

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 23, 2024 thru Sep 27, 2024

High School Breakfast

Generated on: 8/14/2024 2:55:57 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 - 09/23/2024																
High School Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	0	0.0	13	5.99	41.93	5.99	2.00	0.00	0.526
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		438	*54	467	5.18	4.24	441.2	*903	*16.63	44	16.45	78.66	7.22	2.81	*0.01	1.182
% of Calories										40.3%	15.0%	71.8%	14.8%	5.8%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 09/24/2024																
High School Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	0	0.0	3	8.99	18.97	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, 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		410	*72	470	5.24	3.96	474.4	*895	*17.47	*40	16.89	69.60	7.36	2.53	*0.01	0.923
% of Calories										*39.1%	16.5%	68.0%	16.2%	5.6%	*0.0%	
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
Wed - 09/25/2024																
High School Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	1000	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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		588	*42	506	6.89	5.08	445.7	*1373	*16.63	74	15.35	117.42	7.11	2.31	*0.01	1.463
% of Calories										50.1%	10.4%	79.9%	10.9%	3.5%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Thu - 09/26/2024																
High School Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	0	0.0	24	5.02	45.19	8.03	1.51	0.00	0.681
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

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Weighted Daily Average		453	*50	490	5.19	3.99	471.8	*903	*16.63	49	16.05	80.01	8.07	2.60	*0.01	1.246
% of Calories										43.1%	14.2%	70.6%	16.0%	5.2%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 09/27/2024																
High School Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	460	2.00	1.44	60.0	750	2.4	5	7.0	25.0	11.0	3.50	0.00	0.610
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		430	*54	541	5.24	4.19	445.0	*1206	*18.46	*41	16.06	72.10	8.61	3.16	*0.01	1.176
% of Calories										*38.0%	14.9%	67.0%	18.0%	6.6%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		464	*55	495	5.55	4.29	455.6	*1056	*17.16	*50	16.16	83.56	7.68	2.68	*0.01	1.198
										*96.0%	13.9%	72.0%	14.9%	5.2%	*0.0%	

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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	464		450 - 600	100%													
Cholesterol (mg)	55				Missing												
Sodium 1 (mg)	495		640														
Sodium 1a (mg)	495							495									
Fiber (g)	5.55																
Iron (mg)	4.29																
Calcium (mg)	455.6																
Vitamin A (IU)	1056				Missing												
Sugars (g)	50	42.69%			Missing												
Vitamin C (mg)	17.16				Missing												
Protein (g)	16.16	13.93%															
Carbohydrate (g)	83.56	72.05%															
Total Fat (g)	7.68	14.89%															
Saturated Fat (g)	2.68	5.20%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%			Missing												

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