

Flour Bluff ISD

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

High School Lunch

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 - 09/16/2024																
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
CORN DOG MINI'S (K-12)	6 EACH	314	48	495	2.41	1.21	16.9	0	0.0	6	13.27	26.54	16.89	3.62	0.00	0.793
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 BURRITO	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, CHICKEN HAM CHEESE IW	1 EA	352	40	664	3.02	1.91	392.6	0	0.0	7	19.13	36.24	15.1	5.03	0.00	2.268
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
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
SALAD, ROMAINE SIDE W/ PICKLE	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
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		748	59	1241	8.29	3.16	510.3	1417	9.22	*34	31.33	94.43	28.10	7.18	0.08	1.898
% of Calories										*18.3%	16.7%	50.5%	33.8%	8.6%	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

Sep 16, 2024 thru Sep 20, 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
Tue - 09/17/2024																
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, EGG ROLL W/G (5-12)	2EA+1/4 C(G)	404	70	689	5.99	24.44	20.0	1623	1.8	3	21.47	50.44	12.98	3.25	0.00	1.930
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, 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
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

* - 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

Sep 16, 2024 thru Sep 20, 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
Weighted Daily Average		767	66	1320	9.03	6.16	531.4	1734	13.52	*34	32.91	99.13	27.30	7.23	0.10	2.105
% of Calories										*17.8%	17.2%	51.7%	32.0%	8.5%	0.1%	
Nutrient Guideline		750-850		1420										<10.00		

Wed - 09/18/2024																
	Total															
High School Lunch																
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
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	423	35	669	3.29	1.23	458.3	998	12.25	6	22.44	47.25	14.3	6.71	0.00	1.128
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
PITA BLT WRAP	1 WRAP	430	67	1160	*4.09	*2.32	241.4	*1139	*12.28	*5	24.29	33.87	22.56	8.12	*0.00	1.581
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
CAULIFLOWER, ROASTED 3#	1/2 CUP	29	0	155	1.51	0.32	17.0	0	36.44	*1	1.45	5.86	0.21	0.10	0.00	0.696
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
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

* - 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

Sep 16, 2024 thru Sep 20, 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
Weighted Daily Average		764	55	1257	*8.68	*3.46	604.7	*1708	*19.10	*36	32.75	97.91	27.73	8.09	*0.07	2.105
% of Calories										*18.7%	17.1%	51.3%	32.7%	9.5%	*0.1%	
Nutrient Guideline		750-850		1420										<10.00		

Thu - 09/19/2024																
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 FLAUTA SOUTHWEST	2 EACH	881	26	1036	20.73	3.73	310.9	2073	62.19	5	46.64	119.19	25.91	7.77	0.00	2.409
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
BISTRO BOX TURKEY	1 EACH	276	39	602	2.35	0.73	314.6	631	0.0	11	21.03	31.18	7.04	3.01	0.00	1.327
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
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

* - 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

Sep 16, 2024 thru Sep 20, 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
Weighted Daily Average % of Calories		814	*56	1311	10.92	*3.59	*563.8	1737	16.27	*34 *16.7%	35.72 17.6%	106.24 52.2%	*28.48 *31.5%	*7.75 *8.6%	*0.10 *0.1%	2.166
Nutrient Guideline		750-850		1420										<10.00		

Fri - 09/20/2024																
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
CORN DOG	1 EACH	281	40	662	2.01	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00	0.873
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, SUNFLOWER BUTTER 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
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0	89	3.29	0.79	21.9	822	6.57	3	2.19	12.67	1.1	0.00	0.00	0.303
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/ PICKLE	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
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
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

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

Page 6

Sep 16, 2024 thru Sep 20, 2024

High School Lunch

Generated on: 8/14/2024 2:56:59 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
Weighted Daily Average % of Calories		758	55	1258	8.49	3.30	555.7	1572	10.99	*36 *19.2%	30.62 16.2%	97.68 51.5%	27.97 33.2%	7.75 9.2%	0.06 0.1%	2.050
Nutrient Guideline		750-850		1420										<10.00		

Weighted Average		770	*58	1277	*9.08	*3.93	*553.2	*1634	*13.82	*35 *40.7%	32.67 17.0%	99.08 51.5%	*27.91 *32.6%	*7.60 *8.9%	*0.08 *0.1%	2.065
------------------	--	-----	-----	------	-------	-------	--------	-------	--------	---------------	----------------	----------------	------------------	----------------	----------------	-------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Cholesterol (mg)	58				Missing			
Sodium 1 (mg)	1277		1420					
Sodium 1a (mg)	1277		1280					
Fiber (g)	9.08				Missing			
Iron (mg)	3.93				Missing			
Calcium (mg)	553.2				Missing			
Vitamin A (IU)	1634				Missing			
Sugars (g)	35	18.10%			Missing			
Vitamin C (mg)	13.82				Missing			
Protein (g)	32.67	16.96%						
Carbohydrate (g)	99.08	51.45%						
Total Fat (g)	27.91	32.62%			Missing			
Saturated Fat (g)	7.60	8.88%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.09%			Missing			

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.