

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 23, 2024 thru Sep 27, 2024

Primary/Elementary Lunch

Generated on: 8/14/2024 2:45:58 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 Lunch	Total															
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOOP	437	64	630	5.02	2.52	100.0	10	1.21	7	23.99	48.18	15.99	5.49	0.00	1.081
PITA CHEESE WRAP	1 WRAP	423	50	1307	3.55	2.20	630.5	655	2.55	7	17.75	35.86	23.62	11.00	0.00	0.771
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	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, PORK CANNED	1/2 CUP	129	0	457	6.96	1.79	59.7	199	1.19	6	6.96	22.87	1.49	0.50	0.00	0.246
COLESLAW 4/5#	1/2 CUP	33	3	61	0.70	0.13	14.0	537	8.43	3	0.35	3.79	1.79	0.26	0.00	0.079
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 SAUCE, BBQ CUP 1 OZ.	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
	1 EACH	40	0	66	0.00	0.00	0.0	0	0.0	8	0.0	10.12	0.0	0.00	0.00	0.366
Weighted Daily Average % of Calories		636	70	928	7.83	3.01	438.3	673	6.33	*36 *22.7%	33.97 21.4%	85.28 53.6%	17.63 24.9%	6.30 8.9%	0.00 0.0%	1.755
Nutrient Guideline		550-650		1230										<10.00		

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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 ¹ (g)	Cost
Tue - 09/24/2024																
Primary/Elementary Lunch	Total															
CHICKEN, GRILLED BURGER	SANDWIC	321	73	855	3.00	2.53	215.3	261	0.0	2	31.79	28.01	7.51	3.00	0.45	1.400
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
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
BROCCOLI BITES FRESH 3#	1/2 CUP	37	0	43	3.46	0.69	28.8	1584	69.12	1	2.5	7.78	0.38	0.10	0.00	0.210
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		504	88	1070	4.96	4.29	509.9	1974	32.32	29	38.70	59.42	11.76	3.63	0.38	2.003
% of Calories										22.9%	30.7%	47.2%	21.0%	6.5%	0.7%	
Nutrient Guideline		550-650		1230										<10.00		

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Wed - 09/25/2024																
Primary/Elementary Lunch	Total															
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	295	22	500	0.00	105.64	319.8	625	8.99	4	17.49	32.97	11.49	4.25	0.00	0.918
SANDWICH, HAM/CH CROSSIA NT	SANDWIC	312	67	1026	2.00	2.44	176.0	150	2.2	6	21.5	32.0	13.5	6.50	0.45	0.869
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
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
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
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
CHEESE, PARMESAN, BULK	2 EACH	30	10	130	0.00	0.00	79.8	0	0.0	0	2.0	0.0	2.0	1.00	0.00	0.137
Weighted Daily Average		514	36	812	1.33	100.80	663.5	1253	19.66	31	27.44	62.62	18.43	5.30	0.02	1.645
% of Calories										23.8%	21.4%	48.7%	32.3%	9.3%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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Portion Values - Detailed

Page 4

Sep 23, 2024 thru Sep 27, 2024

Primary/Elementary Lunch

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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 ¹ (g)	Cost
Thu - 09/26/2024																
Primary/Elementary Lunch	Total															
BEEF, FRITOS CON CARNE (P K-4)	#10SC+1 OZ(GR)	431	62	876	2.14	2.79	270.3	317	4.44	*2	23.94	22.75	28.03	9.49	0.00	0.286
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
CORN, MEXICALI	1/2 CUP	86	0	157	2.19	0.05	0.6	28	4.59	4	2.15	18.3	1.06	0.00	0.00	0.867
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
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
Weighted Daily Average		604	*58	988	5.10	*3.74	*414.6	960	11.34	*22	29.22	51.90	*32.55	*9.41	*0.00	1.016
% of Calories										*14.3%	19.4%	34.4%	*48.5%	*14.0%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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Fri - 09/27/2024																
Primary/Elementary Lunch	Total															
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31	815	4.89	15.57	1610.6	817	0.57	9	24.06	56.22	14.12	5.60	0.00	1.141
SANDWICH,TUNA CROISSANT (K-4)	1/4 CUP	285	*26	676	*2.06	*1.40	*82.4	169	*0.16	6	18.75	32.76	8.6	*2.51	*0.00	1.099
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
POTATO,TATERTOT (K-12)	1/2CUP(9 pc)	130	0	360	1.00	0.00	0.0	0	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
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
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		709	*37	1283	*6.54	*18.20	*1896.8	1774	*13.75	36	33.03	97.91	21.04	*6.63	*0.00	1.970
% of Calories										20.3%	18.6%	55.2%	26.7%	*8.4%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		
Weighted Average		593	*58	1016	*5.15	*26.01	*784.6	1327	*16.68	*31 *46.4%	32.47 21.9%	71.43 48.1%	*20.28 *30.8%	*6.26 *9.5%	*0.08 *0.1%	1.678

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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	593		550 - 650	100%													
Cholesterol (mg)	58				Missing												
Sodium 1 (mg)	1016		1230														
Sodium 1a (mg)	1016		1110														
Fiber (g)	5.15				Missing												
Iron (mg)	26.01				Missing												
Calcium (mg)	784.6				Missing												
Vitamin A (IU)	1327																
Sugars (g)	31	20.64%			Missing												
Vitamin C (mg)	16.68				Missing												
Protein (g)	32.47	21.89%															
Carbohydrate (g)	71.43	48.15%															
Total Fat (g)	20.28	30.76%			Missing												
Saturated Fat (g)	6.26	9.49%	<10.00%		Missing												
Trans Fat ¹ (g)	0.08	0.12%			Missing												

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