

Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

High School Breakfast

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 - 09/09/2024																
High School Breakfast	Total															
BKF PIZZA BAGEL (7-12)	4 OZ	263	23	467	3.00	2.00	125.0	0	0.0	3	13.0	32.0	10.0	5.00	0.00	0.657
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	600	0.0	4	15.49	29.61	19.83	10.00	1.80	0.566
BKF TAQUITO BACON EGG	1 TAQUIT	367	*351	621	2.13	1.86	249.4	*563	*0.0	1	22.96	18.89	18.47	8.12	*0.00	0.827
BKF TAQUITO BEAN BACON	1 TAQUIT	425	*33	1174	12.08	2.99	270.9	*111	*1.51	1	23.71	47.88	13.29	5.75	*0.00	0.778
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
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, 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		482	*87	690	6.76	4.53	510.2	*963	*16.84	40	21.60	75.65	10.01	4.40	*0.01	1.266
% of Calories										32.9%	17.9%	62.7%	18.7%	8.2%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 09/10/2024																
High School Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	0	0.0	2	12.2	23.39	6.1	2.03	0.00	1.087
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	600	0.0	4	15.49	29.61	19.83	10.00	1.80	0.566
BKF TAQUITO, EGG, POTATO	1 TAQUIT O (#12)	300	*310	302	2.60	2.00	177.2	*495	*6.98	*1	16.24	22.68	12.73	5.84	*0.00	0.486
BKF TAQUITO BEAN BACON	1 TAQUIT	425	*33	1174	12.08	2.99	270.9	*111	*1.51	1	23.71	47.88	13.29	5.75	*0.00	0.778
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
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
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
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

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High School Breakfast

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 % of Calories		428	*60	511	5.18	5.44	499.5	*1021	*19.42	*44 *41.5%	16.49 15.4%	78.24 73.1%	5.92 12.4%	2.29 4.8%	*0.01 *0.0%	1.301
Nutrient Guideline		450-600		640										<10.00		

Wed - 09/11/2024																
	Total															
High School Breakfast																
BKF FRENCHTOAST (7-12)	3 EACH	211	105	291	2.01	1.44	60.2	201	0.0	11	8.02	26.07	9.02	2.01	0.00	0.623
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	600	0.0	4	15.49	29.61	19.83	10.00	1.80	0.566
BKF TAQUITO EGG SAUSAGE	1 TAQUIT	338	*284	533	2.54	1.99	252.0	*505	*0.0	1	20.64	17.63	17.48	7.47	*0.00	0.495
BKF TAQUITO BEAN BACON	1 TAQUIT	425	*33	1174	12.08	2.99	270.9	*111	*1.51	1	23.71	47.88	13.29	5.75	*0.00	0.778
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
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
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00	0.510
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 % of Calories		430	*86	454	4.68	2.69	416.2	*871	*14.68	48 45.1%	16.31 15.2%	74.08 69.0%	7.81 16.4%	2.58 5.4%	*0.01 *0.0%	1.151
Nutrient Guideline		450-600		640										<10.00		

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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
Thu - 09/12/2024																
High School Breakfast	Total															
BKF BISCUIT W/SAUSAGE GR	1(gr)+#10	338	12	794	3.48	2.59	119.4	55	0.0	5	10.44	38.24	15.89	4.47	0.00	0.481
AVY	s(Gvy)															
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	600	0.0	4	15.49	29.61	19.83	10.00	1.80	0.566
BKF TAQUITO BACON EGG	1 TAQUIT	367	*351	621	2.13	1.86	249.4	*563	*0.0	1	22.96	18.89	18.47	8.12	*0.00	0.827
BKF TAQUITO BEAN BACON	1 TAQUIT	425	*33	1174	12.08	2.99	270.9	*111	*1.51	1	23.71	47.88	13.29	5.75	*0.00	0.778
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
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
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
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		461	*52	586	5.62	5.90	496.2	*1073	*19.13	46	16.53	81.56	7.98	2.88	*0.01	1.221
% of Calories										39.8%	14.3%	70.8%	15.6%	5.6%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 09/13/2024																
High School Breakfast	Total															
BKF MINI BITES SAUSAGE 163 /SER	5 EACH	224	41	367	2.04	1.10	10.2	0	0.0	2	10.18	17.31	13.24	0.00	0.00	0.596
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	600	0.0	4	15.49	29.61	19.83	10.00	1.80	0.566
BKF TAQUITO, EGG, POTATO	1 TAQUIT O (#12)	300	*310	302	2.60	2.00	177.2	*495	*6.98	*1	16.24	22.68	12.73	5.84	*0.00	0.486
BKF TAQUITO BEAN BACON	1 TAQUIT	425	*33	1174	12.08	2.99	270.9	*111	*1.51	1	23.71	47.88	13.29	5.75	*0.00	0.778
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
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
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00	0.510
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

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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		475	*62	514	5.25	4.05	424.4	*913	*17.47	*48 *40.6%	17.38 14.6%	80.73 68.0%	9.54 18.1%	1.71 3.2%	*0.01 *0.0%	1.272
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		455	*69	551	5.50	4.52	469.3	*968	*17.51	*45 *89.6%	17.66 15.5%	78.05 68.6%	8.25 16.3%	2.77 5.5%	*0.01 *0.0%	1.242
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	455		450 - 600	100%				
Cholesterol (mg)	69				Missing			
Sodium 1 (mg)	551		640					
Sodium 1a (mg)	551					551		
Fiber (g)	5.50							
Iron (mg)	4.52							
Calcium (mg)	469.3							
Vitamin A (IU)	968				Missing			
Sugars (g)	45	39.83%			Missing			
Vitamin C (mg)	17.51				Missing			
Protein (g)	17.66	15.52%						
Carbohydrate (g)	78.05	68.58%						
Total Fat (g)	8.25	16.31%						
Saturated Fat (g)	2.77	5.48%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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