

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 16, 2024 thru Sep 20, 2024

Intermediate Breakfast

Generated on: 8/14/2024 2:46:45 PM

	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 - 09/16/2024																
Intermediate Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	290	23	263	0.67	1.50	20.0	0	0.0	17	4.0	41.69	7.0	1.00	0.00	0.569
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		542	30	374	4.36	1.81	330.8	648	24.86	62	12.46	95.28	7.69	1.41	0.00	1.281
% of Calories										45.7%	9.2%	70.3%	12.8%	2.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 09/17/2024																
Intermediate Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	0	0.0	3	19.99	27.98	16.99	4.50	0.00	1.563
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		592	56	610	5.69	2.30	584.6	648	24.86	48	28.45	81.57	17.67	4.91	0.00	2.275
% of Calories										32.4%	19.2%	55.1%	26.9%	7.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 09/18/2024																
Intermediate Breakfast	Total															
BKF EMPANADA IW	1 EACH	220	90	310	0.00	1.80	80.0	0	0.0	3	9.0	29.0	3.0	3.00	0.00	0.975
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		472	96	420	3.69	2.11	390.8	648	24.86	48	17.46	82.59	3.68	3.41	0.00	1.687
% of Calories										40.7%	14.8%	70.0%	7.0%	6.5%	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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

Page 2

Generated on: 8/14/2024 2:46:45 PM

	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
Thu - 09/19/2024																
Intermediate Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	0	0.0	19	5.99	40.93	7.99	2.00	0.00	0.000
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		512	6	215	6.69	1.80	355.7	648	24.86	64	14.45	94.52	8.67	2.41	0.00	0.712
% of Calories										50.0%	11.3%	73.9%	15.2%	4.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 09/20/2024																
Intermediate Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	0	0.0	6	9.98	17.95	6.98	1.99	0.00	0.957
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		422	36	429	4.69	1.05	409.4	648	24.86	51	18.44	71.55	7.66	2.40	0.00	1.669
% of Calories										48.4%	17.5%	67.9%	16.4%	5.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		508	45	410	5.02	1.82	414.3	648	24.86	55	18.25	85.10	9.07	2.91	0.00	1.525
										96.7%	14.4%	67.0%	16.1%	5.2%	0.0%	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

Page 3

Generated on: 8/14/2024 2:46:45 PM

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	508		400 - 500	102%				8	Correction Required - Calories too High								
Cholesterol (mg)	45																
Sodium 1 (mg)	410		540														
Sodium 1a (mg)	410							410									
Fiber (g)	5.02																
Iron (mg)	1.82																
Calcium (mg)	414.3																
Vitamin A (IU)	648																
Sugars (g)	55	42.98%															
Vitamin C (mg)	24.86																
Protein (g)	18.25	14.38%															
Carbohydrate (g)	85.10	67.03%															
Total Fat (g)	9.07	16.08%															
Saturated Fat (g)	2.91	5.15%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.