

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 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 - 09/30/2024																
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, STEAK FINGERS (5-12)	4 EACH	323	35	333	4.04	2.72	40.4	0	0.0	1	16.14	19.17	20.18	5.05	0.00	0.923
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
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc)	242	58	1484	1.75	0.63	249.8	0	0.0	4	10.11	13.49	16.64	10.28	0.63	1.584
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	0.00	0.197
POTATO, MASHED 12/31oz	1/2 CUP	91	0	208	1.26	0.28	18.1	14	25.34	2	1.95	16.81	2.05	1.28	0.00	0.582
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
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
CRACKERS, SALTINES	4 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
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		797	55	1303	9.43	5.85	741.3	1471	14.63	*34	33.09	100.95	29.92	8.32	0.08	2.110
% of Calories										*17.1%	16.6%	50.6%	33.8%	9.4%	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 30, 2024 thru Oct 4, 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 - 10/01/2024																
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, CHERRY BLOSSOM (9-12)	#8 SC+1 C(G)	428	51	400	4.63	1.87	2.4	0	0.0	*16	19.47	73.14	6.31	1.13	0.00	1.269
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
BEANS GREEN, CANNED	1/2 CUP	25	0	283	2.09	0.78	21.1	313	2.5	2	1.04	5.01	0.0	0.00	0.00	1.521
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

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Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 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		785	64	1270	9.00	3.72	510.3	1580	13.48	*38 *19.3%	32.36 16.5%	108.11 55.1%	25.58 29.3%	6.60 7.6%	0.06 0.1%	2.279
Nutrient Guideline		750-850		1420										<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 - 10/02/2024																
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,WINGS W/BISCUIT (5-12)	SER(5PC)	511	173	1168	1.73	1.73	69.3	0	0.0	3	34.97	26.71	29.69	7.25	0.00	1.353
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
PARFAIT, MIXED FRUIT (9-12)	4 OZ+(G)	526	18	491	5.73	2.99	462.8	1356	27.52	25	19.99	87.07	10.54	4.16	0.00	1.459
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
CELERY STICKS 5#	1/2 CUP	30	0	0	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00	0.186
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
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
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
Weighted Daily Average		786	75	1323	8.31	3.49	564.9	1887	16.85	*36	34.71	96.61	30.07	8.17	0.06	2.137
% of Calories										*18.3%	17.7%	49.1%	34.4%	9.3%	0.1%	
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
Thu - 10/03/2024																
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
QUESADILLA TACO (K-12)	3 EACH	240	10	480	4.00	2.60	229.9	0	0.0	2	13.99	29.99	8.0	2.50	0.00	0.744
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 SUNBUTTER (PK-8)	1 EACH	584	14	594	5.92	3.30	350.4	631	0.0	16	23.55	43.7	36.45	6.59	0.00	1.390
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
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
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		748	*50	1222	9.00	*3.95	*581.9	1612	11.53	*34	31.65	96.93	*27.10	*7.59	*0.06	2.046
% of Calories										*18.4%	16.9%	51.8%	*32.6%	*9.1%	*0.1%	
Nutrient Guideline		750-850		1420										<10.00		

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Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 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
Fri - 10/04/2024																
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,TENDERS W/CRNM UF(K-12)	3 EACH+ 1(G)	406	46	495	4.90	2.76	54.1	111	0.15	12	17.26	38.69	20.09	3.41	0.00	0.901
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, PASTA	1 EACH	462	31	1796	3.99	3.99	97.9	12	0.0	*7	16.69	43.45	26.27	6.03	0.00	1.972
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
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
Weighted Daily Average		771	56	1238	8.73	3.41	551.4	1530	9.24	*36	31.69	97.96	28.90	7.73	0.06	2.047
% of Calories										*18.8%	16.4%	50.8%	33.7%	9.0%	0.1%	
Nutrient Guideline		750-850		1420										<10.00		

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Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 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 Average		778	*60	1271	8.90	*4.09	*590.0	1616	13.15	*36 *41.4%	32.70 16.8%	100.11 51.5%	*28.31 *32.8%	*7.68 *8.9%	*0.06 *0.1%	2.124

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	778		750 - 850	100%				
Cholesterol (mg)	60				Missing			
Sodium 1 (mg)	1271		1420					
Sodium 1a (mg)	1271		1280					
Fiber (g)	8.90							
Iron (mg)	4.09				Missing			
Calcium (mg)	590.0				Missing			
Vitamin A (IU)	1616							
Sugars (g)	36	18.38%			Missing			
Vitamin C (mg)	13.15							
Protein (g)	32.70	16.82%						
Carbohydrate (g)	100.11	51.49%						
Total Fat (g)	28.31	32.77%			Missing			
Saturated Fat (g)	7.68	8.89%	<10.00%		Missing			
Trans Fat ¹ (g)	0.06	0.07%			Missing			

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