

# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Aug 11, 2025 thru Aug 15, 2025

Early Childhood Lunch

Generated on: 6/11/2025 9:50:40 AM

	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 <sup>1</sup> (g)	Cost
Mon - 08/11/2025																
Early Childhood Lunch	Total															
BEEF, FRITO PIE (K-4)	#8SC + 1 OZ(GR)	458	63		3.28	2.76	176.8	*N/A*	8.57	2	22.07	23.97	30.71	9.96	0.64	0.865
SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC	633	0		7.81	3.64	96.9	*N/A*	0.0	31	19.53	65.71	35.83	4.00	0.00	0.889
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
PEAS FROZEN	1/2 CUP	70	0		5.03	1.63	0.2	*N/A*	15.08	4	5.03	13.07	0.0	0.00	0.00	0.330
CELERY STICKS 5#	1/2 CUP	30	0		0.76	0.27	15.2	*N/A*	2.74	2	0.76	3.81	1.14	0.00	0.00	0.179
APPLESAUCE FLAVORED	1/2 CUP	66	0		1.00	0.00	0.0	*N/A*	0.0	*12	1.18	15.07	0.0	0.00	0.00	0.254
FRUIT FRESH ASSORTED	1 EACH	85	0		3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
MILK 1% WHITE	8 OZ	100	10		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		0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK SKIM UNFLAVORED	8 OZ	80	5		0.00	0.00	300.0	*N/A*	2.4	12	8.0	12.0	0.0	0.00	0.00	0.408
MILK, STRAWBERRY FF	8 OZ	110	5		0.00	0.00	300.0	*N/A*	2.4	18	8.0	18.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10		0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
Weighted Daily Average		713	60	863	7.58	3.52	473.5	*N/A*	17.62	*38	32.10	69.82	34.96	9.33	0.55	1.667
% of Calories										*21.3%	18.0%	39.1%	44.1%	11.8%	0.7%	
Nutrient Guideline		550-650											<10.00			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Early Childhood 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 <sup>1</sup> (g)	Cost
Tue - 08/12/2025																
Early Childhood Lunch	Total															
CHICKEN, FILET ON BUN	SANDWIC	378	47		4.90	3.70	112.3	*N/A*	0.0	3	25.93	39.29	12.94	2.40	0.00	1.166
SALAD, CHEF (K-8)	1 SALAD (1C(G))	290	128		2.29	12.35	71.5	*N/A*	45.71	10	18.69	28.59	12.56	4.03	0.00	1.278
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
POTATO, WEDGES	1/2 CUP	130	3		2.00	0.36	0.0	*N/A*	0.0	0	2.0	21.01	4.0	0.50	0.00	0.287
SALAD, ROMAINE SIDE (K-6)	1C(G)+1/ 4C(R)	17	0		1.60	0.74	18.3	*N/A*	17.58	2	0.96	3.58	0.09	0.00	0.00	0.330
PINEAPPLE TIDBITS, CANNED	1/2 CUP	70	0		0.87	0.00	17.5	*N/A*	7.87	13	0.0	16.62	0.0	0.00	0.00	0.283
FRUIT FRESH ASSORTED	1 EACH	85	0		3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
MILK 1% WHITE	8 OZ	100	10		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		0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK SKIM UNFLAVORED	8 OZ	80	5		0.00	0.00	300.0	*N/A*	2.4	12	8.0	12.0	0.0	0.00	0.00	0.408
MILK, STRAWBERRY FF	8 OZ	110	5		0.00	0.00	300.0	*N/A*	2.4	18	8.0	18.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10		0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
MAYONNAISE	1 EACH	28	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0		0.00	0.00	0.0	*N/A*	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	2 EACH	20	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	6.0	0.0	0.00	0.00	0.044
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
Weighted Daily Average		699	67	1219	8.43	5.42	420.4	*N/A*	17.47	37	35.08	96.91	19.86	3.49	0.00	2.188
% of Calories										21.1%	20.1%	55.5%	25.6%	4.5%	0.0%	
Nutrient Guideline		550-650												<10.00		

