

# Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Breakfast

Generated on: 8/14/2024 2:44:43 PM

|                              | 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  |
|------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 09/16/2024             |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Breakfast | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| BKF MUFFIN, ASSORTED         | 1 EACH       | 290         | 23          | 263       | 0.67      | 1.50      | 20.0      | 0          | 0.0        | 17         | 4.0       | 41.69    | 7.0       | 1.00      | 0.00                    | 0.569 |
| 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       |              | 542         | 30          | 373       | 4.36      | 1.81      | 330.8     | 648        | 24.86      | 62         | 12.46     | 95.46    | 7.63      | 1.37      | 0.00                    | 1.281 |
| % of Calories                |              |             |             |           |           |           |           |            |            | 45.8%      | 9.2%      | 70.4%    | 12.7%     | 2.3%      | 0.0%                    |       |
| Nutrient Guideline           |              | 400-500     |             | 540       |           |           |           |            |            |            |           |          |           | <10.00    |                         |       |

|                              |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
|------------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|-------|
| Tue - 09/17/2024             |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
| Primary/Elementary Breakfast | Total  |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
| BKF CHICKEN CHEESE WAFFLE    | 1 EACH | 340     | 50 | 500 | 2.00 | 2.00 | 273.8 | 0   | 0.0   | 3     | 19.99 | 27.98 | 16.99 | 4.50   | 0.00 | 1.563 |
| 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       |        | 592     | 56 | 609 | 5.69 | 2.30 | 584.6 | 648 | 24.86 | 48    | 28.45 | 81.76 | 17.61 | 4.87   | 0.00 | 2.275 |
| % of Calories                |        |         |    |     |      |      |       |     |       | 32.5% | 19.2% | 55.2% | 26.8% | 7.4%   | 0.0% |       |
| Nutrient Guideline           |        | 400-500 |    | 540 |      |      |       |     |       |       |       |       |       | <10.00 |      |       |

|                              |        |         |    |     |      |      |       |     |       |       |       |       |      |        |      |       |
|------------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|------|--------|------|-------|
| Wed - 09/18/2024             |        |         |    |     |      |      |       |     |       |       |       |       |      |        |      |       |
| Primary/Elementary Breakfast | Total  |         |    |     |      |      |       |     |       |       |       |       |      |        |      |       |
| BKF EMPANADA IW              | 1 EACH | 220     | 90 | 310 | 0.00 | 1.80 | 80.0  | 0   | 0.0   | 3     | 9.0   | 29.0  | 3.0  | 3.00   | 0.00 | 0.975 |
| 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       |        | 472     | 96 | 420 | 3.69 | 2.11 | 390.8 | 648 | 24.86 | 48    | 17.46 | 82.77 | 3.62 | 3.37   | 0.00 | 1.687 |
| % of Calories                |        |         |    |     |      |      |       |     |       | 40.8% | 14.8% | 70.1% | 6.9% | 6.4%   | 0.0% |       |
| Nutrient Guideline           |        | 400-500 |    | 540 |      |      |       |     |       |       |       |       |      | <10.00 |      |       |

\*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.

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Breakfast

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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  |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Thu - 09/19/2024            |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Breakfas | Total        |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| BKF CINNAMON ROLL           | 1 ROLL       | 260         | 0           | 105       | 2.99      | 1.50      | 44.9      | 0          | 0.0        | 19         | 5.99      | 40.93    | 7.99      | 2.00      | 0.00                    | 0.000 |
| 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      |              | 512         | 6           | 215       | 6.69      | 1.80      | 355.7     | 648        | 24.86      | 64         | 14.45     | 94.70    | 8.61      | 2.37      | 0.00                    | 0.712 |
| % of Calories               |              |             |             |           |           |           |           |            |            | 50.1%      | 11.3%     | 74.0%    | 15.1%     | 4.2%      | 0.0%                    |       |
| Nutrient Guideline          |              | 400-500     |             | 540       |           |           |           |            |            |            |           |          |           | <10.00    |                         |       |

|                             |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
|-----------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|-------|
| Fri - 09/20/2024            |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
| Primary/Elementary Breakfas | Total  |         |    |     |      |      |       |     |       |       |       |       |       |        |      |       |
| BKF CHKN PANCAKE SANDWICH   | 1 EACH | 170     | 30 | 319 | 1.00 | 0.75 | 98.6  | 0   | 0.0   | 6     | 9.98  | 17.95 | 6.98  | 1.99   | 0.00 | 0.957 |
| 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      |        | 422     | 36 | 429 | 4.69 | 1.05 | 409.4 | 648 | 24.86 | 51    | 18.44 | 71.73 | 7.61  | 2.37   | 0.00 | 1.669 |
| % of Calories               |        |         |    |     |      |      |       |     |       | 48.5% | 17.5% | 68.0% | 16.2% | 5.1%   | 0.0% |       |
| Nutrient Guideline          |        | 400-500 |    | 540 |      |      |       |     |       |       |       |       |       | <10.00 |      |       |

|                  |  |     |    |     |      |      |       |     |       |       |       |       |       |      |      |       |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|-------|
| Weighted Average |  | 508 | 45 | 409 | 5.02 | 1.82 | 414.3 | 648 | 24.86 | 55    | 18.25 | 85.28 | 9.02  | 2.87 | 0.00 | 1.525 |
|                  |  |     |    |     |      |      |       |     |       | 96.9% | 14.4% | 67.1% | 16.0% | 5.1% | 0.0% |       |

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Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Breakfast

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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                   | 508      |              | 400 - 500     | 102%        |           |           |           | 8                       | Correction Required - Calories too High |            |            |           |          |           |           |                         |      |  |
| Cholesterol (mg)           | 45       |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Sodium 1 (mg)              | 409      |              | 540           |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Sodium 1a (mg)             | 409      |              |               |             |           |           |           | 409                     |   |            |            |           |          |           |           |                         |      |  |
| Fiber (g)                  | 5.02     |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Iron (mg)                  | 1.82     |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Calcium (mg)               | 414.3    |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Vitamin A (IU)             | 648      |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Sugars (g)                 | 55       | 43.07%       |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Vitamin C (mg)             | 24.86    |              |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Protein (g)                | 18.25    | 14.37%       |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Carbohydrate (g)           | 85.28    | 67.14%       |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Total Fat (g)              | 9.02     | 15.97%       |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Saturated Fat (g)          | 2.87     | 5.09%        | <10.00%       |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             |           |           |           |                         |   |            |            |           |          |           |           |                         |      |  |

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