

# Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 2024

Base Menu Spreadsheet

Intermediate 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 <sup>1</sup> (g)	Cost
Mon - 09/23/2024																
Intermediate Lunch	Total															
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOOP	437	64	630	5.02	2.52	100.0	10	1.21	7	23.99	48.18	15.99	5.49	0.00	1.081
BEEF,COUNTRY STEAK W/ROLL	1 EACH	423	30	309	5.86	17.18	1240.4	47	0.57	4	21.74	42.59	18.96	4.50	0.00	0.659
PITA CHEESE WRAP	1 WRAP	423	50	1307	3.55	2.20	630.5	655	2.55	7	17.75	35.86	23.62	11.00	0.00	0.771
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, PORK CANNED	1/2 CUP	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00	0.246
COLESLAW 4/5#	1/2 CUP	33	3	61	0.70	0.13	14.0	537	8.43	3	0.35	3.79	1.79	0.26	0.00	0.079
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
GRAVY PEPPER MIX	1/4CUP(#16SC)	40	0	141	0.00	0.01	1.0	5	0.0	*0	0.0	4.97	1.99	0.99	0.00	0.058
KETCHUP PKG 9 GM SAUCE, BBQ CUP 1 OZ.	2 EACH 1 EACH	20 40	0 0	200 66	0.00 0.00	0.00 0.00	0.0 0.0	200 0	0.0 0.0	4 8	0.0 0.0	6.0 10.12	0.0 0.0	0.00 0.00	0.00 0.00	0.046 0.366
Weighted Daily Average		651	52	857	8.36	10.83	1070.0	815	7.24	*37	32.30	86.45	20.17	6.28	0.00	1.506
% of Calories										*22.9%	19.8%	53.1%	27.9%	8.7%	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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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 23, 2024 thru Sep 27, 2024

Intermediate Lunch

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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
Tue - 09/24/2024																
Intermediate Lunch	Total															
CHICKEN, POTSTICKERS	6PC	252	37	577	2.10	2.83	21.0	0	0.0	3	17.85	32.55	7.35	0.00	0.00	0.994
CHICKEN, GRILLED BURGER	SANDWIC	321	73	855	3.00	2.53	215.3	261	0.0	2	31.79	28.01	7.51	3.00	0.45	1.400
SALAD, CHEF (K-8)	1 SALAD (1C(G))	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
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
BROCCOLI BITES FRESH 3#	1/2 CUP	37	0	43	3.46	0.69	28.8	1584	69.12	1	2.5	7.78	0.38	0.10	0.00	0.210
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
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
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	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, 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
Weighted Daily Average		512	72	1140	5.04	4.13	442.8	1878	29.46	33	33.91	67.33	12.46	2.45	0.23	1.957
% of Calories										26.1%	26.5%	52.5%	21.9%	4.3%	0.4%	
Nutrient Guideline		600-650		1230										<10.00		

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Base Menu Spreadsheet

Intermediate 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 <sup>1</sup> (g)	Cost
Wed - 09/25/2024																
Intermediate Lunch	Total															
BEEF, SPAGHETTI W/SAUCE 6/5#	#8SC+1/2 C+1(G)	448	55	387	9.01	3.82	44.4	662	19.15	9	23.12	64.99	11.54	3.32	*0.00	0.853
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	295	22	500	0.00	105.64	319.8	625	8.99	4	17.49	32.97	11.49	4.25	0.00	0.918
SANDWICH, HAM/CH CROSSIA NT	SANDWIC	312	67	1026	2.00	2.44	176.0	150	2.2	6	21.5	32.0	13.5	6.50	0.45	0.869
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
CUCUMBER SLICES	1/2 CUP	8	0	0	0.76	0.28	15.3	153	4.58	1	0.76	1.53	0.0	0.00	0.00	0.099
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	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	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
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, 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
Weighted Daily Average		587	51	769	5.63	55.01	541.5	1282	25.95	36	29.90	79.30	18.10	4.94	*0.04	1.630
% of Calories										24.2%	20.4%	54.0%	27.7%	7.6%	*0.1%	
Nutrient Guideline		600-650		1230										<10.00		

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Base Menu Spreadsheet

Intermediate 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 <sup>1</sup> (g)	Cost
Thu - 09/26/2024																
Intermediate Lunch	Total															
BEEF, FRITOS CON CARNE (5-8)	#10SC+2 OZ(GR)	620	72	1270	3.16	3.16	313.2	633	4.44	*3	25.55	40.13	40.87	12.52	0.00	0.805
BEEF, TAMALES, (5-8)	2 EACH	261	0	472	5.02	1.81	60.2	0	0.0	0	9.03	21.07	16.06	4.01	0.00	0.838
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
CORN, MEXICALI	1/2 CUP	86	0	157	2.19	0.05	0.6	28	4.59	4	2.15	18.3	1.06	0.00	0.00	0.867
SALAD, ROMAINE W/GRAPE TOMATO	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
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
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 % of Calories		643	*35	1055	7.18	*3.72	*479.2	1474	13.07	*33 *20.4%	25.96 16.1%	70.28 43.7%	*30.15 *42.2%	*7.90 *11.0%	*0.00 *0.0%	1.714
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
Fri - 09/27/2024																
Intermediate Lunch	Total															
FISH POLLOCK SANDWICH	SANDWIC	420	62	690	5.00	2.88	195.0	260	0.0	3	23.5	45.0	16.0	4.00	0.45	1.339
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31	815	4.89	15.57	1610.6	817	0.57	9	24.06	56.22	14.12	5.60	0.00	1.141
SANDWICH,TUNA CROISSANT (5-12)	1/2 CUP	400	*52	1051	*2.10	*1.80	*83.2	338	*0.32	9	32.47	36.34	12.16	*3.01	*0.00	1.439
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
POTATO,TATERTOT (K-12)	1/2CUP(9 pc)	130	0	360	1.00	0.00	0.0	0	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
PEACHES DICED, CANNED	1/2 CUP	70	0	10	0.00	0.00	0.0	298	1.19	13	0.0	16.89	0.0	0.00	0.00	0.370
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
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		781	*59	1426	*7.03	*10.87	*1147.2	1459	*12.17	37	33.16	99.05	28.42	*5.95	*0.23	2.202
% of Calories										19.1%	17.0%	50.7%	32.8%	*6.9%	*0.3%	
Nutrient Guideline		600-650		1230										<10.00		

Weighted Average		635	*54	1049	*6.65	*16.91	*736.1	1382	*17.58	*35	31.04	80.48	*21.86	*5.50	*0.10	1.802
										*50.0%	19.6%	50.7%	*31.0%	*7.8%	*0.1%	

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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	635		600 - 650	100%													
Cholesterol (mg)	54				Missing												
Sodium 1 (mg)	1049		1230														
Sodium 1a (mg)	1049		1110														
Fiber (g)	6.65				Missing												
Iron (mg)	16.91				Missing												
Calcium (mg)	736.1				Missing												
Vitamin A (IU)	1382																
Sugars (g)	35	22.21%			Missing												
Vitamin C (mg)	17.58				Missing												
Protein (g)	31.04	19.55%															
Carbohydrate (g)	80.48	50.69%															
Total Fat (g)	21.86	30.98%			Missing												
Saturated Fat (g)	5.50	7.80%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.10	0.14%			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.