

Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Early Childhood Breakfast

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 - 08/11/2025																
Early Childhood Breakfast	Total															
BKF PIZZA BAGEL IW (PK-6)	4 OZ	263	23	467	3.00	2.00	125.0	*N/A*	0.0	3	13.0	32.0	10.0	5.00	0.00	0.786
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	*N/A*	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	*N/A*	2.4	12	8.0	12.0	2.5	1.50	0.00	0.408
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
Weighted Daily Average		514	30	582	6.69	2.31	436.7	*N/A*	24.86	47	21.48	84.18	11.14	5.69	0.00	1.667
% of Calories										36.6%	16.7%	65.6%	19.5%	10.0%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 08/12/2025																
Early Childhood Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	*N/A*	0.0	2	12.2	23.39	6.1	2.03	0.00	1.032
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	*N/A*	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	*N/A*	2.4	12	8.0	12.0	2.5	1.50	0.00	0.408
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
Weighted Daily Average		444	73	603	4.71	1.93	504.9	*N/A*	24.86	46	20.69	75.57	7.25	2.72	0.00	1.914
% of Calories										41.4%	18.6%	68.1%	14.7%	5.5%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 08/13/2025																
Early Childhood Breakfast	Total															
BKF APPLE CINNAMON TOAST	1 EACH	309	0	448	3.98	1.99	69.7	*N/A*	0.0	16	4.98	43.79	12.94	1.99	0.00	0.834
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	*N/A*	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	*N/A*	2.4	12	8.0	12.0	2.5	1.50	0.00	0.408
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850

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.

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Early Childhood Breakfast

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
Weighted Daily Average		559	7	563	7.67	2.30	381.4	*N/A*	24.86	60	13.46	95.97	14.08	2.68	0.00	1.715
% of Calories										42.8%	9.6%	68.7%	22.7%	4.3%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Thu - 08/14/2025																
Early Childhood Breakfast	Total															
BKF CEREAL, ASSORTED (K-12)	1 EACH	219	0	302	3.54	*5.46	*88.6	*N/A*	*7.53	17	3.53	47.82	2.53	0.13	0.00	0.665
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	*N/A*	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	*N/A*	2.4	12	8.0	12.0	2.5	1.50	0.00	0.408
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
Weighted Daily Average		470	7	417	7.23	*5.77	*400.3	*N/A*	*32.39	61	12.01	100.00	3.67	0.81	0.00	1.546
% of Calories										51.6%	10.2%	85.2%	7.0%	1.6%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 08/15/2025																
Early Childhood Breakfast	Total															
BKF PANCAK STICK IW(PK-6)	1 EACH	123	9	317	1.76	0.88	44.0	*N/A*	0.0	5	7.05	14.09	4.4	1.32	0.00	0.568
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
FRUIT JUICE, VARIETY	4 OZ	60	0	3	0.00	0.08	4.7	*N/A*	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	*N/A*	2.4	12	8.0	12.0	2.5	1.50	0.00	0.408
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
Weighted Daily Average		374	16	432	5.45	1.19	355.8	*N/A*	24.86	49	15.53	66.27	5.55	2.01	0.00	1.450
% of Calories										52.7%	16.6%	70.9%	13.4%	4.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		472	27	520	6.35	*2.70	*415.8	*N/A*	*26.37	52	16.64	84.40	8.34	2.78	0.00	1.659
										100.1%	14.1%	71.5%	15.9%	5.3%	0.0%	

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Portion Values - Detailed

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Early Childhood Breakfast

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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	472		350 - 500	100%														
Cholesterol (mg)	27																	
Sodium 1 (mg)	520		540	96%														
Fiber (g)	6.35																	
Iron (mg)	2.70				Missing													
Calcium (mg)	415.8				Missing													
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	52	44.49%																
Vitamin C (mg)	26.37				Missing													
Protein (g)	16.64	14.10%																
Carbohydrate (g)	84.40	71.53%																
Total Fat (g)	8.34	15.90%																
Saturated Fat (g)	2.78	5.30%		<10.00%														
Trans Fat ¹ (g)	0.00	0.00%																

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