

Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

High School 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 - 09/09/2024																
High School 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
CHICKEN & WAFFLE OPEN FACE	PATTY+1 (G)	521	67	797	4.83	3.66	51.4	0	0.0	13	23.84	55.25	23.13	2.87	0.00	1.502
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	481	41	780	4.17	3.16	90.1	205	4.44	*2	17.86	41.99	28.03	6.96	0.00	0.460
SOUTH OF THE BORDER BUR RITO	1 EACH	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
BURGER BAR ASSORTED	SANDWIC	355	56	692	4.22	2.60	158.2	114	0.0	3	22.93	34.89	14.0	4.34	0.24	0.727
SANDWICH, SUNFLOWER BUT TER 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
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
SACK LUNCH	SACK	545	13	928	9.11	1.23	171.3	3031	29.21	46	10.42	86.97	20.26	2.50	0.45	1.546
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0	158	1.60	0.74	18.3	2415	17.58	2	0.96	3.91	0.09	0.00	0.00	0.358
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
POTATO, FRENCH FRIES	1/2 CUP	150	0	170	2.00	0.72	0.0	0	0.0	0	2.0	25.01	5.0	0.50	0.00	0.361
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
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
DRESSING RANCH PKG	4 EACH	200	0	420	0.00	0.00	0.0	0	0.0	4	0.0	4.0	20.0	0.00	0.00	0.229
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
MAYONNAISE RC PKG	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
MUSTARD PKG	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
KETCHUP PKG 9 GM	4 EACH	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00	0.093
SAUCE CHEESE 6/5LB (5-12)	#12SC	108	28	396	0.00	0.00	203.6	390	0.0	1	7.02	2.01	8.02	4.61	0.00	0.327
SAUCE, CHOLULA	2 EACH	0	0	170	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.130
SOUR CREAM 1 OZ	PKG	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00	0.144
JALAPENOS	SERVING (1/4c)	1	0	34	0.36	0.00	0.0	9	0.0	0	0.0	0.09	0.02	0.00	0.00	0.003
Weighted Daily Average		786	57	1239	8.99	3.55	560.7	1786	9.44	*39	33.11	104.95	26.98	7.60	0.07	2.061
% of Calories										*20.0%	16.9%	53.4%	30.9%	8.7%	0.1%	
Nutrient Guideline		750-850		1420										<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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 9, 2024 thru Sep 13, 2024

High School Lunch

Generated on: 8/14/2024 2:56:39 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 ¹ (g)	Cost
Tue - 09/10/2024																
High School 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
CHICKEN TERIYAKI W/RICE (9-12)	#8SC+ 1 C(G)	373	83	489	2.43	1.95	30.2	0	0.0	*10	25.65	54.83	5.98	0.69	0.00	1.178
SOUTH OF THE BORDER	#10SC +2 OZ(G)	435	43	733	4.35	3.02	77.5	196	5.48	*2	18.23	38.48	24.0	6.73	0.00	0.424
SOUTH OF THE BORDER BUR RITO	1 EACH	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
BURGER BAR ASSORTED	SANDWIC	355	56	692	4.22	2.60	158.2	114	0.0	3	22.93	34.89	14.0	4.34	0.24	0.727
SALAD, CHEF (9-12)	1 SALAD(1C(2G))	450	220	943	4.29	13.43	81.5	3341	45.71	12	23.69	47.09	19.06	4.78	0.00	1.284
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
SACK LUNCH	SACK	545	13	928	9.11	1.23	171.3	3031	29.21	46	10.42	86.97	20.26	2.50	0.45	1.546
POTATO, WEDGES	1/2 CUP	130	3	150	2.00	0.36	0.0	0	0.0	0	2.0	21.01	4.0	0.50	0.00	0.285
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0	158	1.60	0.74	18.3	2415	17.58	2	0.96	3.91	0.09	0.00	0.00	0.358
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
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
DRESSING RANCH PKG	4 EACH	200	0	420	0.00	0.00	0.0	0	0.0	4	0.0	4.0	20.0	0.00	0.00	0.229
SAUCE, SOY PKG 200/6ML	1 EACH	7	0	619	0.09	0.25	4.6	0	0.11	0	1.0	0.7	0.0	0.00	0.00	0.067
SAUCE, SWEET & SOUR, 100/1 OZ.	1 EACH	50	0	75	0.00	0.00	0.0	0	1.2	7	0.0	12.0	0.0	0.00	0.00	0.199
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
MAYONNAISE RC PKG	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
MUSTARD PKG	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
KETCHUP PKG 9 GM	4 EACH	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00	0.093
SAUCE CHEESE 6/5LB (5-12)	#12SC	108	28	396	0.00	0.00	203.6	390	0.0	1	7.02	2.01	8.02	4.61	0.00	0.327
SAUCE, CHOLULA	2 EACH	0	0	170	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.130
SOUR CREAM 1 OZ	PKG	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00	0.144
JALAPENOS	SERVING (1/4c)	1	0	34	0.36	0.00	0.0	9	0.0	0	0.0	0.09	0.02	0.00	0.00	0.003

