

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Primary/Elementary Breakfast

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 ¹ (g)	Cost
Mon - 09/30/2024																
Primary/Elementary Breakfas	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	95	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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		426	31	442	5.09	1.71	413.2	742	26.36	49	17.06	71.37	8.42	3.57	0.00	1.171
% of Calories										45.5%	16.0%	67.0%	17.8%	7.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 10/01/2024																
Primary/Elementary Breakfas	Total															
BKF PIZZA, SAUSAGE IW(PK-6)	1 SLICE	240	0	340	3.00	2.00	196.0	55	2.0	4	11.0	31.0	8.0	2.50	0.00	0.604
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		492	6	450	6.69	2.31	506.8	703	26.86	49	19.46	84.78	8.63	2.88	0.00	1.316
% of Calories										39.9%	15.8%	68.9%	15.8%	5.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 10/02/2024																
Primary/Elementary Breakfas	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	0	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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	16	440	6.69	1.81	350.8	648	24.86	56	12.46	89.77	5.12	1.37	0.00	1.460
% of Calories										49.6%	11.0%	79.4%	10.2%	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

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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 - 10/03/2024																
Primary/Elementary Breakfast	Total															
BKF CEREAL, ASSORTED (K-12)	1 EACH	224	0	279	2.78	7.51	189.8	633	9.81	18	3.53	48.58	2.78	0.76	0.00	0.665
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		476	6	389	6.47	7.82	500.7	1280	34.67	63	11.99	102.36	3.41	1.13	0.00	1.377
% of Calories										53.1%	10.1%	85.9%	6.4%	2.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 10/04/2024																
Primary/Elementary Breakfast	Total															
BKF CONCHA, ASSORTED	1 EACH	189	5	85	2.99	1.44	39.9	100	2.39	8	3.99	32.89	5.98	2.49	0.00	0.947
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		442	11	194	6.68	1.74	350.7	747	27.25	53	12.45	86.66	6.60	2.87	0.00	1.659
% of Calories										48.1%	11.3%	78.5%	13.5%	5.8%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		458	14	383	6.33	3.08	424.4	824	28.00	54	14.68	86.99	6.44	2.36	0.00	1.397
										106.2%	12.8%	76.0%	12.7%	4.6%	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	458		400 - 500	100%														
Cholesterol (mg)	14																	
Sodium 1 (mg)	383		540															
Sodium 1a (mg)	383								383									
Fiber (g)	6.33																	
Iron (mg)	3.08																	
Calcium (mg)	424.4																	
Vitamin A (IU)	824																	
Sugars (g)	54	47.20%																
Vitamin C (mg)	28.00																	
Protein (g)	14.68	12.83%																
Carbohydrate (g)	86.99	76.01%																
Total Fat (g)	6.44	12.66%																
Saturated Fat (g)	2.36	4.65%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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