

# Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 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 <sup>1</sup> (g)	Cost
<b>Mon - 09/30/2024</b>																
Early Childhood Lunch	Total															
BEEF, STEAK FINGERS (PK-4)	3 EACH	243	27	251	3.04	2.05	30.4	0	0.0	1	12.16	14.44	15.2	3.80	0.00	0.695
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc	242	58	1484	1.75	0.63	249.8	0	0.0	4	10.11	13.49	16.64	10.28	0.63	1.584
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	0.00	0.197
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
POTATO, MASHED 12/31oz	1/2 CUP	91	0	208	1.26	0.28	18.1	14	25.34	2	1.95	16.81	2.05	1.28	0.00	0.582
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
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
CRACKERS, SALTINES	2 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average % of Calories		735	38	1019	9.48	20.28	1877.2	708	24.05	*38 *20.7%	30.63 16.7%	99.09 54.0%	24.32 29.8%	6.64 8.1%	0.09 0.1%	1.987
Nutrient Guideline		550-650		1230										<10.00		

<b>Tue - 10/01/2024</b>																
Early Childhood Lunch	Total															
CHICKEN, NUGGET W/GB(PK-4)	4 EACH+ 1(G)	277	35	346	2.61	1.92	36.3	0	0.0	11	13.05	32.38	11.16	3.37	0.00	0.665
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
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
SALAD, SPINACH W/GRAPE TOMATO	1/2C(G)+ 1/4C(R)	21	0	27	1.70	0.81	68.3	3838	15.18	2	1.41	3.84	0.0	0.00	*0.00	0.350
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
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

Page 2

Generated on: 8/14/2024 2:44:03 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
Weighted Daily Average % of Calories		532	54	799	5.61	3.93	377.3	2295	20.07	44 32.9%	22.77 17.1%	72.21 54.3%	17.83 30.2%	3.90 6.6%	*0.00 *0.0%	1.907
Nutrient Guideline		550-650		1230										<10.00		

Wed - 10/02/2024																
Early Childhood Lunch	Total															
PIZZA SLICES ASSORTED	1 SLICE	360	40	530	3.50	1.80	325.1	500	0.0	8	19.51	34.51	16.5	7.50	0.00	1.062
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	376	8	256	4.73	2.63	260.8	1256	27.52	25	9.99	69.07	6.54	1.96	0.00	0.945
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, CANNED	1/2 CUP	86	0	185	2.00	0.00	0.0	20	3.61	4	2.0	18.21	1.0	0.00	0.00	0.818
CELERY STICKS 5#	1/2 CUP	30	0	0	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00	0.186
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
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	1 EACH	15	5	65	0.00	0.00	39.9	0	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
Weighted Daily Average % of Calories		603	44	747	6.47	2.39	648.1	2046	19.69	43 28.2%	28.02 18.6%	80.32 53.2%	19.74 29.4%	7.36 11.0%	0.00 0.0%	1.994
Nutrient Guideline		550-650		1230										<10.00		

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### 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 <sup>1</sup> (g)	Cost
Thu - 10/03/2024																
Early Childhood Lunch	Total															
QUESADILLA TACO (K-12)	3 EACH	240	10	480	4.00	2.60	229.9	0	0.0	2	13.99	29.99	8.0	2.50	0.00	0.744
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	584	14	594	5.92	3.30	350.4	631	0.0	16	23.55	43.7	36.45	6.59	0.00	1.390
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, REFRIED 6/28.1oz	1/2 CUP	202	0	668	10.08	2.27	50.4	0	1.51	0	10.08	31.51	1.89	0.00	0.00	0.359
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
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
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.065
Weighted Daily Average		565	*17	898	10.01	*6.56	*563.6	1015	16.62	35	27.27	79.25	*16.14	*3.51	*0.00	1.712
% of Calories										25.0%	19.3%	56.1%	*25.7%	*5.6%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Fri - 10/04/2024																
Early Childhood Lunch	Total															
CHICKEN, TENDERS W/CRNM UF(K-12)	3 EACH+ 1(G)	406	46	495	4.90	2.76	54.1	111	0.15	12	17.26	38.69	20.09	3.41	0.00	0.901
PASTA, SALAD	SERVINGS	368	0	1474	3.99	3.99	47.9	12	0.0	*6	7.97	41.37	19.69	2.99	0.00	1.861
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
SOUP, VEGETABLE (HM)	1 CUP	70	0	158	3.51	0.48	30.2	1464	22.75	*2	2.71	13.44	0.27	0.00	0.00	0.302
BROCCOLI SLAW	1/2 CUP	118	7	179	2.41	0.43	24.0	1130	35.41	*7	1.32	16.22	5.54	0.78	0.00	0.146
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
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
CRACKERS, SALTINES	4 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		662	48	968	8.81	3.40	371.7	1506	21.99	*45	25.64	88.45	23.05	4.01	0.00	1.782
% of Calories										*27.4%	15.5%	53.5%	31.4%	5.5%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

Page 4

Generated on: 8/14/2024 2:44:03 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
Weighted Average		619	*40	886	8.08	*7.31	*767.6	1514	20.48	*41 *59.6%	26.87 17.4%	83.86 54.2%	*20.21 *29.4%	*5.08 *7.4%	*0.02 *0.0%	1.876

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		550 - 650	100%				
Cholesterol (mg)	40				Missing			
Sodium 1 (mg)	886		1230					
Sodium 1a (mg)	886		1110					
Fiber (g)	8.08							
Iron (mg)	7.31				Missing			
Calcium (mg)	767.6				Missing			
Vitamin A (IU)	1514							
Sugars (g)	41	26.48%			Missing			
Vitamin C (mg)	20.48							
Protein (g)	26.87	17.35%						
Carbohydrate (g)	83.86	54.16%						
Total Fat (g)	20.21	29.38%			Missing			
Saturated Fat (g)	5.08	7.39%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing			

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