

Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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Generated on: 7/1/2025 6:57:47 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 ¹ (g) | Cost |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 08/18/2025 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| CORN DOG MINI'S (K-12) | 6 EACH | 314 | 48 | | 2.41 | 1.21 | 16.9 | *N/A* | 0.0 | 6 | 13.27 | 26.54 | 16.89 | 3.62 | 0.00 | 0.797 |
| SANDWICH,CHICKEN HAM CH | 1 EA | 352 | 40 | | 3.02 | 1.91 | 392.6 | *N/A* | 0.0 | 7 | 19.13 | 36.24 | 15.1 | 5.03 | 0.00 | 1.900 |
| EESE IW | | | | | | | | | | | | | | | | |
| SACK LUNCH, (PK-8) | SACK | 483 | 67 | | 4.61 | 2.52 | 144.2 | *0 | 5.8 | 15 | 24.13 | 48.54 | 24.59 | 4.50 | 0.00 | 1.878 |
| CARROTS MINI IW | 1/2 CUP | 25 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 4 | 0.72 | 5.76 | 0.0 | 0.00 | 0.00 | 0.216 |
| BEANS GREEN, CANNED | 1/2 CUP | 34 | 0 | | 2.15 | 0.77 | 21.5 | *N/A* | 2.58 | 2 | 1.08 | 6.88 | 0.0 | 0.00 | 0.00 | 0.300 |
| 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 |
| 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 | 2 EACH | 10 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.45 | 0.52 | 0.6 | 0.00 | 0.00 | 0.054 |
| 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 | | 556 | 54 | 996 | 5.13 | 1.63 | 379.5 | *0 | 5.92 | *39 | 23.75 | 68.72 | 20.96 | 4.25 | 0.00 | 1.818 |
| % of Calories | | | | | | | | | | *27.8% | 17.1% | 49.4% | 33.9% | 6.9% | 0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

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

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Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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Generated on: 7/1/2025 6:57:47 AM

| | 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 - 08/19/2025 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| BEEF, HAMBURGER W/ CHEESE | BURGER | 361 | 58 | | 3.00 | 2.80 | 177.8 | *0 | 0.0 | 3 | 20.53 | 28.0 | 18.06 | 7.53 | 0.00 | 0.677 |
| 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 | 144.2 | *0 | 5.8 | 15 | 24.13 | 48.54 | 24.59 | 4.50 | 0.00 | 1.878 |
| POTATO, FRENCH FRIES | 1/2 CUP | 110 | 0 | | 1.00 | 0.30 | 10.0 | 0 | 0.0 | 0 | 1.0 | 16.03 | 5.01 | 0.50 | 0.00 | 0.356 |
| 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 | | 646 | 74 | 1027 | 5.95 | 4.60 | 485.0 | *0 | 17.47 | 35 | 29.51 | 79.50 | 23.99 | 7.89 | 0.00 | 1.785 |
| % of Calories | | | | | | | | | | 21.5% | 18.3% | 49.2% | 33.4% | 11.0% | 0.0% | |
| 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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Aug 18, 2025 thru Aug 22, 2025

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Early Childhood Lunch

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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 |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Wed - 08/20/2025 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA CHEESY PULL APARTS | 1 EACH | 300 | 30 | | 2.00 | 1.80 | 340.0 | *N/A* | 0.0 | 5 | 14.0 | 32.0 | 13.0 | 6.00 | 0.00 | 0.981 |
| PITA BLT WRAP | 1 WRAP | 411 | 57 | | 4.09 | 2.32 | 247.9 | *N/A* | 12.28 | 5 | 25.39 | 33.88 | 19.63 | 6.66 | 0.00 | 1.649 |
| SACK LUNCH, (PK-8) | SACK | 483 | 67 | | 4.61 | 2.52 | 144.2 | *0 | 5.8 | 15 | 24.13 | 48.54 | 24.59 | 4.50 | 0.00 | 1.878 |
| SALAD, PEA | 1/2 CUP | 184 | 30 | | 3.19 | 1.43 | 42.2 | *N/A* | 4.78 | 6 | 10.41 | 12.94 | 9.85 | 3.05 | 0.00 | 0.333 |
| CAULIFLOWER, ROASTED 5# | 1/2 CUP | 27 | 0 | | 1.51 | 0.32 | 16.9 | *N/A* | 36.44 | *1 | 1.45 | 5.33 | 0.21 | 0.10 | 0.00 | 0.307 |
| 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 | 2 EACH | 57 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 4.54 | 5.67 | 0.00 | 0.00 | 0.081 |
| 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 | 2 EACH | 30 | 0 | | 2.02 | 0.73 | 0.0 | *N/A* | 0.0 | 4 | 2.02 | 6.07 | 0.0 | 0.00 | 0.00 | 0.285 |
| Weighted Daily Average | | 572 | 49 | 1009 | 6.51 | 3.08 | 655.3 | *0 | 27.46 | *39 | 28.52 | 74.62 | 18.54 | 7.42 | 0.00 | 2.045 |
| % of Calories | | | | | | | | | | *27.6% | 20.0% | 52.2% | 29.2% | 11.7% | 0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | <10.00 | | | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------------|-----|-----|--|------|------|-------|-------|------|----|-------|-------|-------|-------|------|-------|
| Thu - 08/21/2025 | | | | | | | | | | | | | | | | |
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| CHICKEN & CHEESE FLAUTAS | 2 EACH | 524 | 101 | | 2.02 | 0.73 | 161.3 | *N/A* | 0.0 | 2 | 20.17 | 38.32 | 32.27 | 10.08 | 0.00 | 1.166 |
| BISTRO BOX TURKEY | 1 EACH | 136 | 25 | | 0.99 | 0.00 | 0.0 | *N/A* | 60.0 | 16 | 11.0 | 21.99 | 1.0 | 0.00 | 0.00 | 1.202 |
| SACK LUNCH, (PK-8) | SACK | 483 | 67 | | 4.61 | 2.52 | 144.2 | *0 | 5.8 | 15 | 24.13 | 48.54 | 24.59 | 4.50 | 0.00 | 1.878 |
| BEANS, SEASONED PINTO | 1/2 CUP | 102 | 0 | | 8.96 | 1.42 | 59.8 | *N/A* | 0.21 | 0 | 4.97 | 17.69 | 0.01 | 0.00 | 0.00 | 0.178 |
| 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 |
| FRUIT COCKTAIL | 1/2 CUP | 83 | 0 | | 2.07 | 0.00 | 0.0 | 0 | 1.24 | 13 | 1.04 | 19.7 | 0.0 | 0.00 | 0.00 | 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 |

