

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 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 - 09/16/2024																
Primary/Elementary Lunch	Total															
CORN DOG MINI'S (K-12)	6 EACH	314	48	495	2.41	1.21	16.9	0	0.0	6	13.27	26.54	16.89	3.62	0.00	0.793
SANDWICH,CHICKEN HAM CH	1 EA	352	40	664	3.02	1.91	392.6	0	0.0	7	19.13	36.24	15.1	5.03	0.00	2.268
EESE IW																
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
CARROTS MINI IW	1/2 CUP	25	0	0	0.00	0.00	0.0	18	0.0	4	0.72	5.76	0.0	0.00	0.00	0.161
BEANS GREEN, CANNED	1/2 CUP	25	0	283	2.09	0.78	21.1	313	2.5	2	1.04	5.01	0.0	0.00	0.00	1.521
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
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	2 EACH	10	0	151	0.00	0.00	0.0	0	0.0	0	0.45	0.52	0.6	0.00	0.00	0.053
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		509	54	886	3.75	1.38	338.0	665	4.03	*33	22.52	59.22	20.43	4.13	0.00	1.601
% of Calories										*25.8%	17.7%	46.5%	36.1%	7.3%	0.0%	
Nutrient Guideline		550-650		1230										<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

¹ - 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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 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
Tue - 09/17/2024																
Primary/Elementary Lunch	Total															
BEEF, HAMBURGER W/ CHEESE SALAD, CHEF (K-8)	BURGER	331	58	671	4.01	1.80	195.0	160	0.0	4	19.56	30.02	15.04	6.02	0.45	0.346
	1 SALAD (1C(G))	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)	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, FRENCH FRIES	1/2 CUP	150	0	170	2.00	0.72	0.0	0	0.0	0	2.0	25.01	5.0	0.50	0.00	0.361
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		616	78	1079	6.47	4.60	479.3	1703	17.33	31	29.24	80.72	20.95	6.47	0.36	1.384
% of Calories										19.9%	19.0%	52.4%	30.6%	9.4%	0.5%	
Nutrient Guideline		550-650		1230										<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

¹ - 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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 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 ¹ (g)	Cost
Wed - 09/18/2024																
Primary/Elementary Lunch	Total															
PIZZA CHEESY PULL APARTS	1 EACH	300	30	520	2.00	1.80	340.0	0	0.0	5	14.0	32.0	13.0	6.00	0.00	0.947
PITA BLT WRAP	1 WRAP	430	67	1160	*4.09	*2.32	241.4	*1139	*12.28	*5	24.29	33.87	22.56	8.12	*0.00	1.581
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, PEA	1/2 CUP	184	30	372	3.19	1.43	42.2	329	4.78	6	10.41	12.94	9.85	3.05	0.00	0.304
CAULIFLOWER, ROASTED 3#	1/2 CUP	29	0	155	1.51	0.32	17.0	0	36.44	*1	1.45	5.86	0.21	0.10	0.00	0.696
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	2 EACH	57	0	238	0.00	0.00	0.0	0	0.0	0	0.0	4.54	5.67	0.00	0.00	0.087
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	2 EACH	30	0	243	2.02	0.73	0.0	202	0.0	4	2.02	6.07	0.0	0.00	0.00	0.287
Weighted Daily Average		524	45	909	*5.09	*2.83	657.0	*821	*15.92	*33	26.44	66.17	17.63	7.27	*0.00	1.819
% of Calories										*25.5%	20.2%	50.5%	30.3%	12.5%	*0.0%	
Nutrient Guideline		550-650		1230										<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

¹ - 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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 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
Thu - 09/19/2024																
Primary/Elementary Lunch	Total															
CHICKEN & CHEESE FLAUTAS	2 EACH	524	101	907	2.02	0.73	161.3	0	0.0	2	20.17	38.32	32.27	10.08	0.00	1.166
BISTRO BOX TURKEY	1 EACH	276	39	602	2.35	0.73	314.6	631	0.0	11	21.03	31.18	7.04	3.01	0.00	1.327
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
BEANS, SEASONED PINTO	1/2 CUP	102	0	184	8.96	1.42	59.8	26	0.21	0	4.97	17.69	0.01	0.00	0.00	0.169
SALAD, ROMAINE W/GRAPE T OMATO	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
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, 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		628	*84	1034	5.95	*1.90	*536.7	1181	7.77	30	30.28	68.88	*25.46	*7.85	*0.00	1.913
% of Calories										19.0%	19.3%	43.9%	*36.5%	*11.3%	*0.0%	
Nutrient Guideline		550-650		1230										<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

¹ - 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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 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 ¹ (g)	Cost
Fri - 09/20/2024																
Primary/Elementary Lunch	Total															
CORN DOG	1 EACH	281	40	662	2.01	1.81	60.2	100	9.03	9	9.03	31.11	13.05	3.51	0.00	0.873
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
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0	89	3.29	0.79	21.9	822	6.57	3	2.19	12.67	1.1	0.00	0.00	0.303
PEARS DICED, CANNED	1/2 CUP	84	0	16	1.05	0.00	0.0	79	0.0	16	0.0	19.96	0.0	0.00	0.00	0.376
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
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		512	45	969	4.22	4.81	381.0	1102	22.03	39	19.16	68.56	17.86	4.14	0.00	1.616
% of Calories										30.4%	15.0%	53.6%	31.4%	7.3%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		
Weighted Average		558	*61	975	*5.09	*3.10	*478.4	*1095	*13.42	*33	25.53	68.71	*20.47	*5.97	*0.07	1.667
										*53.4%	18.3%	49.3%	*33.0%	*9.6%	*0.1%	

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

¹ - 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.

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Sep 16, 2024 thru Sep 20, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:45 PM

Nutrient	Menu AVG	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 ¹ (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	558		550 - 650	100%													
Cholesterol (mg)	61				Missing												
Sodium 1 (mg)	975		1230														
Sodium 1a (mg)	975		1110														
Fiber (g)	5.09				Missing												
Iron (mg)	3.10				Missing												
Calcium (mg)	478.4				Missing												
Vitamin A (IU)	1095				Missing												
Sugars (g)	33	23.74%			Missing												
Vitamin C (mg)	13.42				Missing												
Protein (g)	25.53	18.31%															
Carbohydrate (g)	68.71	49.28%															
Total Fat (g)	20.47	33.02%			Missing												
Saturated Fat (g)	5.97	9.64%	<10.00%		Missing												
Trans Fat ¹ (g)	0.07	0.12%			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

¹ - 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.