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Aug 11, 2025 thru Aug 15, 2025

Early Childhood Lunch

Generated on: 6/11/2025 9:50:40 AM

	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 <sup>1</sup> (g)	Cost
Wed - 08/13/2025																
Early Childhood Lunch	Total															
PIZZA, CHEESE STICKS(PK-4)	2 STICKS	298	20		1.99	2.39	358.1	*N/A*	0.0	0	15.92	31.83	11.94	3.98	0.00	0.619
SANDWICH, HAM & CHEESE WICH	1 SAND	270	67		3.66	2.17	149.9	*N/A*	2.2	4	21.99	28.61	10.33	4.50	0.45	0.356
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
CORN, CANNED	1/2 CUP	86	0		2.00	0.00	0.0	*N/A*	3.61	4	2.0	18.21	1.0	0.00	0.00	0.882
TOMATOES GRAPE	1/2 CUP	40	0		1.35	10.93	0.0	*N/A*	36.45	5	1.35	8.1	0.0	0.00	0.00	0.656
MANDARIN ORANGES, CANNED	1/2 CUP	68	0		0.98	0.70	19.5	*N/A*	20.49	17	0.98	16.59	0.0	0.00	0.00	0.335
FRUIT FRESH ASSORTED	1 EACH	85	0		3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
MILK 1% WHITE	8 OZ	100	10		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		0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK SKIM UNFLAVORED	8 OZ	80	5		0.00	0.00	300.0	*N/A*	2.4	12	8.0	12.0	0.0	0.00	0.00	0.408
MILK, STRAWBERRY FF	8 OZ	110	5		0.00	0.00	300.0	*N/A*	2.4	18	8.0	18.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10		0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
MAYONNAISE	1 EACH	28	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0		0.00	0.00	0.0	*N/A*	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	1 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, MARINARA CUP	1 EACH	15	0		1.01	0.36	0.0	*N/A*	0.0	2	1.01	3.04	0.0	0.00	0.00	0.143
Weighted Daily Average		548	33	879	6.06	6.19	640.3	*N/A*	25.72	36	27.27	76.57	15.84	4.49	0.06	1.837
% of Calories										26.4%	19.9%	55.8%	26.0%	7.4%	0.1%	
Nutrient Guideline		550-650												<10.00		

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Generated on: 6/11/2025 9:50:40 AM

	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 <sup>1</sup> (g)	Cost
Thu - 08/14/2025																
Early Childhood Lunch	Total															
BURRITO, (PK- 4)	1 BURRIT	310	10		9.00	2.70	200.0	*N/A*	3.6	4	16.0	40.0	9.0	4.00	0.00	0.845
SANDWICH ITALIAN SUB	SANDWIC	318	71		2.02	7.00	201.8	*N/A*	0.0	5	22.15	31.91	12.81	4.50	0.00	1.230
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
SALAD, ROMAINE W/GRAPE T OMATO	1C(G)+1/ 4C(R)	28	0		1.63	6.16	9.1	*N/A*	29.0	3	1.17	5.69	0.0	0.00	0.00	0.503
BEANS, REFRIED 6/28.1oz	1/2 CUP	202	0		10.08	2.27	50.4	*N/A*	1.51	0	10.08	31.51	1.89	0.00	0.00	0.390
FRUIT COCKTAIL	1/2 CUP	83	*N/A*		2.07	*N/A*	*N/A*	*N/A*	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*	0.415
FRUIT FRESH ASSORTED	1 EACH	85	0		3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
MILK 1% WHITE	8 OZ	100	10		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		0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK SKIM UNFLAVORED	8 OZ	80	5		0.00	0.00	300.0	*N/A*	2.4	12	8.0	12.0	0.0	0.00	0.00	0.408
MILK, STRAWBERRY FF	8 OZ	110	5		0.00	0.00	300.0	*N/A*	2.4	18	8.0	18.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10		0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, MARINARA CUP	1 EACH	15	0		1.01	0.36	0.0	*N/A*	0.0	2	1.01	3.04	0.0	0.00	0.00	0.143
Weighted Daily Average		586	*25	1007	13.90	*5.83	*520.7	*N/A*	17.52	35	28.84	85.69	*13.70	*4.50	*0.00	1.884
% of Calories										23.8%	19.7%	58.5%	*21.0%	*6.9%	*0.0%	
Nutrient Guideline		550-650												<10.00		