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

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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		746	72	1250	8.33	3.31	536.2	1577	13.14	*36 *19.2%	33.56 18.0%	97.30 52.2%	25.04 30.2%	6.87 8.3%	0.07 0.1%	2.015
Nutrient Guideline		750-850		1420										<10.00		

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High School 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
Wed - 09/11/2024																
High School 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
PIZZA, CHEESE STICKS (5-12)	3 STICKS	448	30	686	2.98	3.58	537.2	0	0.0	0	23.87	47.75	17.91	5.97	0.00	0.929
SOUTH OF THE BORDER	#10SC +2 OZ(G)	435	43	733	4.35	3.02	77.5	196	5.48	*2	18.23	38.48	24.0	6.73	0.00	0.424
SOUTH OF THE BORDER BUR RITO	1 EACH	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
BURGER BAR ASSORTED	SANDWIC	355	56	692	4.22	2.60	158.2	114	0.0	3	22.93	34.89	14.0	4.34	0.24	0.727
SANDWICH, HAM & CHEESE	1 SAND WICH	270	67	945	3.66	2.17	149.9	150	2.2	4	21.99	28.61	10.33	4.50	0.45	0.340
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
SACK LUNCH	SACK	545	13	928	9.11	1.23	171.3	3031	29.21	46	10.42	86.97	20.26	2.50	0.45	1.546
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0	158	1.60	0.74	18.3	2415	17.58	2	0.96	3.91	0.09	0.00	0.00	0.358
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
POTATO, FRENCH FRIES	1/2 CUP	150	0	170	2.00	0.72	0.0	0	0.0	0	2.0	25.01	5.0	0.50	0.00	0.361
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	4 EACH	200	0	420	0.00	0.00	0.0	0	0.0	4	0.0	4.0	20.0	0.00	0.00	0.229
SAUCE, MARINARA CUP	2 EACH	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00	0.287
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
MAYONNAISE RC PKG	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
MUSTARD PKG	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
KETCHUP PKG 9 GM	4 EACH	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00	0.093
SAUCE CHEESE 6/5LB (5-12)	#12SC	108	28	396	0.00	0.00	203.6	390	0.0	1	7.02	2.01	8.02	4.61	0.00	0.327
SAUCE, CHOLULA	2 EACH	0	0	170	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.130
SOUR CREAM 1 OZ	PKG	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00	0.144
JALAPENOS	SERVING (1/4c)	1	0	34	0.36	0.00	0.0	9	0.0	0	0.0	0.09	0.02	0.00	0.00	0.003
Weighted Daily Average		782	54	1305	8.71	4.06	652.9	1549	16.11	*34	34.05	100.35	28.17	7.76	0.08	2.064
% of Calories										*17.6%	17.4%	51.3%	32.4%	8.9%	0.1%	
Nutrient Guideline		750-850		1420									<10.00			

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Base Menu Spreadsheet

High School 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
Thu - 09/12/2024																
High School 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
ENCHILADAS	2 EA	350	56	653	2.62	7.56	550.4	812	3.01	5	20.62	28.48	16.81	10.07	0.00	1.799
SOUTH OF THE BORDER	#10SC +2 OZ(G)	435	43	733	4.35	3.02	77.5	196	5.48	*2	18.23	38.48	24.0	6.73	0.00	0.424
SOUTH OF THE BORDER BUR RITO	1 EACH	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
BURGER BAR ASSORTED	SANDWIC	355	56	692	4.22	2.60	158.2	114	0.0	3	22.93	34.89	14.0	4.34	0.24	0.727
SANDWICH ITALIAN SUB	SANDWIC	318	71	948	2.02	7.00	201.8	134	0.0	5	22.15	31.91	12.81	4.50	0.00	1.255
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
SACK LUNCH	SACK	545	13	928	9.11	1.23	171.3	3031	29.21	46	10.42	86.97	20.26	2.50	0.45	1.546
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0	158	1.60	0.74	18.3	2415	17.58	2	0.96	3.91	0.09	0.00	0.00	0.358
POTATO, FRENCH FRIES	1/2 CUP	150	0	170	2.00	0.72	0.0	0	0.0	0	2.0	25.01	5.0	0.50	0.00	0.361
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	4 EACH	200	0	420	0.00	0.00	0.0	0	0.0	4	0.0	4.0	20.0	0.00	0.00	0.229
SAUCE, MARINARA CUP	2 EACH	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00	0.287
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
MAYONNAISE RC PKG	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
MUSTARD PKG	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
KETCHUP PKG 9 GM	4 EACH	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00	0.093
SAUCE CHEESE 6/5LB (5-12)	#12SC	108	28	396	0.00	0.00	203.6	390	0.0	1	7.02	2.01	8.02	4.61	0.00	0.327
SAUCE, CHOLULA	2 EACH	0	0	170	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.130
SOUR CREAM 1 OZ	PKG	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00	0.144
JALAPENOS	SERVING (1/4c)	1	0	34	0.36	0.00	0.0	9	0.0	0	0.0	0.09	0.02	0.00	0.00	0.003
Weighted Daily Average		758	*58	1263	8.93	*4.02	*609.3	1646	9.92	*35	32.75	96.66	*27.65	*8.32	*0.07	2.158
% of Calories										*18.2%	17.3%	51.0%	*32.8%	*9.9%	*0.1%	
Nutrient Guideline		750-850		1420										<10.00		

