

Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 - 08/25/2025																
Early Childhood Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	*N/A*	0.0	13	5.99	41.93	5.99	2.00	0.00	0.537
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		480	17	305	5.69	1.90	341.7	*N/A*	24.86	57	14.48	94.11	7.13	2.68	0.00	1.419
% of Calories										47.4%	12.1%	78.4%	13.4%	5.0%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 08/26/2025																
Early Childhood Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	*N/A*	0.0	3	8.99	18.97	7.99	2.00	0.00	1.011
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		430	72	405	5.69	1.20	442.5	*N/A*	24.86	47	17.47	71.15	9.13	2.68	0.00	1.893
% of Calories										43.6%	16.2%	66.1%	19.1%	5.6%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 08/27/2025																
Early Childhood Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	*N/A*	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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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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		451	7	325	9.69	3.91	351.7	*N/A*	24.86	55	12.48	88.18	7.14	1.69	0.00	1.324
% of Calories										48.8%	11.1%	78.3%	14.3%	3.4%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Thu - 08/28/2025																
Early Childhood Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	*N/A*	0.0	24	5.02	45.19	8.03	1.51	0.00	0.718
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		517	7	361	5.70	1.31	415.7	*N/A*	24.86	68	13.51	97.36	9.18	2.19	0.00	1.600
% of Calories										52.7%	10.5%	75.4%	16.0%	3.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 08/29/2025																
Early Childhood Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	450	2.00	1.44	60.0	*N/A*	2.4	5	7.0	25.0	11.0	3.50	0.00	0.635
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		481	27	565	5.69	1.75	371.7	*N/A*	27.26	49	15.49	77.18	12.14	4.19	0.00	1.516
% of Calories										40.7%	12.9%	64.2%	22.7%	7.8%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		472	26	392	6.49	2.01	384.7	*N/A*	25.34	55	14.68	85.59	8.95	2.69	0.00	1.550
										105.2%	12.5%	72.6%	17.1%	5.1%	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)	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	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	472		350 - 500	100%														
Cholesterol (mg)	26																	
Sodium 1 (mg)	392		540	73%														
Fiber (g)	6.49																	
Iron (mg)	2.01																	
Calcium (mg)	384.7																	
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	55	46.77%																
Vitamin C (mg)	25.34																	
Protein (g)	14.68	12.45%																
Carbohydrate (g)	85.59	72.60%																
Total Fat (g)	8.95	17.07%																
Saturated Fat (g)	2.69	5.13%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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