

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 16, 2024 thru Sep 20, 2024

High School Breakfast

Generated on: 8/14/2024 2:55:45 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
Mon - 09/16/2024																
High School Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	290	23	263	0.67	1.50	20.0	0	0.0	17	4.0	41.69	7.0	1.00	0.00	0.569
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		463	*60	498	4.63	4.20	437.1	*903	*16.63	46	15.62	78.56	7.64	2.39	*0.01	1.200
% of Calories										39.6%	13.5%	67.8%	14.8%	4.6%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 09/17/2024																
High School Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	0	0.0	3	19.99	27.98	16.99	4.50	0.00	1.563
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
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		476	*66	557	5.24	4.42	533.6	*895	*17.47	*40	21.44	73.34	11.09	3.57	*0.01	1.571
% of Calories										*33.6%	18.0%	61.6%	21.0%	6.7%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

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High School Breakfast

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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
Wed - 09/18/2024																
High School Breakfast	Total															
BKF EMPANADA IW	1 EACH	220	90	310	0.00	1.80	80.0	0	0.0	3	9.0	29.0	3.0	3.00	0.00	0.975
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
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		432	*62	500	4.96	5.47	484.1	*1022	*18.59	43 39.9%	16.33 15.1%	77.05 71.4%	5.82 12.1%	2.70 5.6%	*0.01 *0.0%	1.266
Nutrient Guideline		450-600		640									<10.00			

Thu - 09/19/2024																
High School Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	0	0.0	19	5.99	40.93	7.99	2.00	0.00	0.000
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
SYRUP PANCAKE CUP	1 EACH	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00	0.255
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		492	*50	403	5.64	3.00	418.5	*786	*14.68	54	16.94	85.32	9.09	3.05	*0.01	0.899
% of Calories										43.6%	13.8%	69.4%	16.6%	5.6%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 09/20/2024																
High School Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	0	0.0	6	9.98	17.95	6.98	1.99	0.00	0.957
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
Weighted Daily Average		476	*58	500	4.82	3.90	461.0	*922	*17.47	*54	17.30	86.91	6.95	2.53	*0.01	1.472
% of Calories										*45.6%	14.5%	73.0%	13.1%	4.8%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		468	*59	492	5.06	4.20	466.9	*906	*16.96	*47	17.53	80.24	8.12	2.85	*0.01	1.282
										*91.1%	15.0%	68.6%	15.6%	5.5%	*0.0%	

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Portion Values - Detailed

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High School Breakfast

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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	468		450 - 600	100%													
Cholesterol (mg)	59				Missing												
Sodium 1 (mg)	492		640														
Sodium 1a (mg)	492							492									
Fiber (g)	5.06																
Iron (mg)	4.20																
Calcium (mg)	466.9																
Vitamin A (IU)	906				Missing												
Sugars (g)	47	40.49%			Missing												
Vitamin C (mg)	16.96				Missing												
Protein (g)	17.53	14.99%															
Carbohydrate (g)	80.24	68.61%															
Total Fat (g)	8.12	15.62%															
Saturated Fat (g)	2.85	5.48%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%			Missing												

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