

Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Lunch

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 - 08/23/2021																
High School Lunch	Total	951														
CHICKEN, HONEY FIRE	# 8 SCOOP	500	170	56	455	1.02	1.10	20.4	357	0.0	14	14.29	22.45	3.06	3.06	0.00
RICE BROWN WG, STEAMED (9-12)	1 CUP	500	201	0	4	2.36	0.44	2.4	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
CHICKEN, GRILLED BURGER	SANDWIC	375	270	60	690	3.00	2.52	120.0	110	0.0	2	29.0	27.0	3.0	0.50	0.00
SANDWICH ITALIAN SUB	SANDWIC	100	296	*55	873	*3.05	2.46	*249.7	*134	*0.0	*3	18.94	*27.59	10.61	*4.01	*0.00
SACK LUNCH, (HS)	1 SACK	1	482	*58	735	*9.51	*2.40	*250.4	*399	*71.04	*38	*30.13	*75.78	*11.84	*4.00	*0.00
SALAD, ROMAINE SIDE W/ PICKLE	1C(G)+1/4C(R)	200	23	*0	159	*2.11	*0.93	*23.4	*3696	*22.96	3	1.22	4.68	0.09	*0.00	*0.00
PEAS FROZEN	1/2 CUP	200	76	0	154	4.35	1.99	0.3	434	6.52	*4	5.43	13.03	0.0	0.00	0.00
PINEAPPLE TIDBITS, CANNED	1/2 CUP	350	70	0	0	0.87	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	350	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	2	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	200	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	550	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	200	110	5	100	0.00	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	0.00	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	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	400	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
SAUCE, SWEET & SOUR, 100/1 OZ.	2 EACH	400	100	*N/A*	150	0.00	*N/A*	*N/A*	*N/A*	2.4	14	0.0	24.0	0.0	*N/A*	*N/A*
SAUCE, SOY PKG 200/6ML	1 EACH	250	1	*N/A*	55	0.01	0.02	0.4	*N/A*	0.01	0	0.09	0.06	*N/A*	*N/A*	*N/A*
Weighted Daily Average			667	*72	1224	*6.33	*2.77	*399.9	*1839	*14.96	*48	*33.05	*99.99	*14.20	*3.63	*0.00
% of Calories											*29.1%	*19.8%	*60.0%	*19.2%	*4.9%	*0.0%
Nutrient Guideline			750-850		1420										<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

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Lunch

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)
Tue - 08/24/2021																
High School Lunch	Total	951														
PORK,BBQ PULLED SANDWICH	#12 SCOOP	825	436	*64	693	*5.00	*2.52	*100.0	*10	*1.2	7	*23.97	48.01	15.98	*5.49	*0.00
HOT DOG, CHILI CHEESE (5-12)	1 EACH	75	304	63	649	0.00	2.26	112.1	0	*0.0	4	14.83	26.64	16.7	5.54	0.00
SALAD, CHICKEN W/CRACKER (5-12)	1/2 CUP	25	421	*69	1465	*2.80	*2.54	*26.0	2056	*8.4	12	25.1	34.31	17.2	*1.98	*0.00
SACK LUNCH, (HS)	1 SACK	1	482	*58	735	*9.51	*2.40	*250.4	*399	*71.04	*38	*30.13	*75.78	*11.84	*4.00	*0.00
BEANS, PORK CANNED	1/2 CUP	250	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00
COLESLAW	1/2 CUP	200	72	5	140	1.40	0.25	28.1	1078	16.85	*7	0.7	8.44	4.21	0.47	0.00
APPLESAUCE FLAVORED	1/2 CUP	350	58	0	34	2.09	*0.00	*0.0	64	*0.0	*13	10.59	13.59	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	350	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	2	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	200	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	550	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	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
MUSTARD PKG	2 EACH	50	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
KETCHUP PKG 9 GM	4 EACH	400	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
SAUCE, BBQ CUP 1 OZ.	2 EACH	600	81	0	132	0.00	0.00	0.0	0	0.0	16	0.0	20.24	0.0	0.00	0.00
Weighted Daily Average			692	*69	1220	*8.68	*3.04	*420.7	*1067	*9.97	*51	*36.71	*100.87	*17.45	*5.80	*0.00
% of Calories											*29.5%	*21.2%	*58.3%	*22.7%	*7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Lunch

