

# Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

## Base Menu Spreadsheet

Intermediate 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
Mon - 09/09/2024																
Intermediate Breakfast	Total															
BKF PIZZA BAGEL IW (PK-6)	4 OZ	263	23	467	3.00	2.00	125.0	0	0.0	3	13.0	32.0	10.0	5.00	0.00	0.822
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
Weighted Daily Average		515	29	577	6.69	2.31	435.8	648	24.86	48	21.46	85.59	10.68	5.41	0.00	1.534
% of Calories										37.3%	16.7%	66.5%	18.7%	9.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 09/10/2024																
Intermediate Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	0	0.0	2	12.2	23.39	6.1	2.03	0.00	1.087
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
Weighted Daily Average		445	72	598	4.71	1.93	504.0	648	24.86	47	20.66	76.98	6.78	2.44	0.00	1.799
% of Calories										42.2%	18.6%	69.2%	13.7%	4.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 09/11/2024																
Intermediate Breakfast	Total															
BKF FRENCHTOAST IW (PK-6)	1 EACH	210	0	290	1.93	1.08	58.9	0	0.0	11	7.99	31.96	8.99	2.00	0.00	0.860
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
Weighted Daily Average		462	6	400	5.62	1.38	369.7	648	24.86	56	16.45	85.55	9.67	2.41	0.00	1.572
% of Calories										48.5%	14.2%	74.1%	18.8%	4.7%	0.0%	
Nutrient Guideline		400-500		540										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

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	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
Thu - 09/12/2024																
Intermediate Breakfast	Total															
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
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
Weighted Daily Average		486	7	399	6.47	7.82	527.9	1326	34.89	65	12.72	103.99	3.47	1.17	0.00	1.414
% of Calories										53.3%	10.5%	85.6%	6.4%	2.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 09/13/2024																
Intermediate Breakfast	Total															
BKF PANCAK STICK IW(PK-6)	1 EACH	123	9	317	1.76	0.88	44.0	0	0.0	5	7.05	14.09	4.4	1.32	0.00	0.568
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
Weighted Daily Average		375	15	427	5.45	1.19	354.9	648	24.86	50	15.51	67.68	5.08	1.73	0.00	1.280
% of Calories										53.6%	16.5%	72.1%	12.2%	4.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		457	26	480	5.79	2.93	438.5	783	26.87	53	17.36	83.96	7.14	2.63	0.00	1.520
										104.8%	15.2%	73.5%	14.1%	5.2%	0.0%	

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Base Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

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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 <sup>1</sup> (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	457		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	480		540														
Sodium 1a (mg)	480							480									
Fiber (g)	5.79																
Iron (mg)	2.93																
Calcium (mg)	438.5																
Vitamin A (IU)	783																
Sugars (g)	53	46.59%															
Vitamin C (mg)	26.87																
Protein (g)	17.36	15.20%															
Carbohydrate (g)	83.96	73.53%															
Total Fat (g)	7.14	14.06%															
Saturated Fat (g)	2.63	5.19%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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