

# Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

## Base Menu Spreadsheet

High School Breakfast

### 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 <sup>1</sup> (g)	Cost
<b>Mon - 09/30/2024</b>																
High School Breakfast	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	95	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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
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		429	*61	554	5.25	4.11	475.2	*934	*17.12	42 38.7%	18.09 16.9%	70.84 66.0%	8.23 17.2%	3.42 7.2%	*0.01 *0.0%	1.172
Nutrient Guideline		450-600		640										<10.00		

<b>Tue - 10/01/2024</b>																
High School Breakfast	Total															
BKF PIZZA, SAUSAGE(7-12)	1 SLICE	151	10	362	3.02	1.71	120.7	0	0.0	2	9.05	19.1	4.02	1.51	0.00	0.375
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

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High School Breakfast

### 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 <sup>1</sup> (g)	Cost
Weighted Daily Average % of Calories		405	*50	527	5.95	4.25	473.8	*889	*17.36	*39 *38.8%	17.47 17.2%	70.10 69.2%	6.04 13.4%	2.48 5.5%	*0.01 *0.0%	1.087
Nutrient Guideline		450-600		640										<10.00		

Wed - 10/02/2024																
	Total															
High School Breakfast																
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	0	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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	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
Weighted Daily Average % of Calories		465	*47	551	5.94	4.16	450.6	*903	*16.52	49 42.6%	15.98 13.8%	85.10 73.2%	6.79 13.2%	2.47 4.8%	*0.01 *0.0%	1.313
Nutrient Guideline		450-600		640										<10.00		

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### 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 <sup>1</sup> (g)	Cost
Thu - 10/03/2024																
High School Breakfast	Total															
BKF HAM BAR PATTY80CT (7-12)	1 BAR	427	70	814	2.39	2.75	159.2	15	0.0	5	11.77	43.58	23.35	7.39	0.00	0.953
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
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		537	*80	758	5.68	4.69	500.4	*903	*16.52	42	19.54	81.89	14.79	5.21	*0.01	1.384
% of Calories										31.4%	14.6%	61.0%	24.8%	8.7%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 10/04/2024																
High School Breakfast	Total															
BKF CONCHA, ASSORTED	1 EACH	189	5	85	2.99	1.44	39.9	100	2.39	8	3.99	32.89	5.98	2.49	0.00	0.947
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

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Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

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 <sup>1</sup> (g)	Cost
Weighted Daily Average % of Calories		421	*48	417	5.94	4.14	441.6	*928	*18.31	*42 *39.7%	15.45 14.7%	75.60 71.9%	6.82 14.6%	2.87 6.1%	*0.01 *0.0%	1.315
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		451	*57	562	5.75	4.27	468.3	*911	*17.17	*43 *85.4%	17.31 15.3%	76.71 68.0%	8.53 17.0%	3.29 6.6%	*0.01 *0.0%	1.254
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	451		450 - 600	100%				
Cholesterol (mg)	57				Missing			
Sodium 1 (mg)	562		640				562	
Sodium 1a (mg)	562							
Fiber (g)	5.75							
Iron (mg)	4.27							
Calcium (mg)	468.3							
Vitamin A (IU)	911				Missing			
Sugars (g)	43	37.95%			Missing			
Vitamin C (mg)	17.17				Missing			
Protein (g)	17.31	15.34%						
Carbohydrate (g)	76.71	67.98%						
Total Fat (g)	8.53	17.02%						
Saturated Fat (g)	3.29	6.56%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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