

# Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 9, 2024 thru Sep 13, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:25 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 <sup>1</sup> (g)	Cost
Mon - 09/09/2024																
Primary/Elementary Lunch	Total															
BEEF, FRITO PIE (K-4)	#8SC + 1 OZ(GR)	437	58	735	3.68	3.03	286.6	935	8.89	3	23.47	25.32	27.54	9.37	0.62	0.636
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
Weighted Daily Average		694	48	876	6.88	3.52	593.1	1504	11.72	*37	34.04	68.45	33.42	8.64	0.41	1.307
% of Calories										*21.0%	19.6%	39.4%	43.3%	11.2%	0.5%	
Nutrient Guideline		550-650		1230										<10.00		

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

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# Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Primary/Elementary 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
Tue - 09/10/2024																
Primary/Elementary Lunch	Total															
CHICKEN, FILET ON BUN	SANDWIC	378	47	696	4.90	3.70	112.3	10	0.0	3	25.93	39.29	12.94	2.40	0.00	1.133
SALAD, CHEF (K-8)	1 SALAD	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)	(1C(G)) 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 (K-6)	1C(G)+1/4C(R)	17	0	5	1.60	0.74	18.3	2415	17.58	2	0.96	3.58	0.09	0.00	0.00	0.346
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
Weighted Daily Average		672	68	1184	7.31	5.40	415.3	1424	15.04	30	34.77	86.63	21.42	3.49	0.00	1.999
% of Calories										18.0%	20.7%	51.5%	28.7%	4.7%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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# Flour Bluff ISD

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Primary/Elementary 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
Wed - 09/11/2024																
Primary/Elementary Lunch	Total															
PIZZA, CHEESE STICKS(PK-4)	2 STICKS	298	20	458	1.99	2.39	358.1	0	0.0	0	15.92	31.83	11.94	3.98	0.00	0.619
SANDWICH, HAM & CHEESE	1 SAND WICH	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
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
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		505	31	784	4.53	5.54	644.5	935	20.09	29	26.25	67.06	15.37	4.48	0.05	1.535
% of Calories										22.8%	20.8%	53.1%	27.4%	8.0%	0.1%	
Nutrient Guideline		550-650		1230										<10.00		

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## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 9, 2024 thru Sep 13, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:25 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 <sup>1</sup> (g)	Cost
Thu - 09/12/2024																
Primary/Elementary Lunch	Total															
BURRITO, (PK- 4)	1 BURRIT	310	10	580	9.00	2.70	200.0	400	3.6	4	16.0	40.0	9.0	4.00	0.00	1.217
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 TOMATO	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		544	*23	1003	12.70	*5.31	*516.3	1671	14.96	29	27.92	77.04	*13.11	*4.50	*0.00	2.025
% of Calories										21.4%	20.5%	56.7%	*21.7%	*7.5%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/13/2024																
Primary/Elementary Lunch	Total															
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	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
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		566	42	1181	*3.88	*1.92	*657.3	*674	*5.22	*32	30.42	69.17	22.49	8.90	*0.05	2.557
% of Calories										*22.8%	21.5%	48.9%	35.8%	14.1%	*0.1%	
Nutrient Guideline		550-650		1230									<10.00			

Weighted Average		596	*42	1006	*7.06	*4.34	*565.3	*1242	*13.41	*31	30.68	73.67	*21.16	*6.00	*0.10	1.884
										*47.4%	20.6%	49.4%	*31.9%	*9.1%	*0.2%	

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Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

Primary/Elementary 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 <sup>1</sup> (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	596		550 - 650	100%													
Cholesterol (mg)	42				Missing												
Sodium 1 (mg)	1006		1230														
Sodium 1a (mg)	1006		1110														
Fiber (g)	7.06				Missing												
Iron (mg)	4.34				Missing												
Calcium (mg)	565.3				Missing												
Vitamin A (IU)	1242				Missing												
Sugars (g)	31	21.05%			Missing												
Vitamin C (mg)	13.41				Missing												
Protein (g)	30.68	20.58%															
Carbohydrate (g)	73.67	49.41%															
Total Fat (g)	21.16	31.94%			Missing												
Saturated Fat (g)	6.00	9.06%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.10	0.15%			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.