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) | 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 | | 715 | 97 | 1042 | 7.38 | 2.89 | 461.9 | *0 | 22.46 | 35 | 29.31 | 78.69 | 31.45 | 9.09 | 0.00 | 2.084 |
| % of Calories | | | | | | | | | | 19.4% | 16.4% | 44.1% | 39.6% | 11.4% | 0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

| Fri - 08/22/2025 | | | | | | | | | | | | | | | | |
|--------------------------------|---------|---------|----|-----|------|-------|-------|-------|-------|-------|-------|-------|-------|--------|------|-------|
| Early Childhood Lunch | Total | | | | | | | | | | | | | | | |
| CORN DOG | 1 EACH | 281 | 40 | | 2.01 | 1.81 | 60.2 | *N/A* | 9.03 | 9 | 9.03 | 31.11 | 13.05 | 3.51 | 0.00 | 0.670 |
| 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 | 144.2 | *0 | 5.8 | 15 | 24.13 | 48.54 | 24.59 | 4.50 | 0.00 | 1.878 |
| 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 |
| VEGETABLES MIXED BLEND | 1/2 CUP | 80 | 0 | | 3.29 | 0.79 | 21.9 | *N/A* | 6.57 | 3 | 2.19 | 12.67 | 1.1 | 0.00 | 0.00 | 0.321 |
| PEARS DICED, CANNED | 1/2 CUP | 84 | 0 | | 1.05 | 0.00 | 0.0 | *N/A* | 0.0 | 16 | 0.0 | 19.96 | 0.0 | 0.00 | 0.00 | 0.376 |
| 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 |
| 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 | | 584 | 41 | 958 | 6.18 | 5.51 | 375.3 | *0 | 25.22 | 47 | 19.87 | 80.69 | 20.29 | 4.02 | 0.00 | 1.714 |
| % of Calories | | | | | | | | | | 32.2% | 13.6% | 55.3% | 31.3% | 6.2% | 0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|------------------|--|-----|----|--|------|------|-------|----|-------|--------|-------|-------|-------|------|------|-------|
| Weighted Average | | 615 | 63 | | 6.23 | 3.54 | 471.4 | *0 | 19.71 | *39 | 26.19 | 76.44 | 23.04 | 6.53 | 0.00 | 1.889 |
| | | | | | | | | | | *57.0% | 17.0% | 49.8% | 33.7% | 9.6% | 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 | 615 | | 550 - 650 | 100% | | | | | | | | | | | | | | |
| Cholesterol (mg) | 63 | | | | | | | | | | | | | | | | | |
| Sodium 1a (mg) | 1006 | | 1110 | 91% | | | | | | | | | | | | | | |
| Fiber (g) | 6.23 | | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.54 | | | | | | | | | | | | | | | | | |
| Calcium (mg) | 471.4 | | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 0 | | | | Missing | | | | | | | | | | | | | |
| Sugars (g) | 39 | 25.33% | | | Missing | | | | | | | | | | | | | |
| Vitamin C (mg) | 19.71 | | | | | | | | | | | | | | | | | |
| Protein (g) | 26.19 | 17.05% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 76.44 | 49.76% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 23.04 | 33.75% | | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.53 | 9.57% | <10.00% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | | |

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.

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.