

Flour Bluff ISD

Aug 9, 2021 thru Aug 13, 2021

Base Menu Spreadsheet

High School Breakfast

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)
Mon - 08/09/2021																
High School Breakfast	Total	200														
BKF BISCUIT W/GRAVY	1 Biscuit	150	365	*21	950	4.26	3.09	87.0	*87	*0.0	*5	14.31	37.04	19.37	5.04	*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			509	*22	897	*5.92	*4.46	*419.6	*894	*16.29	*39	19.89	74.71	*15.78	*4.19	*0.00
% of Calories											*30.6%	15.6%	58.7%	*27.9%	*7.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 08/10/2021																
High School Breakfast	Total	200														
BKF EGG,OMELET W/SAUSAG (5-12)	1EA+1SA US+1(GR)	150	303	206	667	*2.29	2.69	*148.7	*0	*0.0	*0	23.73	18.05	15.8	5.02	*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			480	*160	684	*4.45	*4.15	*465.9	*829	*16.29	*39	26.95	64.97	*13.11	*4.17	*0.00
% of Calories											*32.5%	22.5%	54.2%	*24.6%	*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

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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)
Wed - 08/11/2021																
High School Breakfast	Total	200														
BKF FRENCH TOAST	3 EACH	150	211	105	291	2.01	1.44	60.2	201	*N/A*	11	8.02	26.07	9.02	2.01	*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 BOTTLED % 1 STRAWBE RRY	8 OZ	50	170	10	110	*N/A*	0.00	250.0	500	1.2	30	8.0	31.0	2.5	1.50	*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			527	*86	435	*4.24	*3.22	*387.0	1024	*15.99	68	15.17	99.40	*8.65	*2.29	*0.00
% of Calories											51.7%	11.5%	75.5%	*14.8%	*3.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

	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)
Thu - 08/12/2021																
High School Breakfast	Total	200														
BKF CINNAMON ROLL IW 72/2. 8OZ	1 ROLL	150	241	*N/A*	221	2.01	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	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			416	*6	350	*4.24	*3.34	*419.9	*829	*16.29	47	13.68	77.83	*5.78	*2.29	*0.00
% of Calories											45.3%	13.1%	74.8%	*12.5%	*5.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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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 - 08/13/2021																
High School Breakfast	Total	200														
BKF PANCAKE BB SAUSAGE S TICK	1 EACH	150	250	25	400	1.00	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	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			541	*25	514	*3.48	*2.95	*369.4	*873	*16.29	64	13.65	93.84	*12.50	*3.40	*0.00
% of Calories											47.5%	10.1%	69.4%	*20.8%	*5.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			495	*60	576	*4.47	*3.62	*412.4	*890	*16.23	*51	17.87	82.15	*11.16	*3.27	*0.00
											*93.7%	14.4%	66.4%	*20.3%	*5.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	495		450 - 600	100%				
Cholesterol (mg)	60				Missing			
Sodium 1 (mg)	576		640					
Sodium 2 (mg)	576		570				6	Correction Required - Sodium too High
Fiber (g)	4.47				Missing			
Iron (mg)	3.62				Missing			
Calcium (mg)	412.4				Missing			
Vitamin A (IU)	890				Missing			
Sugars (g)	51	41.63%			Missing			
Vitamin C (mg)	16.23				Missing			
Protein (g)	17.87	14.45%						
Carbohydrate (g)	82.15	66.43%						
Total Fat (g)	11.16	20.31%			Missing			
Saturated Fat (g)	3.27	5.95%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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