Flour Bluff ISD

Aug 14, 2023 thru Aug 18, 2023

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 8/2/2023 8:31:52 AM

	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)	Cost
Mon - 08/14/2023																	
Junior High Lunch	Total	650															
BEEF,SLOPPY JOE, RF,RS	#12 SCOOP	350	293	44	899	4.00	3.80	133.1	449	8.02	10	19.02	35.02	8.51	2.70	*0.00	0.413
CORN DOG MINI'S (K-12)	6 EACH	250	314	48	495	2.41	1.21	16.9	0	0.0	6	13.27	26.54	16.89	3.62	*N/A*	0.756
SANDWICH, TURKEY & CHEESE SUB	EA.	48	354	53	1087	*6.10	*2.75	*156.0	*150	*0.0	*5	31.65	44.23	9.05	4.02	*0.45	1.604
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	1	228	25	660	*3.66	*0.73	244.9	300	*0.0	3	10.49	26.61	10.83	5.00	0.90	0.376
SACK LUNCH, (PK-8)	SACK	1	411	*73	847	*7.35	*1.76	*209.0	*247	*7.66	*24	23.75	57.56	10.63	*4.00	*0.00	1.521
CARROTS MINI IW	1/2 CUP	125	25	*N/A*	0	*N/A*	*N/A*	*N/A*	18	*N/A*	4	0.72	5.76	0.0	*N/A*	0.00	0.156
BEANS, GREEN,FROZEN #30 LB.	1/2 CUP	125	53	*7	176	*2.30	*0.00	*0.0	*0	*0.0	*1	3.18	6.11	1.62	*0.41	*0.00	0.301
APPLESAUCE FLAVORED	1/2 CUP	250	58	0	34	2.09	*0.00	*0.0	64	*0.0	*13	10.59	13.59	0.0	0.00	0.00	0.251
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00	0.233
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	0.264
MILK FAT FREE, CHOCOLATE	8 OZ	350	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.258
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00	0.259
MILK, STRAWBERRY FF	8 OZ	90	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*	0.270
MAYONNAISE RC PKG	1 EACH	20	28	0	119	0.00	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00	0.036
MUSTARD PKG	2 EACH	20	11	0	180	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.037
KETCHUP PKG 9 GM	2 EACH	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.048
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	0.86	0.00	0.100
Weighted Daily Average			515	*57	1049	*5.93	*2.79	*392.3	*870	*8.72	*37	30.70	66.41	16.11	*3.96	*0.03	1.200
% of Calories											*28.7%	23.9%	51.6%	28.2%	*6.9%	*0.1%	
Nutrient Guideline			600-700		1360										<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**
[1] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Flour Bluff ISD

Aug 14, 2023 thru Aug 18, 2023

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 8/2/2023 8:31:52 AM

	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)	Cost
Tue - 08/15/2023																	
Junior High Lunch	Total	650															
CHICKEN, EGG ROLL (5-12)	2EA+1/4 C(G)	150	404	70	689	5.99	24.44	*20.0	1623	*1.8	3	21.47	50.44	12.98	3.25	*0.00	1.885
BEEF, HAMBURGER W/ CHEESE	BURGER	450	392	73	723	*3.00	*3.26	*195.0	*160	*0.0	*2	25.71	*26.48	20.16	8.06	5.51	0.588
SALAD, CHEF (K-8)	1 SALAD (1C(G))	48	320	128	856	*2.29	12.90	*71.5	*3195	*45.71	9	19.27	27.6	14.61	4.67	0.00	1.528
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	1	228	25	660	*3.66	*0.73	244.9	300	*0.0	3	10.49	26.61	10.83	5.00	0.90	0.376
SACK LUNCH, (PK-8)	SACK	1	411	*73	847	*7.35	*1.76	*209.0	*247	*7.66	*24	23.75	57.56	10.63	*4.00	*0.00	1.521
POTATO, FRENCH FRIES	1/2 CUP	500	150	*N/A*	170	2.00	0.72	0.0	*N/A*	*N/A*	0	2.0	25.01	5.0	0.50	*N/A*	0.302
SALAD, ROMAINE SIDE W/ PICKLE	1C(G)+1/4C(R)	125	19	*0	158	*1.60	*0.74	*18.3	*2415	*17.58	2	0.96	3.91	0.09	*0.00	*0.00	0.332
PINEAPPLE TIDBITS, CANNE	1/2 CUP	250	70	0	0	0.87	0.00	17.5	66	7.87	13	0.0	16.62	0.0	0.00	0.00	0.309
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00	0.233
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	0.264
MILK FAT FREE, CHOCOLATE	8 OZ	350	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.258
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00	0.259
MILK, STRAWBERRY FF	8 OZ	90	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*	0.270
MAYONNAISE RC PKG	1 EACH	20	28	0	119	0.00	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00	0.036
MUSTARD PKG	1 EACH	20	5	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.019
KETCHUP PKG 9 GM	2 EACH	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.048
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	0.86	0.00	0.100
SAUCE, SOY PKG 200/6ML	1 EACH	100	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*	0.062
SAUCE, SWEET & SOUR, 10 0/1 OZ.	1 EACH	100	50	*N/A*	75	0.00	*N/A*	*N/A*	*N/A*	1.2	7	0.0	12.0	0.0	*N/A*	*N/A*	0.189
Weighted Daily Average			715	*86	1149	*6.97	*9.62	*457.8	*1800	*14.79	*33	34.11	*86.83	*25.95	*7.80	*3.82	1.792
% of Calories											*18.3%	19.1%	*48.6%	*32.7%	*9.8%	*4.8%	
Nutrient Guideline			600-700		1360										<10.00		

