

Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

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
Mon - 08/18/2025																
Early Childhood Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	243	23	263	0.67	1.50	20.0	*N/A*	0.0	17	4.0	41.69	7.0	1.00	0.00	0.605
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		494	31	379	4.36	1.81	331.7	*N/A*	24.86	61	12.49	93.87	8.15	1.69	0.00	1.486
% of Calories										49.1%	10.1%	76.0%	14.8%	3.1%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 08/19/2025																
Early Childhood Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	*N/A*	0.0	3	19.99	27.98	16.99	4.50	0.00	1.598
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		590	57	615	5.69	2.30	585.6	*N/A*	24.86	47	28.47	80.16	18.13	5.18	0.00	2.479
% of Calories										31.8%	19.3%	54.3%	27.6%	7.9%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 08/20/2025																
Early Childhood Breakfast	Total															
BKF CRISUP POT EGG IW 94/2.57	1 EACH	180	25	430	3.00	1.00	60.0	*N/A*	0.0	1	0.0	17.0	9.0	3.00	0.00	0.945
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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Base Menu Spreadsheet

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		431	32	545	6.69	1.31	371.7	*N/A*	24.86	45	8.48	69.18	10.14	3.69	0.00	1.827
% of Calories										41.7%	7.9%	64.3%	21.2%	7.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Thu - 08/21/2025																
Early Childhood Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	*N/A*	0.0	19	5.99	40.93	7.99	2.00	0.00	0.712
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		510	7	220	6.69	1.80	356.6	*N/A*	24.86	63	14.47	93.10	9.13	2.68	0.00	1.594
% of Calories										49.3%	11.4%	73.0%	16.1%	4.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 08/22/2025																
Early Childhood Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	*N/A*	0.0	6	9.98	17.95	6.98	1.99	0.00	0.913
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		420	37	434	4.69	1.05	410.3	*N/A*	24.86	50	18.46	70.13	8.13	2.68	0.00	1.794
% of Calories										47.5%	17.6%	66.8%	17.4%	5.7%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		489	33	439	5.62	1.66	411.2	*N/A*	24.86	53	16.48	81.29	10.74	3.18	0.00	1.836
										97.6%	13.5%	66.5%	19.8%	5.9%	0.0%	

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Early Childhood Breakfast

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	489		350 - 500	100%													
Cholesterol (mg)	33																
Sodium 1 (mg)	439		540	81%													
Fiber (g)	5.62																
Iron (mg)	1.66																
Calcium (mg)	411.2																
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	53	43.39%															
Vitamin C (mg)	24.86																
Protein (g)	16.48	13.48%															
Carbohydrate (g)	81.29	66.49%															
Total Fat (g)	10.74	19.76%															
Saturated Fat (g)	3.18	5.86%															
Trans Fat ¹ (g)	0.00	0.00%															

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