

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 23, 2024 thru Sep 27, 2024

Primary/Elementary Breakfast

Generated on: 8/14/2024 2:44:58 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 - 09/23/2024																
Primary/Elementary Breakfas	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	0	0.0	13	5.99	41.93	5.99	2.00	0.00	0.526
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		482	16	299	5.69	1.90	340.8	648	24.86	58	14.45	95.71	6.62	2.37	0.00	1.238
% of Calories										48.2%	12.0%	79.4%	12.4%	4.4%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 09/24/2024																
Primary/Elementary Breakfas	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	0	0.0	3	8.99	18.97	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		432	71	399	5.69	1.20	441.6	648	24.86	48	17.45	72.75	8.61	2.37	0.00	0.712
% of Calories										44.5%	16.2%	67.4%	17.9%	4.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 09/25/2024																
Primary/Elementary Breakfas	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	1000	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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		452	6	320	9.69	3.91	350.8	1648	24.86	56	12.46	89.77	6.63	1.37	0.00	1.154
% of Calories										49.6%	11.0%	79.4%	13.2%	2.7%	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

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Thu - 09/26/2024																
Primary/Elementary Breakfas	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	0	0.0	24	5.02	45.19	8.03	1.51	0.00	0.681
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		518	6	356	5.70	1.31	414.7	648	24.86	69	13.48	98.96	8.66	1.88	0.00	1.394
% of Calories										53.4%	10.4%	76.4%	15.0%	3.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 09/27/2024																
Primary/Elementary Breakfas	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	460	2.00	1.44	60.0	750	2.4	5	7.0	25.0	11.0	3.50	0.00	0.610
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		482	26	570	5.69	1.75	370.8	1398	27.26	50	15.46	78.77	11.63	3.87	0.00	1.322
% of Calories										41.6%	12.8%	65.3%	21.7%	7.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		473	25	389	6.49	2.01	383.8	998	25.34	56	14.66	87.19	8.43	2.37	0.00	1.164
										107.1%	12.4%	73.7%	16.0%	4.5%	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	473		400 - 500	100%														
Cholesterol (mg)	25																	
Sodium 1 (mg)	389		540															
Sodium 1a (mg)	389								389									
Fiber (g)	6.49																	
Iron (mg)	2.01																	
Calcium (mg)	383.8																	
Vitamin A (IU)	998																	
Sugars (g)	56	47.60%																
Vitamin C (mg)	25.34																	
Protein (g)	14.66	12.39%																
Carbohydrate (g)	87.19	73.68%																
Total Fat (g)	8.43	16.02%																
Saturated Fat (g)	2.37	4.52%																
Trans Fat ¹ (g)	0.00	0.00%																
			<10.00%															

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