

Flour Bluff ISD

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

Page 1

Generated on: 8/14/2024 2:43:32 PM

| | 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 - 09/16/2024 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| CORN DOG MINI'S (K-12) | 6 EACH | 314 | 48 | 495 | 2.41 | 1.21 | 16.9 | 0 | 0.0 | 6 | 13.27 | 26.54 | 16.89 | 3.62 | 0.00 | 0.793 |
| SANDWICH,CHICKEN HAM CH EESE IW | 1 EA | 352 | 40 | 664 | 3.02 | 1.91 | 392.6 | 0 | 0.0 | 7 | 19.13 | 36.24 | 15.1 | 5.03 | 0.00 | 2.268 |
| SACK LUNCH, (PK-8) | SACK | 560 | 67 | 1551 | 5.61 | 2.52 | 169.2 | 3775 | 25.8 | 32 | 24.13 | 67.54 | 24.59 | 4.50 | 0.45 | 2.374 |
| CARROTS MINI IW | 1/2 CUP | 25 | 0 | 0 | 0.00 | 0.00 | 0.0 | 18 | 0.0 | 4 | 0.72 | 5.76 | 0.0 | 0.00 | 0.00 | 0.161 |
| BEANS GREEN, CANNED | 1/2 CUP | 25 | 0 | 283 | 2.09 | 0.78 | 21.1 | 313 | 2.5 | 2 | 1.04 | 5.01 | 0.0 | 0.00 | 0.00 | 1.521 |
| APPLESAUCE FLAVORED | 1/2 CUP | 66 | 0 | 29 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | *12 | 1.18 | 15.07 | 0.0 | 0.00 | 0.00 | 0.050 |
| 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 |
| 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 |
| MILK SKIM UNFLAVORED | 8 OZ | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.391 |
| MILK, STRAWBERRY FF | 8 OZ | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | 0.00 | 0.405 |
| MAYONNAISE RC PKG | 1 EACH | 28 | 0 | 119 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.27 | 2.83 | 0.00 | 0.00 | 0.044 |
| MUSTARD PKG | 2 EACH | 10 | 0 | 151 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.45 | 0.52 | 0.6 | 0.00 | 0.00 | 0.053 |
| KETCHUP PKG 9 GM | 2 EACH | 20 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 4 | 0.0 | 6.0 | 0.0 | 0.00 | 0.00 | 0.046 |
| DRESSING RANCH PKG | 2 EACH | 100 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 10.0 | 0.00 | 0.00 | 0.114 |
| Weighted Daily Average | | 553 | 54 | 1006 | 5.12 | 1.63 | 378.6 | 729 | 5.96 | *39 | 23.72 | 68.21 | 20.95 | 4.25 | 0.00 | 2.033 |
| % of Calories | | | | | | | | | | *27.9% | 17.1% | 49.3% | 34.1% | 6.9% | 0.0% | |
| Nutrient Guideline | | 550-650 | | 1230 | | | | | | | | | | <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

