

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Early Childhood Breakfast

Portion Values - Detailed

	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 - 09/30/2024																
Early Childhood Breakfast	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	95	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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		424	32	448	5.09	1.71	413.2	742	26.36	47	17.06	69.74	8.94	3.88	0.00	1.169
% of Calories										44.6%	16.1%	65.8%	19.0%	8.2%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 10/01/2024																
Early Childhood Breakfast	Total															
BKF PIZZA, SAUSAGE IW(PK-6)	1 SLICE	240	0	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	0.00	0.604
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		490	7	455	6.69	2.31	506.8	703	26.86	48	19.46	83.14	9.14	3.18	0.00	1.313
% of Calories										39.1%	15.9%	67.8%	16.8%	5.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 10/02/2024																
Early Childhood Breakfast	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	0	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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	17	445	6.69	1.81	350.8	648	24.86	55	12.46	88.13	5.64	1.68	0.00	1.458
% of Calories										48.8%	11.1%	78.3%	11.3%	3.4%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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 - 10/03/2024																
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 - 10/04/2024																
Early Childhood Breakfast	Total															
BKF CONCHA, ASSORTED	1 EACH	189	5	85	2.99	1.44	39.9	100	2.39	8	3.99	32.89	5.98	2.49	0.00	0.947
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		440	12	200	6.68	1.74	350.7	747	27.25	52	12.45	85.03	7.12	3.17	0.00	1.657
% of Calories										47.2%	11.3%	77.4%	14.6%	6.5%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		456	15	388	6.33	3.08	424.4	824	28.00	53	14.68	85.35	6.95	2.67	0.00	1.394
										104.2%	12.9%	74.9%	13.7%	5.3%	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	456		350 - 500	100%													
Cholesterol (mg)	15																
Sodium 1 (mg)	388		540														
Sodium 1a (mg)	388							388									
Fiber (g)	6.33																
Iron (mg)	3.08																
Calcium (mg)	424.4																
Vitamin A (IU)	824																
Sugars (g)	53	46.33%															
Vitamin C (mg)	28.00																
Protein (g)	14.68	12.89%															
Carbohydrate (g)	85.35	74.91%															
Total Fat (g)	6.95	13.72%															
Saturated Fat (g)	2.67	5.28%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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