

# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Sep 23, 2024 thru Sep 27, 2024

Early Childhood Breakfast

Generated on: 8/14/2024 2:42:32 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 <sup>1</sup> (g)	Cost
Mon - 09/23/2024																
Early Childhood Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	0	0.0	13	5.99	41.93	5.99	2.00	0.00	0.526
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		480	17	305	5.69	1.90	340.8	648	24.86	57	14.45	94.07	7.13	2.68	0.00	1.236
% of Calories										47.4%	12.0%	78.4%	13.4%	5.0%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 09/24/2024																
Early Childhood Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	0	0.0	3	8.99	18.97	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		430	72	404	5.69	1.20	441.6	648	24.86	47	17.45	71.11	9.12	2.68	0.00	0.710
% of Calories										43.6%	16.2%	66.2%	19.1%	5.6%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 09/25/2024																
Early Childhood Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	1000	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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		450	7	325	9.69	3.91	350.8	1648	24.86	55	12.46	88.14	7.14	1.68	0.00	1.152
% of Calories										48.8%	11.1%	78.3%	14.3%	3.4%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 23, 2024 thru Sep 27, 2024

Early Childhood Breakfast

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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 <sup>1</sup> (g)	Cost
Thu - 09/26/2024																
Early Childhood Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	0	0.0	24	5.02	45.19	8.03	1.51	0.00	0.681
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		516	7	361	5.70	1.31	414.7	648	24.86	68	13.48	97.32	9.17	2.19	0.00	1.391
% of Calories										52.7%	10.4%	75.4%	16.0%	3.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 09/27/2024																
Early Childhood Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	460	2.00	1.44	60.0	750	2.4	5	7.0	25.0	11.0	3.50	0.00	0.610
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		480	27	575	5.69	1.75	370.8	1398	27.26	49	15.46	77.14	12.14	4.18	0.00	1.320
% of Calories										40.7%	12.9%	64.3%	22.7%	7.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		471	26	394	6.49	2.01	383.8	998	25.34	55	14.66	85.56	8.94	2.68	0.00	1.162
										105.2%	12.4%	72.6%	17.1%	5.1%	0.0%	

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Base Menu Spreadsheet

Early Childhood Breakfast

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 <sup>1</sup> (g)	Cost	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	471		350 - 500	100%														
Cholesterol (mg)	26																	
Sodium 1 (mg)	394		540															
Sodium 1a (mg)	394							394										
Fiber (g)	6.49																	
Iron (mg)	2.01																	
Calcium (mg)	383.8																	
Vitamin A (IU)	998																	
Sugars (g)	55	46.77%																
Vitamin C (mg)	25.34																	
Protein (g)	14.66	12.44%																
Carbohydrate (g)	85.56	72.61%																
Total Fat (g)	8.94	17.07%																
Saturated Fat (g)	2.68	5.12%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%																

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