

Flour Bluff ISD

Sep 23, 2024 thru Sep 27, 2024

Base Menu Spreadsheet

Junior High Breakfast

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
Mon - 09/23/2024																
Junior High Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	0	0.0	13	5.99	41.93	5.99	2.00	0.00	0.526
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
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
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
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
Weighted Daily Average % of Calories		408	14	316	4.00	2.92	366.9	699	15.53	45 44.0%	13.72 13.5%	78.82 77.4%	5.87 13.0%	2.06 4.6%	0.00 0.0%	1.110
Nutrient Guideline		400-550		600										<10.00		

Tue - 09/24/2024																
Junior High Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	0	0.0	3	8.99	18.97	7.99	2.00	0.00	0.000
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
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
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
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
Weighted Daily Average % of Calories		368	58	396	4.00	2.37	447.2	699	15.53	37 40.1%	16.10 17.5%	60.53 65.8%	7.46 18.3%	2.06 5.0%	0.00 0.0%	0.691
Nutrient Guideline		400-550		600										<10.00		

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Wed - 09/25/2024																
Junior High Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	1000	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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
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
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
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
SYRUP PANCAKE CUP	1 EACH	119	0	30	0.00	0.00	0.0	45	0.0	22	0.0	29.67	0.0	0.00	0.00	0.255
Weighted Daily Average		479	6	356	7.19	4.52	374.9	1531	15.53	61	12.13	97.74	5.88	1.27	0.00	1.247
% of Calories										50.6%	10.1%	81.7%	11.1%	2.4%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Thu - 09/26/2024																
Junior High Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	0	0.0	24	5.02	45.19	8.03	1.51	0.00	0.681
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
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
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
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
Weighted Daily Average		437	6	361	4.01	2.45	425.8	699	15.53	54	12.94	81.42	7.50	1.67	0.00	1.234
% of Calories										49.2%	11.9%	74.6%	15.5%	3.4%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

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Fri - 09/27/2024																
Junior High Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	460	2.00	1.44	60.0	750	2.4	5	7.0	25.0	11.0	3.50	0.00	0.610
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
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
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
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
Weighted Daily Average		408	22	532	4.00	2.80	390.8	1296	17.44	38	14.52	65.33	9.86	3.26	0.00	1.177
% of Calories										37.7%	14.2%	64.1%	21.8%	7.2%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Weighted Average		420	21	392	4.64	3.01	401.1	985	15.91	47	13.88	76.77	7.31	2.06	0.00	1.092
										100.5%	13.2%	73.2%	15.7%	4.4%	0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	420		400 - 550	100%				
Cholesterol (mg)	21							
Sodium 1 (mg)	392		600					
Sodium 1a (mg)	392					392		
Fiber (g)	4.64							
Iron (mg)	3.01							
Calcium (mg)	401.1							
Vitamin A (IU)	985							
Sugars (g)	47	44.69%						
Vitamin C (mg)	15.91							
Protein (g)	13.88	13.23%						
Carbohydrate (g)	76.77	73.16%						
Total Fat (g)	7.31	15.68%						
Saturated Fat (g)	2.06	4.42%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%						

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