

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

Early Childhood Lunch

Generated on: 7/31/2025 1:37:03 PM

	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 - 08/25/2025																
Early Childhood Lunch	Total															
BEEF,COUNTRY STEAK W/ROLL	1 EACH	423	30		5.86	17.18	1240.4	*N/A*	0.57	4	21.74	42.59	18.96	4.50	0.00	0.663
PITA CHEESE WRAP	1 WRAP	423	50		3.55	2.20	630.5	*N/A*	2.55	7	17.75	35.86	23.62	11.00	0.00	0.617
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, PORK CANNED	1/2 CUP	129	0		6.96	1.79	59.7	*N/A*	1.19	6	6.96	22.87	1.49	0.50	0.00	0.241
COLESLAW 4/5#	1/2 CUP	33	3		0.70	0.13	14.0	*N/A*	8.43	3	0.35	3.79	1.79	0.26	0.00	0.074
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
GRAVY PEPPER MIX	1/4CUP(# 16SC)	40	0		0.00	0.01	1.0	*N/A*	0.0	*0	0.0	4.97	1.99	0.99	0.00	0.058
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
Weighted Daily Average		664	40	838	9.73	15.69	1476.9	*0	8.78	*37	32.00	86.53	22.14	6.49	0.00	1.404
% of Calories										*22.0%	19.3%	52.1%	30.0%	8.8%	0.0%	
Nutrient Guideline		550-650												<10.00		

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Flour Bluff ISD

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Early Childhood Lunch

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
Tue - 08/26/2025																
Early Childhood Lunch	Total															
CHICKEN, GRILLED BURGER	SANDWIC	321	73		3.00	2.53	190.3	*0	0.0	2	31.79	28.01	7.51	3.00	0.00	1.626
SALAD, CHEF (K-8)	1 SALAD	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
	(1C(G))															
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
BROCCOLI BITES FRESH 3#	1/2 CUP	22	0		2.06	0.41	17.1	*N/A*	41.14	1	1.49	4.63	0.23	0.06	0.00	0.167
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		554	87	1179	5.91	4.33	494.6	*0	31.74	36	38.95	68.79	13.28	3.60	0.00	2.429
% of Calories										25.7%	28.1%	49.7%	21.6%	5.8%	0.0%	
Nutrient Guideline		550-650												<10.00		

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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 - 08/27/2025																
Early Childhood Lunch	Total															
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	295	22		0.00	105.64	319.8	*N/A*	8.99	4	17.49	32.97	11.49	4.25	0.00	0.955
SANDWICH, HAM/CH CROSSIA NT	SANDWIC	330	73		2.00	1.72	151.0	*0	1.2	4	21.5	31.0	14.0	6.00	0.00	1.679
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
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
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
CHEESE, PARMESAN, BULK	2 EACH	30	10		0.00	0.00	79.8	*N/A*	0.0	0	2.0	0.0	2.0	1.00	0.00	0.137
Weighted Daily Average		527	40	822	2.51	91.27	646.1	*0	23.15	36	28.00	69.84	16.54	5.35	0.00	1.907
% of Calories										27.6%	21.3%	53.0%	28.3%	9.1%	0.0%	
Nutrient Guideline		550-650											<10.00			

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Thu - 08/28/2025																
Early Childhood Lunch	Total															
BEEF, FRITOS CON CARNE (P K-4)	#10SC+1 OZ(GR)	424	88		2.02	0.64	233.3	*N/A*	2.23	1	18.54	20.61	29.68	11.09	*0.00	0.464
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
CORN, MEXICALI	1/2 CUP	86	0		2.19	0.05	0.6	*N/A*	4.59	4	2.15	18.3	1.06	0.00	0.00	0.936
SALAD, ROMAINE W/GRAPE TOMATO	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
Weighted Daily Average		694	82	856	6.40	2.93	520.2	*0	17.23	37	28.31	69.81	34.41	10.52	*0.00	1.656
% of Calories										21.3%	16.3%	40.3%	44.7%	13.6%	*0.0%	
Nutrient Guideline		550-650												<10.00		

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Fri - 08/29/2025																
Early Childhood Lunch	Total															
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31		4.89	15.57	1610.6	*N/A*	0.57	9	24.06	56.22	14.12	5.60	0.00	1.172
SANDWICH,TUNA CROISSANT (K-4)	1/4 CUP	285	*26		*2.06	*1.40	*82.4	*N/A*	*0.16	6	18.75	32.76	8.6	*2.51	*0.00	1.116
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
POTATO,TATERTOT (K-12)	1/2CUP(9 pc)	130	0		1.00	0.00	0.0	*N/A*	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
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
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		739	*37	1334	*7.12	*15.20	*1696.0	*0	*11.41	40	32.59	104.82	21.53	*6.46	*0.00	2.189
% of Calories										21.8%	17.7%	56.8%	26.2%	*7.9%	*0.0%	
Nutrient Guideline		550-650												<10.00		
Weighted Average		635	*57		*6.34	*25.88	*966.8	*0	*18.46	*37	31.97	79.96	21.58	*6.48	*0.00	1.917
										*52.6%	20.1%	50.3%	30.6%	*9.2%	*0.0%	

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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	635		550 - 650	100%													
Cholesterol (mg)	57				Missing												
Sodium 1a (mg)	1006		1110	91%													
Fiber (g)	6.34				Missing												
Iron (mg)	25.88				Missing												
Calcium (mg)	966.8				Missing												
Vitamin A (IU)	0				Missing												
Sugars (g)	37	23.38%			Missing												
Vitamin C (mg)	18.46				Missing												
Protein (g)	31.97	20.13%															
Carbohydrate (g)	79.96	50.35%															
Total Fat (g)	21.58	30.57%															
Saturated Fat (g)	6.48	9.18%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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