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Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Early Childhood Lunch

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 <sup>1</sup> (g)	Cost
Fri - 08/15/2025																
Early Childhood Lunch	Total															
SANDWICH, GRILLED CHEESE IW	SANDWIC	339	30		1.99	1.44	348.9	*N/A*	0.0	4	19.94	31.9	17.94	7.98	0.00	1.501
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	310	53		*2.00	*1.00	*176.0	*N/A*	*0.0	*4	27.5	30.0	11.0	5.00	*0.45	1.962
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
SOUP, TOMATO, VEG. (K-12)	2/3 CUP	122	12		2.05	1.03	82.0	*N/A*	0.0	14	4.1	21.54	4.1	3.08	0.00	0.875
CUCUMBER SLICES	1/2 CUP	8	0		0.76	0.28	15.3	*N/A*	4.58	1	0.76	1.53	0.0	0.00	0.00	0.133
PEACHES DICED, CANNED	1/2 CUP	70	0		0.00	0.00	0.0	*N/A*	1.19	13	0.0	16.89	0.0	0.00	0.00	0.382
FRUIT FRESH ASSORTED	1 EACH	85	0		3.69	0.22	6.2	*N/A*	6.46	17	0.46	22.31	0.0	0.00	0.00	0.201
MILK 1% WHITE	8 OZ	100	10		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		0.00	0.00	300.0	*N/A*	2.4	18	8.0	20.0	0.0	0.00	0.00	0.422
MILK SKIM UNFLAVORED	8 OZ	80	5		0.00	0.00	300.0	*N/A*	2.4	12	8.0	12.0	0.0	0.00	0.00	0.408
MILK, STRAWBERRY FF	8 OZ	110	5		0.00	0.00	300.0	*N/A*	2.4	18	8.0	18.0	0.0	0.00	0.00	0.422
MILK LACTOSE FREE	8 OZ	100	10		0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
MAYONNAISE	1 EACH	28	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0		0.00	0.00	0.0	*N/A*	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	1 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
CRACKERS, SALTINES	2 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		615	43	1243	*5.01	*2.07	*655.5	*N/A*	*7.01	*39	31.26	79.02	23.21	8.86	*0.06	2.581
% of Calories										*25.1%	20.3%	51.4%	34.0%	13.0%	*0.1%	
Nutrient Guideline		550-650											<10.00			
Weighted Average		632	*46		*8.20	*4.61	*542.1	*N/A*	*17.07	*37	30.91	81.60	*21.51	*6.14	*0.14	2.031
										*52.5%	19.6%	51.6%	*30.6%	*8.7%	*0.2%	

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Portion Values - Detailed

Page 6

Aug 11, 2025 thru Aug 15, 2025

Early Childhood Lunch

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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 <sup>1</sup> (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	632		550 - 650	100%													
Cholesterol (mg)	46				Missing												
Sodium 1a (mg)	1042		1110	94%													
Fiber (g)	8.20				Missing												
Iron (mg)	4.61				Missing												
Calcium (mg)	542.1				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	37	23.35%			Missing												
Vitamin C (mg)	17.07				Missing												
Protein (g)	30.91	19.56%															
Carbohydrate (g)	81.60	51.63%															
Total Fat (g)	21.51	30.62%			Missing												
Saturated Fat (g)	6.14	8.73%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.14	0.19%			Missing												

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.