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)
Wed - 08/25/2021																
High School Lunch	Total	951														
BEEF, MEATBALL MARINARA	4 EACH	275	115	37	153	0.61	1.51	13.1	*13	*0.0	1	12.71	2.06	6.36	*2.40	*N/A*
PASTA, PENNE, WG	1/2 CUP	275	184	*0	54	*4.00	*4.07	*14.4	*0	*0.0	*0	6.0	30.71	4.84	0.41	*0.00
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	550	295	22	500	*0.00	105.64	319.8	625	8.99	4	17.49	32.97	11.49	4.25	*0.00
SALAD, CHEF (5-12)	1 SALAD (1C(G))	125	360	220	886	*2.29	13.26	*81.5	*3345	*45.71	10	22.27	28.1	17.11	6.44	0.00
SACK LUNCH, (HS)	1 SACK	1	482	*58	735	*9.51	*2.40	*250.4	*399	*71.04	*38	*30.13	*75.78	*11.84	*4.00	*0.00
BREADSTICK, 5" GARLIC	1 EACH	700	99	0	94	0.99	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.99	14.88	3.47	0.50	0.00
CARROTS MINI IW	1/2 CUP	200	25	*N/A*	0	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	0.00
SALAD, SPINACH W/GRAPE T OMATO	1/2C(G)+ 1/4C(R)	200	26	0	27	1.98	0.88	70.2	4006	16.9	3	1.6	4.7	0.0	0.00	*0.00
MANDARIN ORANGES, CANNED	1/2 CUP	350	68	0	10	0.98	0.70	19.5	293	20.49	17	0.98	16.59	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	350	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	2	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	200	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	550	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	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	2 EACH	200	30	10	130	*N/A*	*N/A*	79.8	*N/A*	*N/A*	*N/A*	2.0	*N/A*	2.0	1.00	*N/A*
Weighted Daily Average			646	*68	867	*4.51	*64.98	*545.2	*2292	*27.16	*36	*28.66	*78.66	*24.30	*6.09	*0.00
% of Calories											*22.1%	*17.7%	*48.7%	*33.8%	*8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

High School Lunch

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)
Thu - 08/26/2021																
High School Lunch	Total	951														
QUESADILLA	2 PIECES	150	299	45	569	2.99	2.69	199.6	299	*N/A*	3	18.96	31.93	10.98	4.99	*N/A*
BURRITO W/CHILI&CHEESE (5 -12)	1 BURRIT	675	421	35	742	9.00	2.70	301.2	400	3.6	4	23.09	40.0	18.11	10.07	*0.00
SANDWICH, SUNFLOWER BUT TER W/J	SANDWIC	125	731	30	663	*12.05	*4.34	271.0	*120	*0.0	*24	29.1	65.3	44.04	9.00	*0.00
SACK LUNCH, (HS)	1 SACK	1	482	*58	735	*9.51	*2.40	*250.4	*399	*71.04	*38	*30.13	*75.78	*11.84	*4.00	*0.00
SALAD, ROMAINE W/GRAPE T OMATO	1C(G)+1/4C(R)	200	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
CORN MEXICALI	1/2 CUP	250	84	0	119	1.97	0.43	4.9	301	9.04	*2	2.67	18.21	1.36	0.23	*0.18
FRUIT COCKTAIL	1/2 CUP	350	83	*N/A*	10	2.07	*N/A*	*N/A*	207	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*
FRUIT FRESH ASSORTED	1 EACH	350	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	2	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	200	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	550	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	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
KETCHUP PKG 9 GM	4 EACH	400	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
SAUCE, CHOLULA	1 EACH	100	0	*N/A*	85	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			745	*49	1213	*11.54	*4.44	*588.0	*2066	*17.47	*40	*32.80	*87.61	*29.92	*10.58	*0.05
Nutrient Guideline			750-850		1420						*21.7%	*17.6%	*47.0%	*36.1%	*12.8%	*0.1%

