

Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 2024

Base Menu Spreadsheet

Early Childhood Lunch

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 - 09/23/2024																
Early Childhood Lunch	Total															
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOOP	437	64	630	5.02	2.52	100.0	10	1.21	7	23.99	48.18	15.99	5.49	0.00	1.081
PITA CHEESE WRAP	1 WRAP	423	50	1307	3.55	2.20	630.5	655	2.55	7	17.75	35.86	23.62	11.00	0.00	0.771
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, PORK CANNED	1/2 CUP	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00	0.246
COLESLAW 4/5#	1/2 CUP	33	3	61	0.70	0.13	14.0	537	8.43	3	0.35	3.79	1.79	0.26	0.00	0.079
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
SAUCE, BBQ CUP 1 OZ.	1 EACH	40	0	66	0.00	0.00	0.0	0	0.0	8	0.0	10.12	0.0	0.00	0.00	0.366
Weighted Daily Average		670	69	1023	9.02	3.12	498.2	859	9.39	*42	33.91	91.83	18.73	6.90	0.00	1.738
% of Calories										*24.8%	20.2%	54.8%	25.2%	9.3%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Tue - 09/24/2024																
Early Childhood Lunch	Total															
CHICKEN, GRILLED BURGER	SANDWIC	321	73	855	3.00	2.53	215.3	261	0.0	2	31.79	28.01	7.51	3.00	0.45	1.400
SALAD, CHEF (K-8)	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
BROCCOLI BITES FRESH 3#	1/2 CUP	37	0	43	3.46	0.69	28.8	1584	69.12	1	2.5	7.78	0.38	0.10	0.00	0.210
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

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 23, 2024 thru Sep 27, 2024

Early Childhood Lunch

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	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
Weighted Daily Average % of Calories		558	87	1184	6.31	4.41	518.6	2475	39.79	36 25.7%	39.21 28.1%	69.70 50.0%	13.31 21.5%	3.60 5.8%	0.39 0.6%	2.157
Nutrient Guideline		550-650		1230										<10.00		

Wed - 09/25/2024																	
Early Childhood Lunch	Total																
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	295	22	500	0.00	105.64	319.8	625	8.99	4	17.49	32.97	11.49	4.25	0.00	0.918	
SANDWICH, HAM/CH CROSSIA NT	SANDWIC	312	67	1026	2.00	2.44	176.0	150	2.2	6	21.5	32.0	13.5	6.50	0.45	0.869	
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	
CUCUMBER SLICES	1/2 CUP	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00	0.099	
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	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	
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	
CHEESE, PARMESAN, BULK	2 EACH	30	10	130	0.00	0.00	79.8	0	0.0	0	2.0	0.0	2.0	1.00	0.00	0.137	
Weighted Daily Average % of Calories		523	39	818	2.51	91.37	648.8	1279	23.35	37 27.9%	27.98 21.4%	69.78 53.3%	16.46 28.3%	5.42 9.3%	0.06 0.1%	1.683	
Nutrient Guideline		550-650		1230										<10.00			

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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 - 09/26/2024																
Early Childhood Lunch	Total															
BEEF, FRITOS CON CARNE (P K-4)	#10SC+1 OZ(GR)	431	62	876	2.14	2.79	270.3	317	4.44	*2	23.94	22.75	28.03	9.49	0.00	0.286
SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC	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
CORN, MEXICALI	1/2 CUP	86	0	157	2.19	0.05	0.6	28	4.59	4	2.15	18.3	1.06	0.00	0.00	0.867
SALAD, ROMAINE W/GRAPE TOMATO	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		708	*61	1070	6.51	*4.78	*579.2	1738	19.18	*38	34.03	71.80	*33.34	*9.42	*0.00	1.403
% of Calories										*21.2%	19.2%	40.6%	*42.4%	*12.0%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Fri - 09/27/2024																
Early Childhood Lunch	Total															
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31	815	4.89	15.57	1610.6	817	0.57	9	24.06	56.22	14.12	5.60	0.00	1.141
SANDWICH,TUNA CROISSANT (K-4)	1/4 CUP	285	*26	676	*2.06	*1.40	*82.4	169	*0.16	6	18.75	32.76	8.6	*2.51	*0.00	1.099
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
POTATO,TATERTOT (K-12)	1/2CUP(9 pc)	130	0	360	1.00	0.00	0.0	0	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
PEACHES DICED, CANNED	1/2 CUP	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00	0.370
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
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

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Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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	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
Weighted Daily Average		738	*37	1334	*7.12	*15.20	*1695.2	1630	*11.47	40	32.56	104.83	21.52	*6.45	*0.00	2.039
% of Calories										21.8%	17.6%	56.8%	26.2%	*7.9%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Weighted Average		640	*59	1086	*6.30	*23.78	*788.0	1596	*20.63	*38	33.54	81.59	*20.67	*6.36	*0.09	1.804
										*54.0%	21.0%	51.0%	*29.1%	*8.9%	*0.1%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	640		550 - 650	100%				
Cholesterol (mg)	59				Missing			
Sodium 1 (mg)	1086		1230					
Sodium 1a (mg)	1086		1110					
Fiber (g)	6.30				Missing			
Iron (mg)	23.78				Missing			
Calcium (mg)	788.0				Missing			
Vitamin A (IU)	1596							
Sugars (g)	38	23.99%			Missing			
Vitamin C (mg)	20.63				Missing			
Protein (g)	33.54	20.98%						
Carbohydrate (g)	81.59	51.03%						
Total Fat (g)	20.67	29.09%			Missing			
Saturated Fat (g)	6.36	8.95%	<10.00%		Missing			
Trans Fat ¹ (g)	0.09	0.13%			Missing			

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