

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 16, 2024 thru Sep 20, 2024

Early Childhood Breakfast

Generated on: 8/14/2024 2:42:19 PM

	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
Mon - 09/16/2024																
Early Childhood Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	290	23	263	0.67	1.50	20.0	0	0.0	17	4.0	41.69	7.0	1.00	0.00	0.569
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		540	31	378	4.36	1.81	330.8	648	24.86	61	12.46	93.83	8.14	1.68	0.00	1.279
% of Calories										45.1%	9.2%	69.5%	13.6%	2.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 09/17/2024																
Early Childhood Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	0	0.0	3	19.99	27.98	16.99	4.50	0.00	1.563
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		590	57	615	5.69	2.30	584.6	648	24.86	47	28.45	80.12	18.13	5.18	0.00	2.273
% of Calories										31.8%	19.3%	54.3%	27.6%	7.9%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 09/18/2024																
Early Childhood Breakfast	Total															
BKF EMPANADA IW	1 EACH	220	90	310	0.00	1.80	80.0	0	0.0	3	9.0	29.0	3.0	3.00	0.00	0.975
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		470	97	425	3.69	2.11	390.8	648	24.86	47	17.46	81.13	4.14	3.68	0.00	1.685
% of Calories										39.9%	14.9%	69.0%	7.9%	7.0%	0.0%	
Nutrient Guideline		350-500		540										<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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	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 - 09/19/2024																
Early Childhood Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	0	0.0	19	5.99	40.93	7.99	2.00	0.00	0.000
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		510	7	220	6.69	1.80	355.7	648	24.86	63	14.45	93.06	9.12	2.68	0.00	0.710
% of Calories										49.3%	11.3%	73.0%	16.1%	4.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 09/20/2024																
Early Childhood Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	0	0.0	6	9.98	17.95	6.98	1.99	0.00	0.957
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		420	37	434	4.69	1.05	409.4	648	24.86	50	18.44	70.09	8.12	2.68	0.00	1.667
% of Calories										47.5%	17.6%	66.8%	17.4%	5.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		506	46	414	5.02	1.82	414.3	648	24.86	53	18.25	83.65	9.53	3.18	0.00	1.523
										95.1%	14.4%	66.1%	16.9%	5.7%	0.0%	

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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	506		350 - 500	101%				6	Correction Required - Calories too High								
Cholesterol (mg)	46																
Sodium 1 (mg)	414		540														
Sodium 1a (mg)	414							414									
Fiber (g)	5.02																
Iron (mg)	1.82																
Calcium (mg)	414.3																
Vitamin A (IU)	648																
Sugars (g)	53	42.27%															
Vitamin C (mg)	24.86																
Protein (g)	18.25	14.43%															
Carbohydrate (g)	83.65	66.12%															
Total Fat (g)	9.53	16.95%															
Saturated Fat (g)	3.18	5.65%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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