

# Flour Bluff ISD

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

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Generated on: 8/14/2024 2:47:48 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 <sup>1</sup> (g)	Cost
Mon - 09/16/2024																
Intermediate Lunch	Total															
BEEF,SLOPPY JOE 6/5#	#12 SCOOP	293	44	899	4.00	3.80	133.1	449	8.02	10	19.02	35.02	8.51	2.70	0.00	1.231
CORN DOG MINI'S (K-12)	6 EACH	314	48	495	2.41	1.21	16.9	0	0.0	6	13.27	26.54	16.89	3.62	0.00	0.793
SANDWICH,CHICKEN HAM CH	1 EA	352	40	664	3.02	1.91	392.6	0	0.0	7	19.13	36.24	15.1	5.03	0.00	2.268
EESE IW																
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	300	0.0	3	10.49	27.61	10.83	5.00	0.90	0.395
SACK LUNCH, (PK-8)	SACK	560	67	1551	5.61	2.52	169.2	3775	25.8	32	24.13	67.54	24.59	4.50	0.45	2.374
CARROTS MINI IW	1/2 CUP	25	0	0	0.00	0.00	0.0	18	0.0	4	0.72	5.76	0.0	0.00	0.00	0.161
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
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
MAYONNAISE RC PKG	1 EACH	28	0	119	0.00	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00	0.044
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	2 EACH	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.046
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	0	0.0	2	0.0	2.0	10.0	0.00	0.00	0.114
Weighted Daily Average		507	53	949	4.80	2.25	386.1	785	7.28	*36	24.52	64.08	17.17	3.91	0.00	1.797
% of Calories										*28.3%	19.4%	50.6%	30.5%	6.9%	0.0%	
Nutrient Guideline		600-650		1230										<10.00		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Sep 16, 2024 thru Sep 20, 2024

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Intermediate 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 <sup>1</sup> (g)	Cost
Tue - 09/17/2024																
Intermediate Lunch	Total															
CHICKEN, EGG ROLL W/G (5-12)	2EA+1/4 C(G)	404	70	689	5.99	24.44	20.0	1623	1.8	3	21.47	50.44	12.98	3.25	0.00	1.930
BEEF, HAMBURGER W/ CHEESE SALAD, CHEF (K-8)	BURGER 1 SALAD (1C(G))	331	58	671	4.01	1.80	195.0	160	0.0	4	19.56	30.02	15.04	6.02	0.45	0.346
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	290	128	683	2.29	12.35	71.5	3191	45.71	10	18.69	28.59	12.56	4.03	0.00	1.086
SACK LUNCH, (PK-8)	SACK	228	25	659	3.66	0.73	244.9	300	0.0	3	10.49	27.61	10.83	5.00	0.90	0.395
POTATO, FRENCH FRIES	1/2 CUP	560	67	1551	5.61	2.52	169.2	3775	25.8	32	24.13	67.54	24.59	4.50	0.45	2.374
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	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	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
FRUIT FRESH ASSORTED	1 EACH	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
MILK 1% WHITE	8 OZ	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 FAT FREE, CHOCOLATE	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 SKIM UNFLAVORED	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, STRAWBERRY FF	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
MAYONNAISE RC PKG	1 EACH	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
MUSTARD PKG	1 EACH	28	0	119	0.00	0.00	0.0	0	0.0	0	0.0	2.27	2.83	0.00	0.00	0.044
KETCHUP PKG 9 GM	2 EACH	5	0	76	0.00	0.00	0.0	0	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
DRESSING RANCH PKG	2 EACH	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.046
SAUCE, SOY PKG 200/6ML	1 EACH	100	0	210	0.00	0.00	0.0	0	0.0	2	0.0	2.0	10.0	0.00	0.00	0.114
SAUCE, SWEET & SOUR, 100/1 OZ.	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
Weighted Daily Average % of Calories		677	72	1260	7.67	8.59	458.0	1898	14.82	35 20.8%	29.94 17.7%	92.75 54.8%	21.92 29.2%	6.07 8.1%	0.31 0.4%	1.770
Nutrient Guideline		600-650		1230										<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
Wed - 09/18/2024																
Intermediate Lunch	Total															
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	423	35	669	3.29	1.23	458.3	998	12.25	6	22.44	47.25	14.3	6.71	0.00	1.128
PIZZA CHEESY PULL APARTS	1 EACH	300	30	520	2.00	1.80	340.0	0	0.0	5	14.0	32.0	13.0	6.00	0.00	0.947
PITA BLT WRAP	1 WRAP	430	67	1160	*4.09	*2.32	241.4	*1139	*12.28	*5	24.29	33.87	22.56	8.12	*0.00	1.581
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	300	0.0	3	10.49	27.61	10.83	5.00	0.90	0.395
SACK LUNCH, (PK-8)	SACK	560	67	1551	5.61	2.52	169.2	3775	25.8	32	24.13	67.54	24.59	4.50	0.45	2.374
SALAD, PEA	1/2 CUP	184	30	372	3.19	1.43	42.2	329	4.78	6	10.41	12.94	9.85	3.05	0.00	0.304
CAULIFLOWER, ROASTED 3#	1/2 CUP	29	0	155	1.51	0.32	17.0	0	36.44	*1	1.45	5.86	0.21	0.10	0.00	0.696
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
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
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	0	0.0	2	0.0	2.0	10.0	0.00	0.00	0.114
CHEESE PARMASAN 200/CT	1 EACH	15	5	65	0.00	0.00	40.0	0	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	2 EACH	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00	0.287
Weighted Daily Average		572	45	945	*5.28	*2.53	685.8	*1056	*22.19	*36	27.68	71.61	19.64	7.31	*0.00	1.891
% of Calories										*25.0%	19.3%	50.0%	30.9%	11.5%	*0.0%	
Nutrient Guideline		600-650		1230										<10.00		

