384.3	*903	*18.08	41	12.14	71.60	*5.74	*2.28	*0.00
% of Calories											43.5%	12.9%	75.9%	*13.7%	*5.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			453	*30	464	*4.38	*3.07	*394.8	*857	*16.65	*51	15.32	81.88	*7.57	*2.51	*0.00
											*100.6	13.5%	72.2%	*15.0%	*5.0%	*0.0%

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Base Menu Spreadsheet

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Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	453		450 - 600	100%													
Cholesterol (mg)	30				Missing												
Sodium 1 (mg)	464		640														
Sodium 2 (mg)	464		570														
Fiber (g)	4.38				Missing												
Iron (mg)	3.07				Missing												
Calcium (mg)	394.8				Missing												
Vitamin A (IU)	857				Missing												
Sugars (g)	51	44.72%			Missing												
Vitamin C (mg)	16.65				Missing												
Protein (g)	15.32	13.51%															
Carbohydrate (g)	81.88	72.23%															
Total Fat (g)	7.57	15.02%			Missing												
Saturated Fat (g)	2.51	4.97%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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