

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Junior High Breakfast

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 - 09/30/2024																
Junior High 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
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
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
Weighted Daily Average		391	26	430	3.52	2.77	424.6	774	16.73	44	15.79	66.61	7.31	3.02	0.00	1.102
% of Calories										44.6%	16.2%	68.1%	16.8%	6.9%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Tue - 10/01/2024																
Junior High Breakfast	Total															
BKF PIZZA, SAUSAGE(7-12)	1 SLICE	151	10	362	3.02	1.71	120.7	0	0.0	2	9.05	19.1	4.02	1.51	0.00	0.375
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		345	14	454	4.81	3.01	439.1	699	15.53	36	16.15	60.63	4.30	1.67	0.00	0.990
% of Calories										41.9%	18.7%	70.3%	11.2%	4.4%	0.0%	
Nutrient Guideline		400-550		600										<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
Wed - 10/02/2024																
Junior High 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
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		518	16	517	5.39	3.15	382.8	734	15.53	63	12.93	104.91	5.58	1.47	0.00	1.639
% of Calories										48.4%	10.0%	80.9%	9.7%	2.5%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Thu - 10/03/2024																
Junior High Breakfast	Total															
BKF HAM BAR PATTY80CT (7-12)	1 BAR	427	70	814	2.39	2.75	159.2	15	0.0	5	11.77	43.58	23.35	7.39	0.00	0.953
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
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
Weighted Daily Average		578	62	813	4.31	3.84	469.9	711	15.53	41	18.32	83.72	19.70	6.35	0.00	1.473
% of Calories										28.7%	12.7%	57.9%	30.6%	9.9%	0.0%	
Nutrient Guideline		400-550		600										<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 - 10/04/2024																
Junior High Breakfast																
BKF CONCHA, ASSORTED	Total															
BKF CEREAL, ASSORTED (K-12)	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
SANDWICH,COURTESY MEAL (K-8)	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	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 JUICE, VARIETY	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	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 FAT FREE, CHOCOLATE	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 SKIM UNFLAVORED	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, STRAWBERRY FF	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		376	10	233	4.79	2.80	374.8	778	17.44	41	12.12	71.62	5.86	2.46	0.00	1.446
										43.5%	12.9%	76.3%	14.0%	5.9%	0.0%	
Nutrient Guideline		400-550		600											<10.00	

Weighted Average		442	26	489	4.57	3.11	418.2	739	16.15	45	15.06	77.50	8.55	2.99	0.00	1.330
										91.6%	13.6%	70.2%	17.4%	6.1%	0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		400 - 550	100%				
Cholesterol (mg)	26							
Sodium 1 (mg)	489		600					
Sodium 1a (mg)	489					489		
Fiber (g)	4.57							
Iron (mg)	3.11							
Calcium (mg)	418.2							
Vitamin A (IU)	739							
Sugars (g)	45	40.71%						
Vitamin C (mg)	16.15							
Protein (g)	15.06	13.64%						
Carbohydrate (g)	77.50	70.19%						
Total Fat (g)	8.55	17.42%						
Saturated Fat (g)	2.99	6.10%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%						

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