

Flour Bluff ISD

Aug 30, 2021 thru Sep 3, 2021

Base Menu Spreadsheet

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)
Mon - 08/30/2021																
High School Lunch	Total	951														
CHICKEN, CHERRY BLOSSOM	#8 SCOOP	775	179	55	128	1.00	1.08	0.0	100	0.0	16	14.05	24.08	3.01	3.01	*N/A*
RICE BROWN WG, STEAMED (K-8)	1 CUP	775	201	0	4	2.36	0.44	2.4	0	0.0	*0	4.72	42.52	1.77	0.00	0.00
CHICKEN, DRUMSTICK BREAD ED	SERVING	150	220	60	530	1.00	1.00	14.0	*N/A*	*N/A*	*N/A*	19.0	6.0	13.0	3.00	*N/A*
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	25	330	*58	850	*2.00	*1.36	*166.0	*150	*N/A*	*4	24.5	*28.5	14.0	6.00	*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
GINGERBREAD PEOPLE	1 COOKIE	200	105	0	66	0.66	0.95	26.4	264	0.79	7	1.32	17.8	3.3	1.65	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, ROMAINE W/GRAPE TOMATO	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
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	50	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	50	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	300	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	600	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	500	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			719	*69	796	*5.24	*3.06	*326.6	*1690	*16.67	*57	*27.93	*114.77	*16.50	*4.83	*0.01
% of Calories											*31.5%	*15.5%	*63.9%	*20.7%	*6.0%	*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 30, 2021 thru Sep 3, 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 - 08/31/2021																
High School Lunch	Total	951														
TURKEY & GRAVY, BOIL BAG	# 8 SCOOP	225	125	20	450	0.00	0.72	0.0	0	0.0	*N/A*	16.0	2.0	6.0	2.00	0.00
BEEF, STEAK FINGERS ,WG (5-12)	4 EACH	625	323	35	333	4.04	2.72	40.4	*N/A*	*N/A*	1	16.14	19.17	20.18	5.05	0.00
SALAD, CHEF (5-12)	1 SALAD (1C(G))	100	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 WHEAT 2 OZ	ROLL	650	170	0	135	3.40	15.30	120.0	50	0.6	3	7.0	28.0	3.0	0.50	0.00
BROCCOLI BITES FRESH	1/2 CUP	200	11	0	11	2.97	0.27	14.8	185	28.93	0	0.74	0.74	0.0	0.00	0.00
POTATO, LOADED BAKED MASHED	#8 SCOOP	600	182	1	415	2.52	0.56	36.2	28	50.68	3	3.9	33.62	4.1	2.56	*N/A*
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	350	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*
Weighted Daily Average			776	*65	1231	*9.57	*14.31	*445.9	*1147	*48.13	*38	*36.25	*93.11	*30.31	*7.82	*0.00
% of Calories											*19.6%	*18.7%	*48.0%	*35.2%	*9.1%	*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 30, 2021 thru Sep 3, 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)
Wed - 09/01/2021																
High School Lunch	Total	951														
PASTA LASAGNA TURKEY	1 ROLL	175	343	*75	583	2.26	1.59	280.5	697	12.08	1	*22.6	27.03	15.86	*8.95	*0.00
PIZZA SLICES ASSORTED	SERVING	750	360	40	530	3.50	1.80	325.1	500	*0.0	8	19.51	34.51	16.5	7.50	*N/A*
SANDWICH CHICKENCROISA NT(5-12)	1 EACH	25	466	*69	1494	*2.01	*1.82	*89.4	*56	*0.0	15	25.73	43.28	19.23	*3.99	*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
CORN, CANNED	1/2 CUP	200	86	0	185	*2.00	*0.00	*0.0	*20	*3.61	*4	2.0	18.21	1.0	0.00	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
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	600	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			730	*67	1055	*6.39	*4.40	*670.7	*1382	*23.04	*39	*31.48	*83.08	*29.66	*10.07	*0.00