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Intermediate 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 <sup>1</sup> (g)	Cost
Thu - 09/19/2024																
Intermediate Lunch	Total															
BEEF, NACHO'S (5-8)	#10SC+2 OZ(GR)	552	62	937	5.18	3.16	290.6	317	4.44	*2	25.96	47.05	30.06	10.00	0.00	0.486
CHICKEN & CHEESE FLAUTAS	2 EACH	524	101	907	2.02	0.73	161.3	0	0.0	2	20.17	38.32	32.27	10.08	0.00	1.166
BISTRO BOX TURKEY	1 EACH	276	39	602	2.35	0.73	314.6	631	0.0	11	21.03	31.18	7.04	3.01	0.00	1.327
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	300	0.0	3	10.49	27.61	10.83	5.00	0.90	0.395
SACK LUNCH, (PK-8)	SACK	560	67	1551	5.61	2.52	169.2	3775	25.8	32	24.13	67.54	24.59	4.50	0.45	2.374
BEANS, SEASONED PINTO	1/2 CUP	102	0	184	8.96	1.42	59.8	26	0.21	0	4.97	17.69	0.01	0.00	0.00	0.169
SALAD, ROMAINE W/GRAPE T OMATO	1C(G)+1/4C(R)	28	0	2	1.63	6.16	9.1	2817	29.0	3	1.17	5.69	0.0	0.00	0.00	0.408
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	2 EACH	100	0	210	0.00	0.00	0.0	0	0.0	2	0.0	2.0	10.0	0.00	0.00	0.114
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		729	*81	1142	7.72	*3.56	*557.5	1377	12.91	*30	33.06	78.98	*31.86	*9.96	*0.00	1.560
% of Calories										*16.4%	18.1%	43.3%	*39.3%	*12.3%	*0.0%	
Nutrient Guideline		600-650		1230										<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 <sup>1</sup> (g)	Cost
Fri - 09/20/2024																
Intermediate Lunch	Total															
FISH & CHICKEN PLATTER (5-12)	2FS +8P C+2HP	379	38	793	3.99	2.77	52.3	0	0.79	2	20.23	33.01	18.25	2.77	0.00	1.207
CORN DOG	1 EACH	281	40	662	2.01	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00	0.873
SANDWICH, SUNFLOWER BUTTER 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 (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	300	0.0	3	10.49	27.61	10.83	5.00	0.90	0.395
SACK LUNCH, (PK-8)	SACK	560	67	1551	5.61	2.52	169.2	3775	25.8	32	24.13	67.54	24.59	4.50	0.45	2.374
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0	89	3.29	0.79	21.9	822	6.57	3	2.19	12.67	1.1	0.00	0.00	0.303
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
MUSTARD PKG	1 EACH	5	0	76	0.00	0.00	0.0	0	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP PKG 9 GM	2 EACH	20	0	200	0.00	0.00	0.0	200	0.0	4	0.0	6.0	0.0	0.00	0.00	0.046
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	0	0.0	2	0.0	2.0	10.0	0.00	0.00	0.114
SAUCE, TARTAR PKG	2 EACH	57	11	193	0.00	0.00	0.0	11	0.0	2	0.0	2.27	5.67	0.00	0.00	0.082
Weighted Daily Average		573	45	1002	5.49	4.56	381.8	1049	18.50	39	22.76	72.77	21.11	3.93	0.00	1.758
% of Calories										27.6%	15.9%	50.8%	33.2%	6.2%	0.0%	
Nutrient Guideline		600-650		1230									<10.00			

Weighted Average		612	*59	1060	*6.19	*4.30	*493.9	*1233	*15.14	*35	27.59	76.04	*22.34	*6.24	*0.06	1.755
										*51.9%	18.0%	49.7%	*32.9%	*9.2%	*0.1%	

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Intermediate Lunch

Portion Values - Detailed

Page 6

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Nutrient	Menu AVG	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
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	612		600 - 650	100%													
Cholesterol (mg)	59				Missing												
Sodium 1 (mg)	1060		1230														
Sodium 1a (mg)	1060		1110														
Fiber (g)	6.19				Missing												
Iron (mg)	4.30				Missing												
Calcium (mg)	493.9				Missing												
Vitamin A (IU)	1233				Missing												
Sugars (g)	35	23.05%			Missing												
Vitamin C (mg)	15.14				Missing												
Protein (g)	27.59	18.05%															
Carbohydrate (g)	76.04	49.73%															
Total Fat (g)	22.34	32.87%			Missing												
Saturated Fat (g)	6.24	9.18%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.06	0.09%			Missing												

\*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.

**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.