

Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Junior High 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 ¹ (g)	Cost
Mon - 09/09/2024																
Junior High Lunch	Total															
BEEF, FRITO PIE (5-8)	#8SC+2OZ(GR)	599	58	908	4.69	3.40	306.8	935	8.89	3	25.49	41.52	37.67	10.89	0.62	0.809
CHICKEN & WAFFLE OPEN FACE	PATTY+1(G)	521	67	797	4.83	3.66	51.4	0	0.0	13	23.84	55.25	23.13	2.87	0.00	1.502
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
PEAS FROZEN	1/2 CUP	70	0	100	5.03	1.63	0.2	0	15.08	4	5.03	13.07	0.0	0.00	0.00	0.280
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
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
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
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	89	0.0	44	0.0	59.34	0.0	0.00	0.00	0.510
Weighted Daily Average		847	65	1059	7.43	3.90	492.7	1514	11.38	*50	34.37	101.15	35.01	7.27	0.29	1.863
% of Calories										*23.7%	16.2%	47.7%	37.2%	7.7%	0.3%	
Nutrient Guideline		600-700		1360										<10.00		

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Base Menu Spreadsheet

Junior High 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 ¹ (g)	Cost
Tue - 09/10/2024																
Junior High Lunch	Total															
CHICKEN TERIYAKI W/RICE (K-8)	#8SC+ 1/2 C(G)	267	83	487	1.18	1.72	28.9	0	0.0	*10	23.15	32.35	5.04	0.69	0.00	1.113
CHICKEN, SANDWICH, ASSORTED	SANDWIC	371	54	695	4.26	3.36	109.9	60	0.0	3	26.21	38.56	12.62	2.43	0.00	1.130
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
POTATO, WEDGES	1/2 CUP	130	3	150	2.00	0.36	0.0	0	0.0	0	2.0	21.01	4.0	0.50	0.00	0.285
SALAD, ROMAINE SIDE W/ PICKLE	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		638	77	1071	6.50	4.02	394.9	1357	14.31	*35	34.64	86.77	17.34	2.87	0.00	2.021
% of Calories										*21.7%	21.7%	54.4%	24.5%	4.0%	0.0%	
Nutrient Guideline		600-700		1360										<10.00		

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Base Menu Spreadsheet

Junior High 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 ¹ (g)	Cost
Wed - 09/11/2024																
Junior High Lunch	Total															
CHICKEN ALFREDO w/ PASTA	#8 SCOOP	576	130	935	4.38	2.50	210.0	224	0.0	5	36.96	63.73	19.36	6.48	0.00	1.469
PIZZA, CHEESE STICKS (5-12)	3 STICKS	448	30	686	2.98	3.58	537.2	0	0.0	0	23.87	47.75	17.91	5.97	0.00	0.929
SANDWICH, HAM & CHEESE	1 SAND	270	67	945	3.66	2.17	149.9	150	2.2	4	21.99	28.61	10.33	4.50	0.45	0.340
	WICH															
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
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
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
KETCHUP PKG 9 GM	1 EACH	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00	0.023
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	1 EACH	15	5	65	0.00	0.00	39.9	0	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	1 EACH	15	0	121	1.01	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00	0.144
Weighted Daily Average		701	72	1089	5.94	5.69	728.6	986	20.17	33	37.53	89.25	22.24	6.63	0.04	1.969
% of Calories										18.9%	21.4%	50.9%	28.5%	8.5%	0.0%	
Nutrient Guideline		600-700		1360										<10.00		

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Junior High 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 ¹ (g)	Cost
Thu - 09/12/2024																
Junior High Lunch	Total															
ENCHILADAS	2 EA	350	56	653	2.62	7.56	550.4	812	3.01	5	20.62	28.48	16.81	10.07	0.00	1.799
BURRITO, W/CHILI&CHEESE (5-12)	1 BURRIT	440	38	866	9.60	3.30	410.3	694	5.6	5	26.9	42.81	17.48	8.42	0.14	1.330
SANDWICH ITALIAN SUB	SANDWIC	318	71	948	2.02	7.00	201.8	134	0.0	5	22.15	31.91	12.81	4.50	0.00	1.255
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, 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
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
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, MARINARA CUP	1 EACH	15	0	121	1.01	0.36	0.0	101	0.0	2	1.01	3.04	0.0	0.00	0.00	0.144
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		633	*55	1131	10.30	*7.34	*772.2	1891	14.75	33	34.64	75.69	*21.04	*9.34	*0.07	2.353
% of Calories										20.9%	21.9%	47.8%	*29.9%	*13.3%	*0.1%	
Nutrient Guideline		600-700		1360										<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 ¹ (g)	Cost
Fri - 09/13/2024																
Junior High Lunch	Total															
FISH, NUGGETS W/ MACARONI	4PC+#10 SC(GR)	371	65	626	3.01	1.62	220.1	375	0.0	4	23.55	37.58	13.53	4.00	0.00	0.990
SANDWICH, GRILLED CHEESE IW	SANDWIC	339	30	817	1.99	1.44	348.9	0	0.0	4	19.94	31.9	17.94	7.98	0.00	1.721
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	310	53	970	*2.00	*1.00	*176.0	*150	*0.0	*4	27.5	30.0	11.0	5.00	*0.45	1.942
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, TOMATO, VEG. (K-12)	2/3 CUP	122	12	479	2.05	1.03	82.0	0	0.0	14	4.1	21.54	4.1	3.08	0.00	0.875
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
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
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
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	1 EACH	10	0	100	0.00	0.00	0.0	100	0.0	2	0.0	3.0	0.0	0.00	0.00	0.023
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
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
Weighted Daily Average		596	53	1153	*4.33	*1.90	*616.7	*836	*5.77	*35	31.03	73.59	22.49	7.58	*0.04	2.330
% of Calories										*23.5%	20.8%	49.4%	33.9%	11.4%	*0.1%	
Nutrient Guideline		600-700		1360										<10.00		

Weighted Average		683	*64	1101	*6.90	*4.57	*601.0	*1317	*13.28	*37	34.44	85.29	*23.62	*6.74	*0.09	2.107
										*49.0%	20.2%	49.9%	*31.1%	*8.9%	*0.1%	

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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 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Junior High Lunch

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	683		600 - 700	100%													
Cholesterol (mg)	64				Missing												
Sodium 1 (mg)	1101		1360														
Sodium 1a (mg)	1101		1225														
Fiber (g)	6.90				Missing												
Iron (mg)	4.57				Missing												
Calcium (mg)	601.0				Missing												
Vitamin A (IU)	1317				Missing												
Sugars (g)	37	21.76%			Missing												
Vitamin C (mg)	13.28				Missing												
Protein (g)	34.44	20.16%															
Carbohydrate (g)	85.29	49.93%															
Total Fat (g)	23.62	31.12%			Missing												
Saturated Fat (g)	6.74	8.87%	<10.00%		Missing												
Trans Fat ¹ (g)	0.09	0.11%			Missing												

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

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