Base Menu Spreadsheet

Portion Values - Detailed

Sep 16, 2024 thru Sep 20, 2024

Early Childhood Lunch

Generated on: 8/14/2024 2:43:32 PM

| | 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 |
|---|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Tue - 09/17/2024 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| BEEF, HAMBURGER W/ CHEESE SALAD, CHEF (K-8) | BURGER | 331 | 58 | 671 | 4.01 | 1.80 | 195.0 | 160 | 0.0 | 4 | 19.56 | 30.02 | 15.04 | 6.02 | 0.45 | 0.346 |
| | 1 SALAD (1C(G)) | 290 | 128 | 683 | 2.29 | 12.35 | 71.5 | 3191 | 45.71 | 10 | 18.69 | 28.59 | 12.56 | 4.03 | 0.00 | 1.086 |
| SACK LUNCH, (PK-8) | SACK | 560 | 67 | 1551 | 5.61 | 2.52 | 169.2 | 3775 | 25.8 | 32 | 24.13 | 67.54 | 24.59 | 4.50 | 0.45 | 2.374 |
| POTATO, FRENCH FRIES | 1/2 CUP | 150 | 0 | 170 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 25.01 | 5.0 | 0.50 | 0.00 | 0.361 |
| SALAD, ROMAINE SIDE (K-6) | 1C(G)+1/4C(R) | 17 | 0 | 5 | 1.60 | 0.74 | 18.3 | 2415 | 17.58 | 2 | 0.96 | 3.58 | 0.09 | 0.00 | 0.00 | 0.346 |
| PINEAPPLE TIDBITS, CANNED | 1/2 CUP | 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 | 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 |
| 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 |
| MILK SKIM UNFLAVORED | 8 OZ | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.391 |
| MILK, STRAWBERRY FF | 8 OZ | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | 0.00 | 0.405 |
| MAYONNAISE RC PKG | 1 EACH | 28 | 0 | 119 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2.27 | 2.83 | 0.00 | 0.00 | 0.044 |
| MUSTARD PKG | 1 EACH | 5 | 0 | 76 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.23 | 0.26 | 0.3 | 0.00 | 0.00 | 0.027 |
| KETCHUP PKG 9 GM | 2 EACH | 20 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 4 | 0.0 | 6.0 | 0.0 | 0.00 | 0.00 | 0.046 |
| DRESSING RANCH PKG | 2 EACH | 100 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 10.0 | 0.00 | 0.00 | 0.114 |
| Weighted Daily Average | | 655 | 74 | 1059 | 7.67 | 4.10 | 490.4 | 1591 | 17.53 | 36 | 29.52 | 88.94 | 21.39 | 6.59 | 0.39 | 1.414 |
| % of Calories | | | | | | | | | | 21.8% | 18.0% | 54.3% | 29.4% | 9.1% | 0.5% | |
| Nutrient Guideline | | 550-650 | | 1230 | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|--------------------------|---------|-----|----|------|-------|-------|-------|-------|--------|----|-------|-------|-------|------|-------|-------|
| Wed - 09/18/2024 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA CHEESY PULL APARTS | 1 EACH | 300 | 30 | 520 | 2.00 | 1.80 | 340.0 | 0 | 0.0 | 5 | 14.0 | 32.0 | 13.0 | 6.00 | 0.00 | 0.947 |
| PITA BLT WRAP | 1 WRAP | 430 | 67 | 1160 | *4.09 | *2.32 | 241.4 | *1139 | *12.28 | *5 | 24.29 | 33.87 | 22.56 | 8.12 | *0.00 | 1.581 |
| SACK LUNCH, (PK-8) | SACK | 560 | 67 | 1551 | 5.61 | 2.52 | 169.2 | 3775 | 25.8 | 32 | 24.13 | 67.54 | 24.59 | 4.50 | 0.45 | 2.374 |
| SALAD, PEA | 1/2 CUP | 184 | 30 | 372 | 3.19 | 1.43 | 42.2 | 329 | 4.78 | 6 | 10.41 | 12.94 | 9.85 | 3.05 | 0.00 | 0.304 |
| CAULIFLOWER, ROASTED 3# | 1/2 CUP | 29 | 0 | 155 | 1.51 | 0.32 | 17.0 | 0 | 36.44 | *1 | 1.45 | 5.86 | 0.21 | 0.10 | 0.00 | 0.696 |
| MANDARIN ORANGES, CANNED | 1/2 CUP | 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 | 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 |
| 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 |
| MILK SKIM UNFLAVORED | 8 OZ | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.391 |
| MILK, STRAWBERRY FF | 8 OZ | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | 0.00 | 0.405 |
| MAYONNAISE RC PKG | 2 EACH | 57 | 0 | 238 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 4.54 | 5.67 | 0.00 | 0.00 | 0.087 |
| SAUCE, MARINARA CUP | 2 EACH | 30 | 0 | 243 | 2.02 | 0.73 | 0.0 | 202 | 0.0 | 4 | 2.02 | 6.07 | 0.0 | 0.00 | 0.00 | 0.287 |

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Early Childhood Lunch

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|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|---------------|-------------------------|-------|
| Weighted Daily Average % of Calories | | 569 | 50 | 996 | *6.51 | *3.08 | 653.6 | *1014 | *27.52 | *39 *27.6% | 28.34 19.9% | 74.67 52.5% | 18.37 29.0% | 7.62 12.0% | *0.00 *0.0% | 2.051 |
| Nutrient Guideline | | 550-650 | | 1230 | | | | | | | | | | <10.00 | | |

| Thu - 09/19/2024 | | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|---------|-------|------|------|-------|--------|------|-------|-------------|----------------|----------------|------------------|-----------------|----------------|-------|
| | Total | | | | | | | | | | | | | | | |
| Early Childhood Lunch | | | | | | | | | | | | | | | | |
| CHICKEN & CHEESE FLAUTAS | 2 EACH | 524 | 101 | 907 | 2.02 | 0.73 | 161.3 | 0 | 0.0 | 2 | 20.17 | 38.32 | 32.27 | 10.08 | 0.00 | 1.166 |
| BISTRO BOX TURKEY | 1 EACH | 276 | 39 | 602 | 2.35 | 0.73 | 314.6 | 631 | 0.0 | 11 | 21.03 | 31.18 | 7.04 | 3.01 | 0.00 | 1.327 |
| SACK LUNCH, (PK-8) | SACK | 560 | 67 | 1551 | 5.61 | 2.52 | 169.2 | 3775 | 25.8 | 32 | 24.13 | 67.54 | 24.59 | 4.50 | 0.45 | 2.374 |
| BEANS, SEASONED PINTO | 1/2 CUP | 102 | 0 | 184 | 8.96 | 1.42 | 59.8 | 26 | 0.21 | 0 | 4.97 | 17.69 | 0.01 | 0.00 | 0.00 | 0.169 |
| SALAD, ROMAINE W/GRAPE T OMATO | 1C(G)+1/4C(R) | 28 | 0 | 2 | 1.63 | 6.16 | 9.1 | 2817 | 29.0 | 3 | 1.17 | 5.69 | 0.0 | 0.00 | 0.00 | 0.408 |
| FRUIT COCKTAIL | 1/2 CUP | 83 | *N/A* | 10 | 2.07 | *N/A* | *N/A* | 207 | 1.24 | 13 | 1.04 | 19.7 | *N/A* | *N/A* | *N/A* | 0.403 |
| 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 |
| 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 |
| MILK SKIM UNFLAVORED | 8 OZ | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.391 |
| MILK, STRAWBERRY FF | 8 OZ | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | 0.00 | 0.405 |
| DRESSING RANCH PKG | 2 EACH | 100 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 10.0 | 0.00 | 0.00 | 0.114 |
| Weighted Daily Average % of Calories | | 734 | *99 | 1092 | 7.57 | *2.99 | *505.1 | 1538 | 14.12 | 34 18.6% | 30.69 16.7% | 80.00 43.6% | *32.29 *39.6% | *9.51 *11.7% | *0.00 *0.0% | 1.987 |
| Nutrient Guideline | | 550-650 | | 1230 | | | | | | | | | | <10.00 | | |

