

# Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Page 1

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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 - 09/30/2024																
Intermediate Lunch	Total															
TURKEY & GRAVY 4/7#	#8 SCOOP	121	40	503	0.00	0.36	0.0	0	0.0	0	18.12	2.01	5.03	0.50	0.00	0.995
BEEF, STEAK FINGERS (5-12)	4 EACH	323	35	333	4.04	2.72	40.4	0	0.0	1	16.14	19.17	20.18	5.05	0.00	0.923
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc	242	58	1484	1.75	0.63	249.8	0	0.0	4	10.11	13.49	16.64	10.28	0.63	1.584
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	0.00	0.197
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
POTATO, MASHED 12/31oz	1/2 CUP	91	0	208	1.26	0.28	18.1	14	25.34	2	1.95	16.81	2.05	1.28	0.00	0.582
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
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
CRACKERS, SALTINES	2 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
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
Weighted Daily Average		665	46	1010	7.41	17.20	1616.0	653	9.90	*33	32.90	82.14	22.91	5.35	0.05	1.835
% of Calories										*19.8%	19.8%	49.4%	31.0%	7.2%	0.1%	
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
Tue - 10/01/2024																
Intermediate Lunch	Total															
CHICKEN, CHERRY BLOSSOM (K-8)	#8 SC+1/2C(G)	327	51	399	3.45	1.65	1.2	0	0.0	*16	17.1	51.88	5.42	1.13	0.00	1.207
CHICKEN, NUGGET W/GB(5-12)	5 EACH + 1(G)	288	43	393	2.43	1.86	32.6	0	0.0	9	15.06	29.31	12.7	3.60	0.00	0.684
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
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
SALAD, SPINACH W/GRAPE TOMATO	1/2C(G)+ 1/4C(R)	21	0	27	1.70	0.81	68.3	3838	15.18	2	1.41	3.84	0.0	0.00	*0.00	0.350
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
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		516	61	861	4.91	3.39	355.6	1807	16.19	*42	24.79	72.80	14.59	3.45	*0.00	1.868
% of Calories										*32.2%	19.2%	56.4%	25.4%	6.0%	*0.0%	
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 - 10/02/2024																
Intermediate Lunch	Total															
PIZZA SLICES ASSORTED	1 SLICE	360	40	530	3.50	1.80	325.1	500	0.0	8	19.51	34.51	16.5	7.50	0.00	1.062
CHICKEN,WINGS W/BISCUIT (5-12)	SER(5PC)	511	173	1168	1.73	1.73	69.3	0	0.0	3	34.97	26.71	29.69	7.25	0.00	1.353
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	376	8	256	4.73	2.63	260.8	1256	27.52	25	9.99	69.07	6.54	1.96	0.00	0.945
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, CANNED	1/2 CUP	86	0	185	2.00	0.00	0.0	20	3.61	4	2.0	18.21	1.0	0.00	0.00	0.818
CELERY STICKS 5#	1/2 CUP	30	0	0	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00	0.186
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
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		649	109	1059	4.78	2.19	535.2	1457	14.50	36	35.81	67.40	26.96	7.87	0.00	2.026
% of Calories										21.9%	22.1%	41.5%	37.4%	10.9%	0.0%	
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 - 10/03/2024																
Intermediate Lunch																
	Total															
QUESADILLA TACO (K-12)	3 EACH	240	10	480	4.00	2.60	229.9	0	0.0	2	13.99	29.99	8.0	2.50	0.00	0.744
CHICKEN FAJITA TACO 6/5#	#8 SCOOP	350	103	833	2.22	1.45	313.8	154	0.0	1	27.81	25.18	15.75	7.07	0.00	0.963
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	584	14	594	5.92	3.30	350.4	631	0.0	16	23.55	43.7	36.45	6.59	0.00	1.390
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, REFRIED 6/28.1oz	1/2 CUP	202	0	668	10.08	2.27	50.4	0	1.51	0	10.08	31.51	1.89	0.00	0.00	0.359
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
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		557	*50	937	7.70	*4.87	*583.7	928	12.21	31	30.63	69.59	*17.96	*5.01	*0.00	1.656
% of Calories										22.3%	22.0%	50.0%	*29.0%	*8.1%	*0.0%	
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 - 10/04/2024																
Intermediate Lunch	Total															
FISH TACO	4PC	351	45	772	4.01	2.08	44.1	0	0.0	0	19.06	39.06	13.54	2.50	0.00	1.324
CHICKEN,TENDERS W/CRNM UF(K-12)	3 EACH+ 1(G)	406	46	495	4.90	2.76	54.1	111	0.15	12	17.26	38.69	20.09	3.41	0.00	0.901
PASTA, SALAD	SERVINGS	368	0	1474	3.99	3.99	47.9	12	0.0	*6	7.97	41.37	19.69	2.99	0.00	1.861
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
SOUP, VEGETABLE (HM)	1 CUP	70	0	158	3.51	0.48	30.2	1464	22.75	*2	2.71	13.44	0.27	0.00	0.00	0.302
BROCCOLI SLAW	1/2 CUP	118	7	179	2.41	0.43	24.0	1130	35.41	*7	1.32	16.22	5.54	0.78	0.00	0.146
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
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	1 EACH	28	6	96	0.00	0.00	0.0	6	0.0	1	0.0	1.13	2.83	0.00	0.00	0.041
CRACKERS, SALTINES	4 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		642	53	914	7.29	2.98	364.7	1208	15.23	*39	26.26	78.68	24.80	3.87	0.00	1.709
% of Calories										*24.5%	16.4%	49.0%	34.8%	5.4%	0.0%	
Nutrient Guideline		600-650		1230										<10.00		
Weighted Average		606	*64	956	6.42	*6.13	*691.0	1211	13.61	*36	30.08	74.12	*21.44	*5.11	*0.01	1.819
										*53.6%	19.9%	48.9%	*31.8%	*7.6%	*0.0%	

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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	606		600 - 650	100%													
Cholesterol (mg)	64				Missing												
Sodium 1 (mg)	956		1230														
Sodium 1a (mg)	956		1110														
Fiber (g)	6.42																
Iron (mg)	6.13				Missing												
Calcium (mg)	691.0				Missing												
Vitamin A (IU)	1211																
Sugars (g)	36	23.81%			Missing												
Vitamin C (mg)	13.61																
Protein (g)	30.08	19.85%															
Carbohydrate (g)	74.12	48.92%															
Total Fat (g)	21.44	31.84%			Missing												
Saturated Fat (g)	5.11	7.59%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.01	0.02%			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.