

Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 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 - 09/23/2024																
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
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOO	437	64	630	5.02	2.52	100.0	10	1.21	7	23.99	48.18	15.99	5.49	0.00	1.081
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 CHEESE WRAP	1 WRAP	423	50	1307	3.55	2.20	630.5	655	2.55	7	17.75	35.86	23.62	11.00	0.00	0.771
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
COLESLAW 4/5#	1/2 CUP	33	3	61	0.70	0.13	14.0	537	8.43	3	0.35	3.79	1.79	0.26	0.00	0.079
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
SAUCE, BBQ CUP 1 OZ.	2 EACH	81	0	132	0.00	0.00	0.0	0	0.0	16	0.0	20.24	0.0	0.00	0.00	0.731
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		789	63	1286	9.17	3.49	528.1	1469	10.50	*36	33.93	101.78	28.01	7.72	0.06	2.027
% of Calories										*18.0%	17.2%	51.6%	32.0%	8.8%	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.

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Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 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 - 09/24/2024																
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, POTSTICKERS	6PC	252	37	577	2.10	2.83	21.0	0	0.0	3	17.85	32.55	7.35	0.00	0.00	0.994
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
BROCCOLI BITES FRESH 3#	1/2 CUP	37	0	43	3.46	0.69	28.8	1584	69.12	1	2.5	7.78	0.38	0.10	0.00	0.210
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
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

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 23, 2024 thru Sep 27, 2024

High School Lunch

Generated on: 8/14/2024 2:57:10 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		754	60	1286	8.72	3.83	558.0	1784	20.53	*35 *18.5%	32.28 17.1%	97.85 51.9%	27.12 32.4%	7.33 8.8%	0.06 0.1%	2.078
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 - 09/25/2024																
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
BEEF, SPAGHETTI W/SAUCE 6/5#	#8SC+1/2 C+1(G)	448	55	387	9.01	3.82	44.4	662	19.15	9	23.12	64.99	11.54	3.32	*0.00	0.853
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, HAM/CH CROSSIANT	SANDWIC	312	67	1026	2.00	2.44	176.0	150	2.2	6	21.5	32.0	13.5	6.50	0.45	0.869
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/ 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
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
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
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
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		781	60	1196	9.99	4.02	528.9	1719	21.24	*36	33.43	104.30	26.89	7.28	*0.06	2.024
% of Calories										*18.6%	17.1%	53.4%	31.0%	8.4%	*0.1%	
Nutrient Guideline		750-850		1420									<10.00			

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Portion Values - Detailed

Sep 23, 2024 thru Sep 27, 2024

High School Lunch

Generated on: 8/14/2024 2:57:10 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
Thu - 09/26/2024																
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
BEEF, TAMALES, WG (9-12)	2EA+(G)8 SC	483	29	993	6.53	2.21	272.1	447	1.28	*1	18.77	45.91	25.74	8.81	0.00	1.275
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 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
CORN, MEXICALI	1/2 CUP	86	0	157	2.19	0.05	0.6	28	4.59	4	2.15	18.3	1.06	0.00	0.00	0.867
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
Weighted Daily Average		799	*54	1342	9.73	*3.35	*595.4	1645	10.39	*35	32.87	101.44	*30.26	*8.73	*0.06	2.218
% of Calories										*17.3%	16.5%	50.8%	*34.1%	*9.8%	*0.1%	
Nutrient Guideline		750-850		1420										<10.00		

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 23, 2024 thru Sep 27, 2024

High School Lunch

Generated on: 8/14/2024 2:57:10 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
Fri - 09/27/2024																
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
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31	815	4.89	15.57	1610.6	817	0.57	9	24.06	56.22	14.12	5.60	0.00	1.141
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,TUNA CROISSANT (5-12)	1/2 CUP	400	*52	1051	*2.10	*1.80	*83.2	338	*0.32	9	32.47	36.34	12.16	*3.01	*0.00	1.439
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,TATERTOT (K-12)	1/2CUP(9 pc)	130	0	360	1.00	0.00	0.0	0	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
TOMATOES GRAPE	1/2 CUP	40	0	0	1.35	10.93	0.0	1012	36.45	5	1.35	8.1	0.0	0.00	0.00	0.395
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
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

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Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 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 Daily Average % of Calories		753	*53	1462	*7.79	*5.35	*790.5	1762	*11.80	*35 *18.7%	31.87 16.9%	91.85 48.8%	29.31 35.0%	*8.33 *10.0%	*0.06 *0.1%	2.012
Nutrient Guideline		750-850		1420										<10.00		

Weighted Average		775	*58	1315	*9.08	*4.01	*600.2	1676	*14.89	*35 *41.0%	32.88 17.0%	99.44 51.3%	*28.32 *32.9%	*7.88 *9.1%	*0.06 *0.1%	2.072
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	775		750 - 850	100%				
Cholesterol (mg)	58				Missing			
Sodium 1 (mg)	1315		1420					
Sodium 1a (mg)	1315		1280				35	Correction Required - Sodium too High
Fiber (g)	9.08				Missing			
Iron (mg)	4.01				Missing			
Calcium (mg)	600.2				Missing			
Vitamin A (IU)	1676							
Sugars (g)	35	18.24%			Missing			
Vitamin C (mg)	14.89				Missing			
Protein (g)	32.88	16.96%						
Carbohydrate (g)	99.44	51.31%						
Total Fat (g)	28.32	32.87%			Missing			
Saturated Fat (g)	7.88	9.15%	<10.00%		Missing			
Trans Fat ¹ (g)	0.06	0.07%			Missing			

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