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Early Childhood Lunch

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 |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Fri - 09/20/2024 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 281 | 40 | 662 | 2.01 | 1.81 | 60.2 | 100 | 9.03 | 9 | 9.03 | 31.11 | 13.05 | 3.51 | 0.00 | 0.873 |
| SANDWICH, SUNFLOWER BUTTER W/J | SANDWICH | 693 | 10 | 693 | 7.81 | 3.64 | 296.9 | 118 | 0.0 | 31 | 27.53 | 66.71 | 38.33 | 6.00 | 0.00 | 1.115 |
| SACK LUNCH, (PK-8) | SACK | 560 | 67 | 1551 | 5.61 | 2.52 | 169.2 | 3775 | 25.8 | 32 | 24.13 | 67.54 | 24.59 | 4.50 | 0.45 | 2.374 |
| TOMATOES GRAPE | 1/2 CUP | 40 | 0 | 0 | 1.35 | 10.93 | 0.0 | 1012 | 36.45 | 5 | 1.35 | 8.1 | 0.0 | 0.00 | 0.00 | 0.395 |
| VEGETABLES MIXED BLEND | 1/2 CUP | 80 | 0 | 89 | 3.29 | 0.79 | 21.9 | 822 | 6.57 | 3 | 2.19 | 12.67 | 1.1 | 0.00 | 0.00 | 0.303 |
| PEARS DICED, CANNED | 1/2 CUP | 84 | 0 | 16 | 1.05 | 0.00 | 0.0 | 79 | 0.0 | 16 | 0.0 | 19.96 | 0.0 | 0.00 | 0.00 | 0.376 |
| 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 |
| 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 |
| MILK SKIM UNFLAVORED | 8 OZ | 80 | 5 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.391 |
| MILK, STRAWBERRY FF | 8 OZ | 110 | 5 | 100 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 18 | 8.0 | 18.0 | 0.0 | 0.00 | 0.00 | 0.405 |
| MUSTARD PKG | 1 EACH | 5 | 0 | 76 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.23 | 0.26 | 0.3 | 0.00 | 0.00 | 0.027 |
| KETCHUP PKG 9 GM | 2 EACH | 20 | 0 | 200 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | 4 | 0.0 | 6.0 | 0.0 | 0.00 | 0.00 | 0.046 |
| DRESSING RANCH PKG | 2 EACH | 100 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 10.0 | 0.00 | 0.00 | 0.114 |
| Weighted Daily Average | | 592 | 42 | 987 | 6.19 | 5.51 | 402.5 | 1294 | 25.28 | 47 | 20.97 | 80.85 | 20.63 | 4.29 | 0.00 | 1.761 |
| % of Calories | | | | | | | | | | 31.7% | 14.2% | 54.6% | 31.4% | 6.5% | 0.0% | |
| Nutrient Guideline | | 550-650 | | 1230 | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|------------------|--|-----|-----|------|-------|-------|--------|-------|--------|--------|-------|-------|--------|-------|-------|-------|
| Weighted Average | | 621 | *64 | 1028 | *6.61 | *3.46 | *486.1 | *1233 | *18.08 | *39 | 26.65 | 78.53 | *22.72 | *6.45 | *0.08 | 1.849 |
| | | | | | | | | | | *56.4% | 17.2% | 50.6% | *32.9% | *9.4% | *0.1% | |

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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 | 621 | | 550 - 650 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 64 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1028 | | 1230 | | | | | | | | | | | | | | |
| Sodium 1a (mg) | 1028 | | 1110 | | | | | | | | | | | | | | |
| Fiber (g) | 6.61 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 3.46 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 486.1 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 1233 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 39 | 25.09% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 18.08 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 26.65 | 17.17% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 78.53 | 50.60% | | | | | | | | | | | | | | | |
| Total Fat (g) | 22.72 | 32.95% | | | Missing | | | | | | | | | | | | |
| Saturated Fat (g) | 6.45 | 9.35% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.08 | 0.11% | | | Missing | | | | | | | | | | | | |

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