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Portion Values - Detailed

	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 - 08/27/2021																
High School Lunch	Total	951														
FISH SANDWICH, ASSORTED	SANDWIC	275	355	48	574	3.95	3.36	105.3	58	0.0	2	21.08	42.51	11.55	1.51	*0.00
MACARONI & CHEESE BOIL BAG	6 OZ	525	298	31	1006	2.05	1.11	410.5	770	0.0	6	17.45	31.81	11.29	6.16	0.00
SOUP, CREAM OF BROCCOLI	1 CUP	200	256	44	729	1.25	1.25	500.0	1238	22.5	10	16.25	17.5	13.75	8.00	0.00
SACK LUNCH, (HS)	1 SACK	1	482	*58	735	*9.51	*2.40	*250.4	*399	*71.04	*38	*30.13	*75.78	*11.84	*4.00	*0.00
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	700	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
TOMATOES GRAPE	1/2 CUP	200	40	0	0	1.35	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00
POTATO, TOT GEMS	1/2 CUP	1600	141	*N/A*	192	11.10	0.36	*N/A*	*N/A*	*N/A*	*N/A*	2.02	16.14	7.06	0.00	*N/A*
PEACHES DICED, CANNED	1/2 CUP	350	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00
FRUIT FRESH ASSORTED	1 EACH	350	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00
MILK SKIM UNFLAVORED	8 OZ	2	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	200	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	550	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	200	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*
KETCHUP PKG 9 GM	4 EACH	400	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00
DRESSING RANCH PKG	4 EACH	400	206	17	429	0.00	0.00	0.0	0	0.0	3	0.0	3.43	20.57	2.57	0.00
DRESSING, ITALIAN LC 200/12G	2 EACH	50	10	*N/A*	180	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	2.0	*N/A*	*N/A*	*N/A*
SAUCE, TARTAR PKG	2 EACH	200	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00
CRACKERS, SALTINES	2 PKG	200	33	0	71	0.54	0.39	0.0	0	0.0	0	1.09	4.9	0.82	0.00	0.00
Weighted Daily Average			1003	*56	1838	*25.58	*18.23	*1769.3	*1772	*18.21	*43	*37.35	*126.67	*37.51	*7.35	*0.00
% of Calories											*17.1%	*14.9%	*50.5%	*33.7%	*6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			751	*63	1272	*11.33	*18.69	*744.6	*1807	*17.56	*44	*33.71	*98.76	*24.67	*6.69	*0.01
											*52.4%	*18.0%	*52.6%	*29.6%	*8.0%	*0.0%

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Flour Bluff ISD

Aug 23, 2021 thru Aug 27, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 7/26/2021 9:07:57 AM

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	751		750 - 850	100%													
Cholesterol (mg)	63				Missing												
Sodium 1 (mg)	1272		1420														
Sodium 2 (mg)	1272		1080						192	Correction Required - Sodium too High							
Fiber (g)	11.33				Missing												
Iron (mg)	18.69				Missing												
Calcium (mg)	744.6				Missing												
Vitamin A (IU)	1807				Missing												
Sugars (g)	44	23.29%			Missing												
Vitamin C (mg)	17.56				Missing												
Protein (g)	33.71	17.97%			Missing												
Carbohydrate (g)	98.76	52.63%			Missing												
Total Fat (g)	24.67	29.59%			Missing												
Saturated Fat (g)	6.69	8.02%	<10.00%		Missing												
Trans Fat ¹ (g)	0.01	0.01%			Missing												

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

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