

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

Early Childhood Breakfast

Generated on: 6/11/2025 8:13:58 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 - 09/01/2025																
Early Childhood Breakfast	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	*N/A*	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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		425	33	448	5.09	1.71	414.1	*N/A*	26.36	47	17.08	69.78	8.94	3.89	0.00	1.341
% of Calories										44.6%	16.1%	65.7%	19.0%	8.2%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Tue - 09/02/2025																
Early Childhood Breakfast	Total															
BKF PIZZA, SAUSAGE IW(PK-6)	1 SLICE	230	0	310	3.00	2.00	150.0	*N/A*	1.2	5	11.0	31.0	8.0	2.00	0.00	0.607
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	7	425	6.69	2.31	461.7	*N/A*	26.06	49	19.49	83.18	9.14	2.69	0.00	1.489
% of Calories										40.7%	16.2%	69.2%	17.1%	5.0%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Wed - 09/03/2025																
Early Childhood Breakfast	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	*N/A*	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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 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	17	445	6.69	1.81	351.7	*N/A*	24.86	55	12.48	88.17	5.64	1.69	0.00	1.629
% of Calories										48.8%	11.1%	78.3%	11.3%	3.4%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Thu - 09/04/2025																
Early Childhood Breakfast	Total															
BKF CEREAL, ASSORTED (K-12)	1 EACH	219	0	302	3.54	*5.46	*88.6	*N/A*	*7.53	17	3.53	47.82	2.53	0.13	0.00	0.665
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		470	7	417	7.23	*5.77	*400.3	*N/A*	*32.39	61	12.01	100.00	3.67	0.81	0.00	1.546
% of Calories										51.6%	10.2%	85.2%	7.0%	1.6%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Fri - 09/05/2025																
Early Childhood Breakfast	Total															
BKF CONCHA	1 SERVING	189	5	85	2.99	1.44	39.9	*N/A*	2.39	8	3.99	32.89	5.98	2.49	0.00	0.915
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		440	12	200	6.68	1.74	351.6	*N/A*	27.25	52	12.47	85.07	7.12	3.18	0.00	1.797
% of Calories										47.2%	11.3%	77.4%	14.6%	6.5%	0.0%	
Nutrient Guideline		350-500		540										<10.00		

Weighted Average		453	15	387	6.48	*2.67	*395.9	*N/A*	*27.39	53	14.71	85.24	6.91	2.45	0.00	1.560
										104.7%	13.0%	75.3%	13.7%	4.9%	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	453		350 - 500	100%													
Cholesterol (mg)	15																
Sodium 1 (mg)	387		540	72%													
Fiber (g)	6.48																
Iron (mg)	2.67				Missing												
Calcium (mg)	395.9				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	53	46.55%															
Vitamin C (mg)	27.39				Missing												
Protein (g)	14.71	12.99%															
Carbohydrate (g)	85.24	75.26%															
Total Fat (g)	6.91	13.72%															
Saturated Fat (g)	2.45	4.87%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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