

Flour Bluff ISD

Aug 16, 2021 thru Aug 20, 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)
Mon - 08/16/2021																
High School Lunch	Total	951														
CHICKEN, EGG ROLL (5-12)	2 EACH+ 1/4C(GR)	275	404	70	689	5.99	24.44	*20.0	1623	*1.8	3	21.47	50.44	12.98	3.25	*0.00
BEEF, HAMBURGER W/ CHEESE SALAD, ASIAN	BURGER SERVING	625	390	73	780	*3.00	*3.24	*195.0	*160	*0.0	*2	25.51	*26.48	20.01	8.00	*0.45
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
POTATO, SAVORY LOOPS	1/2 CUP	1200	162	*N/A*	445	1.01	0.71	0.0	*N/A*	0.0	*N/A*	2.03	21.26	7.09	1.01	*N/A*
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	150	23	*0	159	*2.11	*0.93	*23.4	*3696	*22.96	3	1.22	4.68	0.09	*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	200	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	200	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	250	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	250	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	25	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	200	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	150	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			868	*81	1782	*7.33	*10.52	*447.8	*1937	*13.29	*38	*34.92	*104.55	*33.57	*8.73	*0.30
% of Calories											*17.5%	*16.1%	*48.2%	*34.8%	*9.0%	*0.3%
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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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 - 08/17/2021																
High School Lunch	Total	951														
BEEF, FRITO PIE (5-12)	#8SC+20 Z(GR)	575	537	61	795	6.27	3.31	180.8	812	8.89	3	23.13	44.0	30.58	11.79	0.62
BEEF, COUNTRY FRIED STEAK SALAD, CHEF (5-12)	1 EACH	325	300	50	450	2.00	1.80	20.0	0	0.0	0	15.0	16.0	19.0	6.00	*N/A*
	1 SALAD (1C(G))	50	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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	600	201	*N/A*	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	*N/A*
GRAVY PEPPER MIX	2 OZ	200	28	0	99	0.00	0.00	0.7	3	0.0	*0	0.0	3.5	1.4	0.70	0.00
CARROTS, GLAZED	1/2 CUP	100	46	31	57	2.59	*0.03	*2.5	*0	*0.0	7	*0.01	10.74	1.3	0.00	*0.00
POTATOES SCALLOPED	# 6 SCOOP	450	117	0	258	*1.02	*0.31	*40.8	*0	*0.0	*4	2.04	25.36	1.02	0.00	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*
KETCHUP PKG 9 GM	4 EACH	250	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	250	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	25	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*
Weighted Daily Average % of Calories			865	*79	1272	*9.72	*14.95	*1389.5	*1367	*13.08	*38 *17.4%	*38.57 *17.8%	*103.01 *47.7%	*34.98 *36.4%	*11.03 *11.5%	*0.38 *0.4%
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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High School Lunch

