

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Intermediate Breakfast

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																
Intermediate Breakfast	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	95	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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		426	32	443	5.09	1.71	413.2	742	26.36	48	17.06	71.19	8.48	3.61	0.00	1.171
% of Calories										45.4%	16.0%	66.8%	17.9%	7.6%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 10/01/2024																
Intermediate Breakfast	Total															
BKF PIZZA, SAUSAGE IW(PK-6)	1 SLICE	240	0	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	0.00	0.604
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		492	6	450	6.69	2.31	506.8	703	26.86	49	19.46	84.59	8.68	2.91	0.00	1.315
% of Calories										39.8%	15.8%	68.8%	15.9%	5.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 10/02/2024																
Intermediate Breakfast	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	0	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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		452	16	440	6.69	1.81	350.8	648	24.86	56	12.46	89.59	5.18	1.41	0.00	1.460
% of Calories										49.5%	11.0%	79.3%	10.3%	2.8%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

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

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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 ¹ (g)	Cost
Thu - 10/03/2024																
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		476	6	390	6.47	7.82	500.7	1280	34.67	63	11.99	102.18	3.47	1.17	0.00	1.377
% of Calories										53.0%	10.1%	85.8%	6.6%	2.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 10/04/2024																
Intermediate Breakfast	Total															
BKF CONCHA, ASSORTED	1 EACH	189	5	85	2.99	1.44	39.9	100	2.39	8	3.99	32.89	5.98	2.49	0.00	0.947
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		441	11	195	6.68	1.74	350.7	747	27.25	53	12.45	86.48	6.66	2.90	0.00	1.659
% of Calories										48.0%	11.3%	78.4%	13.6%	5.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		458	14	384	6.33	3.08	424.4	824	28.00	54	14.68	86.81	6.49	2.40	0.00	1.396
										106.0%	12.8%	75.9%	12.8%	4.7%	0.0%	

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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 ¹ (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	458		400 - 500	100%													
Cholesterol (mg)	14																
Sodium 1 (mg)	384		540														
Sodium 1a (mg)	384								384								
Fiber (g)	6.33																
Iron (mg)	3.08																
Calcium (mg)	424.4																
Vitamin A (IU)	824																
Sugars (g)	54	47.10%															
Vitamin C (mg)	28.00																
Protein (g)	14.68	12.84%															
Carbohydrate (g)	86.81	75.89%															
Total Fat (g)	6.49	12.77%															
Saturated Fat (g)	2.40	4.72%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%														

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