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Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

High School 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
Fri - 09/13/2024																
High School 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
GRILLED CHEESE SANDWICH	SANDWIC	339	30	817	1.99	1.44	348.9	0	0.0	4	19.94	31.9	17.94	7.98	0.00	1.721
SOUTH OF THE BORDER	#10SC +2 OZ(G)	435	43	733	4.35	3.02	77.5	196	5.48	*2	18.23	38.48	24.0	6.73	0.00	0.424
SOUTH OF THE BORDER BUR RITO	1 EACH	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
BURGER BAR ASSORTED	SANDWIC	355	56	692	4.22	2.60	158.2	114	0.0	3	22.93	34.89	14.0	4.34	0.24	0.727
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	310	53	970	*2.00	*1.00	*176.0	*150	*0.0	*4	27.5	30.0	11.0	5.00	*0.45	1.942
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
SACK LUNCH	SACK	545	13	928	9.11	1.23	171.3	3031	29.21	46	10.42	86.97	20.26	2.50	0.45	1.546
SOUP, TOMATO, VEG. (K-12)	2/3 CUP	122	12	479	2.05	1.03	82.0	0	0.0	14	4.1	21.54	4.1	3.08	0.00	0.875
POTATO, FRENCH FRIES	1/2 CUP	150	0	170	2.00	0.72	0.0	0	0.0	0	2.0	25.01	5.0	0.50	0.00	0.361
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0	158	1.60	0.74	18.3	2415	17.58	2	0.96	3.91	0.09	0.00	0.00	0.358
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
DRESSING RANCH PKG	4 EACH	200	0	420	0.00	0.00	0.0	0	0.0	4	0.0	4.0	20.0	0.00	0.00	0.229
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
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
MAYONNAISE RC PKG	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
MUSTARD PKG	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
KETCHUP PKG 9 GM	4 EACH	40	0	400	0.00	0.00	0.0	400	0.0	8	0.0	12.0	0.0	0.00	0.00	0.093
SAUCE CHEESE 6/5LB (5-12)	#12SC	108	28	396	0.00	0.00	203.6	390	0.0	1	7.02	2.01	8.02	4.61	0.00	0.327
SAUCE, CHOLULA	2 EACH	0	0	170	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.130
SOUR CREAM 1 OZ	PKG	60	20	15	0.00	0.00	20.0	200	0.0	1	1.0	1.0	5.0	3.50	0.00	0.144
JALAPENOS	SERVING (1/4c)	1	0	34	0.36	0.00	0.0	9	0.0	0	0.0	0.09	0.02	0.00	0.00	0.003
Weighted Daily Average		780	58	1368	*8.68	*3.53	*576.3	*1544	*9.67	*35	33.35	100.42	28.65	8.15	*0.10	2.187
% of Calories										*18.1%	17.1%	51.5%	33.0%	9.4%	*0.1%	
Nutrient Guideline		750-850		1420									<10.00			

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Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

High School 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 Average		770	*60	1285	*8.73	*3.70	*587.1	*1620	*11.66	*36 *41.9%	33.36 17.3%	99.93 51.9%	*27.30 *31.9%	*7.74 *9.0%	*0.08 *0.1%	2.097

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Cholesterol (mg)	60				Missing			5 Correction Required - Sodium too High
Sodium 1 (mg)	1285		1420					
Sodium 1a (mg)	1285		1280					
Fiber (g)	8.73				Missing			
Iron (mg)	3.70				Missing			
Calcium (mg)	587.1				Missing			
Vitamin A (IU)	1620				Missing			
Sugars (g)	36	18.62%			Missing			
Vitamin C (mg)	11.66				Missing			
Protein (g)	33.36	17.33%						
Carbohydrate (g)	99.93	51.90%						
Total Fat (g)	27.30	31.90%			Missing			
Saturated Fat (g)	7.74	9.05%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.09%			Missing			

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