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Base Menu Spreadsheet

Junior High 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)	Cost
Wed - 08/16/2023																	
Junior High Lunch	Total	650															
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	225	437	*39	632	3.29	*1.23	*386.1	*917	*12.25	*6	*21.7	46.51	16.51	*7.08	*0.00	1.213
PIZZA SQUARE ASSORTED	1 EACH	375	307	15	518	4.03	2.72	276.7	97	0.0	8	15.62	35.25	11.08	4.03	0.00	0.586
PITA BLT WRAP	1 WRAP	48	430	*67	1160	*4.09	*2.32	241.4	*1139	*12.28	*5	24.29	33.87	22.56	8.12	*0.00	1.636
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	1	228	25	660	*3.66	*0.73	244.9	300	*0.0	3	10.49	26.61	10.83	5.00	0.90	0.376
SACK LUNCH, (PK-8)	SACK	1	411	*73	847	*7.35	*1.76	*209.0	*247	*7.66	*24	23.75	57.56	10.63	*4.00	*0.00	1.521
SALAD, PEA	1/2 CUP	125	201	30	468	3.26	1.77	42.2	338	4.89	6	10.82	12.62	10.99	3.41	0.00	0.528
CAULIFLOWER, ROASTED	1/2 CUP	125	36	0	205	*1.48	*0.31	*16.9	*0	*35.78	*1	1.43	7.13	0.21	0.10	0.00	0.585
MANDARIN ORANGES, CANNED	1/2 CUP	250	68	0	10	0.98	0.70	19.5	293	20.49	17	0.98	16.59	0.0	0.00	0.00	0.399
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00	0.233
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	0.264
MILK FAT FREE, CHOCOLATE	8 OZ	350	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.258
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00	0.259
MILK, STRAWBERRY FF	8 OZ	90	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*	0.270
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	0.86	0.00	0.100
CHEESE, PARMESAN, BULK	1 EACH	100	15	5	65	*N/A*	*N/A*	39.9	*N/A*	*N/A*	*N/A*	1.0	*N/A*	1.0	0.50	*N/A*	0.060
Weighted Daily Average			600	*43	923	*6.21	*2.91	*638.8	*1163	*25.25	*36	*29.39	*73.78	20.05	*6.86	*0.00	1.623
% of Calories											*24.2%	*19.6%	*49.2%	30.1%	*10.3%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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Junior High 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)	Cost
Thu - 08/17/2023																	
Junior High Lunch	Total	650															
BEEF, NACHO'S (5-12)	#10SC+2 OZ(GR)	350	537	*61	965	10.30	*2.78	*196.3	747	*5.01	*2	*24.83	51.93	*27.54	*8.24	*0.00	1.237
CHICKEN & CHEESE FLAUTA	2 EACH	250	524	101	907	2.02	0.73	161.3	*N/A*	*N/A*	2	20.17	38.32	32.27	10.08	0.00	0.000
BISTRO BOX TURKEY	1 EACH	48	276	*39	*602	*2.35	*0.73	*314.6	*631	*0.0	*11	*21.03	31.18	*7.04	*3.01	*0.00	1.147
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	1	228	25	660	*3.66	*0.73	244.9	300	*0.0	3	10.49	26.61	10.83	5.00	0.90	0.376
SACK LUNCH, (PK-8)	SACK	1	411	*73	847	*7.35	*1.76	*209.0	*247	*7.66	*24	23.75	57.56	10.63	*4.00	*0.00	1.521
BEANS, SEASONED PINTO	1/2 CUP	125	102	0	184	8.96	*1.42	*59.8	*26	*0.21	0	4.97	17.69	0.01	0.00	*0.00	0.175
SALAD, ROMAINE W/GRAPE TOMATO	1C(G)+1/4C(R)	125	28	0	2	1.63	6.16	9.1	2817	29.0	3	1.17	5.69	0.0	0.00	0.00	0.451
FRUIT COCKTAIL	1/2 CUP	250	83	*N/A*	10	2.07	*N/A*	*N/A*	207	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*	0.381
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00	0.233
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	0.264
MILK FAT FREE, CHOCOLATE	8 OZ	350	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.258
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00	0.259
MILK, STRAWBERRY FF	8 OZ	90	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*	0.270
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	0.86	0.00	0.100
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*	0.062
Weighted Daily Average			733	*84	*1142	*10.48	*3.36	*506.8	*1603	*13.19	*30	*32.45	*81.73	*31.73	*9.28	*0.00	1.394
% of Calories											*16.5%	*17.7%	*44.6%	*38.9%	*11.4%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

