

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 9, 2024 thru Sep 13, 2024

Primary/Elementary Breakfast

Generated on: 8/14/2024 2:44:20 PM

	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																
Primary/Elementary Breakfas	Total															
BKF PIZZA BAGEL IW (PK-6)	4 OZ	263	23	467	3.00	2.00	125.0	0	0.0	3	13.0	32.0	10.0	5.00	0.00	0.822
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		515	29	577	6.69	2.31	435.8	648	24.86	48	21.46	85.77	10.62	5.37	0.00	1.535
% of Calories										37.4%	16.7%	66.6%	18.6%	9.4%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 09/10/2024																
Primary/Elementary Breakfas	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	0	0.0	2	12.2	23.39	6.1	2.03	0.00	1.087
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		445	72	598	4.71	1.93	504.0	648	24.86	47	20.66	77.16	6.73	2.41	0.00	1.799
% of Calories										42.3%	18.6%	69.3%	13.6%	4.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 09/11/2024																
Primary/Elementary Breakfas	Total															
BKF FRENCHTOAST IW (PK-6)	1 EACH	210	0	290	1.93	1.08	58.9	0	0.0	11	7.99	31.96	8.99	2.00	0.00	0.860
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		462	6	399	5.62	1.38	369.7	648	24.86	56	16.45	85.73	9.61	2.37	0.00	1.572
% of Calories										48.6%	14.2%	74.2%	18.7%	4.6%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

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Thu - 09/12/2024																
Primary/Elementary Breakfas	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	389	6.47	7.82	500.7	1280	34.67	63	11.99	102.36	3.41	1.13	0.00	1.377
% of Calories										53.1%	10.1%	85.9%	6.4%	2.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 09/13/2024																
Primary/Elementary Breakfas	Total															
BKF PANCAK STICK IW(PK-6)	1 EACH	123	9	317	1.76	0.88	44.0	0	0.0	5	7.05	14.09	4.4	1.32	0.00	0.568
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		376	15	427	5.45	1.19	354.9	648	24.86	50	15.51	67.86	5.03	1.70	0.00	1.280
% of Calories										53.7%	16.5%	72.3%	12.0%	4.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		455	26	478	5.79	2.93	433.0	774	26.82	53	17.21	83.78	7.08	2.60	0.00	1.513
										104.8%	15.1%	73.7%	14.0%	5.1%	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 ¹ (g)	Cost	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	455		400 - 500	100%														
Cholesterol (mg)	26																	
Sodium 1 (mg)	478		540															
Sodium 1a (mg)	478								478									
Fiber (g)	5.79																	
Iron (mg)	2.93																	
Calcium (mg)	433.0																	
Vitamin A (IU)	774																	
Sugars (g)	53	46.60%																
Vitamin C (mg)	26.82																	
Protein (g)	17.21	15.13%																
Carbohydrate (g)	83.78	73.66%																
Total Fat (g)	7.08	14.01%																
Saturated Fat (g)	2.60	5.14%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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