% of Calories											*21.3%	*17.3%	*45.5%	*36.6%	*12.4%	*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 - 09/02/2021																
High School Lunch	Total	951														
BEEF, TACOS W/SPANISH RIC E(HS)	#10SC+ #8SC(GR)	750	462	*55	*535	5.29	2.75	151.1	*682	*5.61	*2	23.23	45.13	21.82	7.75	*0.00
BEEF, TAMALES, WG SANDWICH, HAM & CHEESE	2 EACH	175	231	*N/A*	432	3.01	1.08	40.1	502	*N/A*	*N/A*	10.04	24.08	11.04	2.51	*N/A*
	1 SAND WICH	25	282	73	943	*4.05	*2.18	*176.0	*150	*1.2	*1	24.6	25.8	12.04	4.00	*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
BEANS, REFRIED	1/2 CUP	400	151	*N/A*	534	8.07	1.82	40.3	0	1.21	0	8.07	25.21	1.51	*N/A*	*N/A*
SALAD, ROMAINE W/GRAPE TOMATO	1/2C(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
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	50	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	50	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	300	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			758	*58	*1209	*10.81	*4.61	*454.0	*2232	*17.51	*34	*33.10	*91.10	*29.68	*8.08	*0.01
% of Calories											*18.1%	*17.5%	*48.1%	*35.2%	*9.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 09/03/2021																
High School Lunch	Total	951														
CHICKEN, TENDERS (K-12)	3 EACH	725	252	55	736	1.01	0.36	20.2	*N/A*	0.0	1	15.11	13.1	15.11	3.02	0.00
PASTA, CHEESE RAVIOLI	3PIECES	200	211	25	430	2.36	1.27	203.9	*200	*6.01	3	15.38	25.83	4.78	*2.50	*N/A*
SALAD, TUNA W/CRKR(5-12)	#8 SCOOP	25	733	*102	2098	*5.78	*5.03	*19.5	4692	*17.44	16	63.68	56.06	22.76	*1.83	*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
ONION RINGS	5 EACH	1200	199	*N/A*	199	2.98	1.07	99.3	*N/A*	2.38	5	2.98	27.8	7.94	1.49	*N/A*
SOUP , CHICKEN/ VEGETABLE (HM)	1 CUP	200	160	*42	460	4.62	*0.72	*28.2	*1260	*6.83	*1	12.48	18.55	3.84	*1.04	*0.00
BEANS, GREEN,FROZEN #30 LB.	1/2 CUP	200	51	*8	176	*2.30	*0.00	*0.0	*0	*0.0	*1	3.07	5.9	1.53	*0.38	*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	300	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
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			825	*74	1524	*8.47	*2.35	*492.8	*1116	*11.02	*41	*31.90	*95.72	*33.64	*6.46	*0.00
% of Calories											*19.8%	*15.5%	*46.4%	*36.7%	*7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			761	*67	*1163	*8.10	*5.75	*478.0	*1513	*23.27	*42	*32.13	*95.55	*27.96	*7.45	*0.00
											*49.3%	*16.9%	*50.2%	*33.0%	*8.8%	*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 30, 2021 thru Sep 3, 2021

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 7/26/2021 9:08:25 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	761		750 - 850	100%													
Cholesterol (mg)	67				Missing												
Sodium 1 (mg)	1163		1420		Missing												
Sodium 2 (mg)	1163		1080		Missing		83			Correction Required - Sodium too High							
Fiber (g)	8.10				Missing												
Iron (mg)	5.75				Missing												
Calcium (mg)	478.0				Missing												
Vitamin A (IU)	1513				Missing												
Sugars (g)	42	21.91%			Missing												
Vitamin C (mg)	23.27				Missing												
Protein (g)	32.13	16.88%			Missing												
Carbohydrate (g)	95.55	50.20%			Missing												
Total Fat (g)	27.96	33.05%			Missing												
Saturated Fat (g)	7.45	8.81%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.01%			Missing												

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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