

Flour Bluff ISD

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

	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
Mon - 09/30/2024																
Primary/Elementary Lunch	Total															
BEEF, STEAK FINGERS (PK-4)	3 EACH	243	27	251	3.04	2.05	30.4	0	0.0	1	12.16	14.44	15.2	3.80	0.00	0.695
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc	242	58	1484	1.75	0.63	249.8	0	0.0	4	10.11	13.49	16.64	10.28	0.63	1.584
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0	159	3.54	18.07	1500.2	59	0.71	4	8.27	33.07	3.54	0.59	0.00	0.197
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
POTATO, MASHED 12/31oz	1/2 CUP	91	0	208	1.26	0.28	18.1	14	25.34	2	1.95	16.81	2.05	1.28	0.00	0.582
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
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
CRACKERS, SALTINES	2 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
GRAVY PEPPER MIX	1/4CUP(#16SC)	40	0	141	0.00	0.01	1.0	5	0.0	*0	0.0	4.97	1.99	0.99	0.00	0.058
Weighted Daily Average		681	36	909	8.24	20.21	1863.3	633	17.10	*30	29.86	88.10	23.22	6.66	0.06	1.781
% of Calories										*17.7%	17.5%	51.7%	30.7%	8.8%	0.1%	
Nutrient Guideline		550-650		1230										<10.00		

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Flour Bluff ISD

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Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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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
Tue - 10/01/2024																
Primary/Elementary Lunch	Total															
CHICKEN, NUGGET W/GB(PK-4)	4 EACH+ 1(G)	277	35	346	2.61	1.92	36.3	0	0.0	11	13.05	32.38	11.16	3.37	0.00	0.665
SALAD, CHEF (K-8)	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
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
SALAD, SPINACH W/GRAPE T OMATO	1/2C(G)+ 1/4C(R)	21	0	27	1.70	0.81	68.3	3838	15.18	2	1.41	3.84	0.0	0.00	*0.00	0.350
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
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		456	50	645	4.32	3.28	360.4	1452	13.08	36	22.14	62.15	14.06	3.89	*0.00	1.673
% of Calories										31.7%	19.4%	54.5%	27.7%	7.7%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

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Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

	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 - 10/02/2024																
Primary/Elementary Lunch	Total															
PIZZA SLICES ASSORTED	1 SLICE	360	40	530	3.50	1.80	325.1	500	0.0	8	19.51	34.51	16.5	7.50	0.00	1.062
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	376	8	256	4.73	2.63	260.8	1256	27.52	25	9.99	69.07	6.54	1.96	0.00	0.945
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, CANNED	1/2 CUP	86	0	185	2.00	0.00	0.0	20	3.61	4	2.0	18.21	1.0	0.00	0.00	0.818
CELERY STICKS 5#	1/2 CUP	30	0	0	0.76	0.27	15.2	2668	2.74	2	0.76	3.81	1.14	0.00	0.00	0.186
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
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	1 EACH	15	5	65	0.00	0.00	39.9	0	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
Weighted Daily Average		564	43	708	5.47	2.29	643.0	1930	16.90	37	27.19	74.06	18.32	7.10	0.00	1.883
% of Calories										26.3%	19.3%	52.5%	29.2%	11.3%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Thu - 10/03/2024																
Primary/Elementary Lunch	Total															
QUESADILLA TACO (K-12)	3 EACH	240	10	480	4.00	2.60	229.9	0	0.0	2	13.99	29.99	8.0	2.50	0.00	0.744
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	584	14	594	5.92	3.30	350.4	631	0.0	16	23.55	43.7	36.45	6.59	0.00	1.390
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, REFRIED 6/28.1oz	1/2 CUP	202	0	668	10.08	2.27	50.4	0	1.51	0	10.08	31.51	1.89	0.00	0.00	0.359
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
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

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Portion Values - Detailed

	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
Weighted Daily Average		508	*17	865	8.41	*6.01	*555.5	899	13.58	29	26.20	69.48	*14.53	*3.35	*0.00	1.594
% of Calories										22.7%	20.6%	54.7%	*25.7%	*5.9%	*0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Fri - 10/04/2024																
Primary/Elementary Lunch	Total															
CHICKEN,TENDERS W/CRNM	3 EACH+	406	46	495	4.90	2.76	54.1	111	0.15	12	17.26	38.69	20.09	3.41	0.00	0.901
UF(K-12)	1(G)															
PASTA, SALAD	SERVINGS	368	0	1474	3.99	3.99	47.9	12	0.0	*6	7.97	41.37	19.69	2.99	0.00	1.861
SANDWICH,COURTESY MEAL	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
(K-8)																
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
SOUP, VEGETABLE (HM)	1 CUP	70	0	158	3.51	0.48	30.2	1464	22.75	*2	2.71	13.44	0.27	0.00	0.00	0.302
BROCCOLI SLAW	1/2 CUP	118	7	179	2.41	0.43	24.0	1130	35.41	*7	1.32	16.22	5.54	0.78	0.00	0.146
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
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
CRACKERS, SALTINES	4 PKG	131	0	250	2.18	0.78	0.0	0	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		600	51	823	6.87	3.05	362.1	1076	11.13	*39	25.63	75.29	21.98	3.94	0.00	1.561
% of Calories										*25.9%	17.1%	50.2%	33.0%	5.9%	0.0%	
Nutrient Guideline		550-650		1230										<10.00		

Weighted Average		562	*39	790	6.66	*6.97	*756.8	1198	14.36	*34	26.20	73.82	*18.42	*4.99	*0.01	1.699
										*54.8%	18.7%	52.6%	*29.5%	*8.0%	*0.0%	

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Portion Values - Detailed

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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	562		550 - 650	100%													
Cholesterol (mg)	39				Missing												
Sodium 1 (mg)	790		1230														
Sodium 1a (mg)	790		1110														
Fiber (g)	6.66																
Iron (mg)	6.97				Missing												
Calcium (mg)	756.8				Missing												
Vitamin A (IU)	1198																
Sugars (g)	34	24.35%			Missing												
Vitamin C (mg)	14.36																
Protein (g)	26.20	18.66%															
Carbohydrate (g)	73.82	52.55%															
Total Fat (g)	18.42	29.51%			Missing												
Saturated Fat (g)	4.99	7.99%	<10.00%		Missing												
Trans Fat ¹ (g)	0.01	0.02%			Missing												

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