

Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Early Childhood Breakfast

Portion Values - Detailed

	Portion Size	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 - 09/09/2024																
Early Childhood Breakfast	Total															
BKF PIZZA BAGEL IW (PK-6)	4 OZ	263	23	467	3.00	2.00	125.0	0	0.0	3	13.0	32.0	10.0	5.00	0.00	0.822
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	88	6.46	17	0.46	22.31	0.0	0.00	0.00	0.042
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	60	16.0	12	0.0	13.47	0.0	0.00	0.00	0.262
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00	0.400
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.412
Weighted Daily Average		513	30	582	6.69	2.31	435.8	648	24.86	47	21.46	84.14	11.14	5.68	0.00	1.532
% of Calories										36.5%	16.7%	65.6%	19.5%	10.0%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 09/10/2024																
Early Childhood Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	0	0.0	2	12.2	23.39	6.1	2.03	0.00	1.087
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	88	6.46	17	0.46	22.31	0.0	0.00	0.00	0.042
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	60	16.0	12	0.0	13.47	0.0	0.00	0.00	0.262
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00	0.400
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.412
Weighted Daily Average		443	73	603	4.71	1.93	504.0	648	24.86	46	20.66	75.53	7.24	2.72	0.00	1.797
% of Calories										41.4%	18.6%	68.1%	14.7%	5.5%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 09/11/2024																
Early Childhood Breakfast	Total															
BKF FRENCHTOAST IW (PK-6)	1 EACH	210	0	290	1.93	1.08	58.9	0	0.0	11	7.99	31.96	8.99	2.00	0.00	0.860
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	88	6.46	17	0.46	22.31	0.0	0.00	0.00	0.042
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	60	16.0	12	0.0	13.47	0.0	0.00	0.00	0.262
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00	0.400
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.412
Weighted Daily Average		460	7	404	5.62	1.38	369.7	648	24.86	55	16.45	84.09	10.12	2.68	0.00	1.570
% of Calories										47.7%	14.3%	73.1%	19.8%	5.2%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

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

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Portion Values - Detailed

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	Portion Size	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)	Cost
Thu - 09/12/2024																
Early Childhood Breakfast	Total															
BKF CEREAL, ASSORTED (K-12)	1 EACH	224	0	279	2.78	7.51	189.8	633	9.81	18	3.53	48.58	2.78	0.76	0.00	0.665
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	88	6.46	17	0.46	22.31	0.0	0.00	0.00	0.042
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	60	16.0	12	0.0	13.47	0.0	0.00	0.00	0.262
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00	0.400
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.412
Weighted Daily Average		474	7	394	6.47	7.82	500.7	1280	34.67	62	11.99	100.72	3.92	1.44	0.00	1.375
% of Calories										52.3%	10.1%	84.9%	7.4%	2.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 09/13/2024																
Early Childhood Breakfast	Total															
BKF PANCAK STICK IW(PK-6)	1 EACH	123	9	317	1.76	0.88	44.0	0	0.0	5	7.05	14.09	4.4	1.32	0.00	0.568
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	88	6.46	17	0.46	22.31	0.0	0.00	0.00	0.042
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	60	16.0	12	0.0	13.47	0.0	0.00	0.00	0.262
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00	0.400
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	500	2.4	18	8.0	20.0	0.0	0.00	0.00	0.412
Weighted Daily Average		374	16	432	5.45	1.19	354.9	648	24.86	49	15.51	66.23	5.54	2.00	0.00	1.278
% of Calories										52.7%	16.6%	70.9%	13.3%	4.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		453	27	483	5.79	2.93	433.0	774	26.82	52	17.21	82.14	7.59	2.90	0.00	1.510
										102.9%	15.2%	72.5%	15.1%	5.8%	0.0%	

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Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	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	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	453		350 - 500	100%														
Cholesterol (mg)	27																	
Sodium 1 (mg)	483		540															
Sodium 1a (mg)	483								483									
Fiber (g)	5.79																	
Iron (mg)	2.93																	
Calcium (mg)	433.0																	
Vitamin A (IU)	774																	
Sugars (g)	52	45.73%																
Vitamin C (mg)	26.82																	
Protein (g)	17.21	15.20%																
Carbohydrate (g)	82.14	72.55%																
Total Fat (g)	7.59	15.09%																
Saturated Fat (g)	2.90	5.77%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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