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Fri - 08/18/2023																	
Junior High Lunch	Total	650															
FISH & CHICKEN PLATTER (5-12)	2FS +8P C+2HP	250	379	*38	793	3.99	2.77	52.3	*N/A*	*0.79	*2	20.23	33.01	18.25	2.77	*0.00	1.131
CORN DOG	1 EACH	350	281	40	662	2.01	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00	0.798
SANDWICH, SUNFLOWER B UTTER W/J	SANDWI CH	48	693	10	693	7.81	3.64	296.9	*118	*0.0	*31	27.53	66.71	38.33	6.00	0.00	0.933
SANDWICH,COURTESY MEA L (K-8)	SANDWI CH	1	228	25	660	*3.66	*0.73	244.9	300	*0.0	3	10.49	26.61	10.83	5.00	0.90	0.376
SACK LUNCH, (PK-8)	SACK	1	411	*73	847	*7.35	*1.76	*209.0	*247	*7.66	*24	23.75	57.56	10.63	*4.00	*0.00	1.521
TOMATOES GRAPE	1/2 CUP	125	40	0	0	1.35	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00	0.469
VEGETABLES MIXED BLEND	1/2 CUP	125	80	0	89	*3.29	*0.79	*21.9	*822	*6.57	*3	2.19	12.67	1.1	0.00	0.00	0.301
PEARS DICED, CANNED	1/2 CUP	250	84	0	16	1.05	0.00	0.0	79	0.0	16	0.0	19.96	0.0	0.00	0.00	0.347
FRUIT FRESH ASSORTED	1 EACH	200	85	0	1	3.69	*0.22	*6.2	88	*6.46	17	0.46	22.31	0.0	0.00	*0.00	0.233
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	0.264
MILK FAT FREE, CHOCOLATE	8 OZ	350	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.258
MILK SKIM UNFLAVORED	8 OZ	10	80	5	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	0.0	0.00	0.00	0.259
MILK, STRAWBERRY FF	8 OZ	90	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	18.0	0.0	0.00	*N/A*	0.270
MUSTARD PKG	1 EACH	200	5	0	90	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.019
KETCHUP PKG 9 GM	2 EACH	200	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.048
DRESSING RANCH PKG	2 EACH	200	103	9	214	0.00	0.00	0.0	0	0.0	2	0.0	1.71	10.29	0.86	0.00	0.100
SAUCE, TARTAR PKG	2 EACH	100	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00	0.082
Weighted Daily Average			586	*48	1031	*5.64	*4.63	*381.3	*1037	*17.84	*39	23.55	72.90	21.93	*4.14	*0.00	1.615
% of Calories											*26.6%	16.1%	49.8%	33.7%	*6.4%	*0.0%	
Nutrient Guideline			600-700		1360										<10.00		

Weighted Average			630	*63	*1059	*7.05	*4.66	*475.4	*1295	*15.96	*35	*30.04	*76.33	*23.15	*6.41	*0.77	1.525
											*50.1%	*19.1%	*48.5%	*33.1%	*9.2%	*1.1%	

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 14, 2023 thru Aug 18, 2023

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 8/2/2023 8:31:52 AM

		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)	Cost
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	630		600 - 700	100%														
Cholesterol (mg)	63				Missing													
Sodium 1 (mg)	1059		1360		Missing													
Sodium 2 (mg)	1059		1035		Missing		24	Correction Required - Sodium too High										
Fiber (g)	7.05				Missing													
Iron (mg)	4.66				Missing													
Calcium (mg)	475.4				Missing													
Vitamin A (IU)	1295				Missing													
Sugars (g)	35	22.27%			Missing													
Vitamin C (mg)	15.96				Missing													
Protein (g)	30.04	19.09%			Missing													
Carbohydrate (g)	76.33	48.50%			Missing													
Total Fat (g)	23.15	33.10%			Missing													
Saturated Fat (g)	6.41	9.16%	<10.00%		Missing													
Trans Fat[1] (g)	0.77	1.10%			Missing													

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