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)
Wed - 08/18/2021																
High School Lunch	Total	951														
CHICKEN ALFREDO	#8 SCOOP	300	286	115	971	*0.00	*0.37	321.0	371	*0.0	5	26.7	10.48	15.67	7.12	*0.00
PASTA, PENNE, WG	1/2 CUP	300	184	*0	54	*4.00	*4.07	*14.4	*0	*0.0	*0	6.0	30.71	4.84	0.41	*0.00
PIZZA PINWHEEL, RF, WG	1 EACH	575	370	40	880	3.00	3.00	339.0	*N/A*	*N/A*	3	21.0	40.0	15.0	6.00	*N/A*
BISTRO BOX	1 EACH	75	383	*64	549	*2.08	*0.97	*272.5	*638	*9.57	*5	22.42	*38.06	15.54	*7.01	*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
BREADSTICK, 5" GARLIC	1 EACH	525	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
CORN, CANNED	1/2 CUP	250	86	0	185	*2.00	*0.00	*0.0	*20	*3.61	*4	2.0	18.21	1.0	0.00	0.00
CAULIFLOWER, ROASTED	1/2 CUP	200	36	0	205	*1.48	*0.31	*16.9	*0	*35.78	*1	1.43	7.13	0.21	0.10	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	250	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	4 EACH	25	20	*N/A*	360	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	4.0	*N/A*	*N/A*	*N/A*
CHEESE, PARMESAN, BULK	2 EACH	300	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			716	*79	1315	*6.35	*3.70	*671.0	*814	*21.62	*35	*35.35	*87.41	*25.56	*8.16	*0.00
% of Calories											*19.6%	*19.7%	*48.8%	*32.1%	*10.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Thu - 08/19/2021																
High School Lunch	Total	951														
BEEF, CARNE GUI SADA	#8 SCOOP	325	133	30	489	*N/A*	1.62	30.0	600	0.0	1	15.0	4.0	5.0	2.00	*N/A*
RICE BROWN WG, STEAMED (9-12)	1 CUP	325	201	0	4	2.36	0.44	2.4	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
BEEF, NACHO'S (5-12)	#10SCO	575	486	*74	1542	9.01	*2.55	*369.8	1310	*5.01	*3	*26.03	42.8	*26.52	*9.93	*0.00
SANDWICH, TURK, CHZ HOAGI	OP+2OZ(G)															
E IW	SANDWIC	50	291	40	752	3.01	1.81	300.9	201	*N/A*	6	21.07	31.1	11.04	5.02	*N/A*
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
PICO DE GALLO (COND)	#30 SCOOP	300	14	0	50	0.42	0.14	7.1	347	8.37	*1	0.37	2.87	0.18	0.00	*0.00
BEANS, SEASONED GREAT NO	1/2 CUP	100	166	*7	200	*6.33	*0.10	*2.0	*84	*0.43	*2	*11.44	*29.41	1.56	*0.17	*0.00
R THERN																
SALAD, ROMAINE W/GRAPE T	1C(G)+1/	225	32	0	4	2.14	6.34	14.2	4098	34.38	4	1.43	6.45	0.0	0.00	0.00
OMATO	4C(R)															
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*
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	250	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	250	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	25	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	200	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			690	*69	1539	*9.85	*3.98	*559.1	*2810	*19.16	*35	*33.84	*86.03	*25.24	*7.96	*0.00
% of Calories											*20.3%	*19.6%	*49.9%	*32.9%	*10.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 08/20/2021																
High School Lunch	Total	951														
BEEF, SLOPPY JOE, RF,RS	#12 SCOOP	475	293	44	959	4.00	3.80	133.1	449	8.02	10	19.02	35.02	8.51	2.70	*0.00
CHICKEN, NUGGETS (5-12)	5 EACH	465	220	55	399	1.00	1.44	9.0	*N/A*	0.0	*N/A*	15.97	8.98	12.98	2.99	0.00
SANDWICH,TUNA CROISSANT (5-12)	1/2 CUP	10	411	*51	1083	*2.10	*1.80	*73.2	*346	*0.32	11	*32.47	37.01	13.41	*2.93	*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
MUFFIN, MINI WG CORN	1 EACH	600	143	21	100	1.86	0.74	17.6	112	0.15	11	2.06	22.55	4.9	0.88	*N/A*
SOUP , NOODLE/ VEGETABLE (HM)	1 CUP	150	132	*0	289	5.28	*0.92	*31.3	*1260	*6.83	*1	5.67	25.43	0.43	*0.03	*0.00
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
PEARS DICED, CANNED	1/2 CUP	350	77	0	14	0.96	0.00	0.0	72	0.0	14	0.0	18.3	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	250	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	250	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	25	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*
CRACKERS, SALTINES	2 PKG	100	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			614	*73	1136	*6.58	*5.66	*390.5	*1375	*17.70	*44	*28.45	*79.19	*19.93	*4.40	*0.00
% of Calories											*28.9%	*18.5%	*51.6%	*29.2%	*6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			751	*76	1409	*7.97	*7.76	*691.6	*1660	*16.97	*38	*34.23	*92.04	*27.86	*8.06	*0.13
											*45.6%	*18.2%	*49.1%	*33.4%	*9.7%	*0.2%

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 16, 2021 thru Aug 20, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 7/26/2021 9:07:36 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)	76				Missing												
Sodium 1 (mg)	1409		1420														
Sodium 2 (mg)	1409		1080						329	Correction Required - Sodium too High							
Fiber (g)	7.97				Missing												
Iron (mg)	7.76				Missing												
Calcium (mg)	691.6				Missing												
Vitamin A (IU)	1660				Missing												
Sugars (g)	38	20.25%			Missing												
Vitamin C (mg)	16.97				Missing												
Protein (g)	34.23	18.24%			Missing												
Carbohydrate (g)	92.04	49.05%			Missing												
Total Fat (g)	27.86	33.41%			Missing												
Saturated Fat (g)	8.06	9.66%	<10.00%		Missing												
Trans Fat ¹ (g)	0.13	0.16%			Missing												

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

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