

Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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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
Mon - 09/01/2025																
Early Childhood Lunch	Total															
BEEF, STEAK FINGERS (PK-4)	3 EACH	243	27		3.04	2.05	30.4	*N/A*	0.0	1	12.16	14.44	15.2	3.80	0.00	0.386
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc	229	56		1.66	0.60	237.3	*N/A*	0.0	4	9.61	12.82	15.81	9.77	0.60	1.505
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0		3.54	18.07	1500.2	*N/A*	0.71	4	8.27	33.07	3.54	0.59	0.00	0.203
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
POTATO, MASHED 12/31oz	1/2 CUP	91	0		1.26	0.28	18.1	*N/A*	25.34	2	1.95	16.81	2.05	1.28	0.00	0.694
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
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
CRACKERS, SALTINES	2 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		733	38	1009	9.46	20.27	1876.3	*0	23.99	*38	30.58	98.97	24.21	6.57	0.08	1.978
% of Calories										*20.7%	16.7%	54.0%	29.7%	8.1%	0.1%	
Nutrient Guideline		550-650												<10.00		

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Flour Bluff ISD

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Base Menu Spreadsheet

Early Childhood Lunch

Portion Values - Detailed

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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
Tue - 09/02/2025																
Early Childhood Lunch	Total															
CHICKEN, NUGGET W/GB(PK-4)	4 EACH+ 1(G)	319	45		2.80	2.11	38.2	*N/A*	0.0	11	16.03	34.2	13.59	3.94	0.00	0.890
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
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
SALAD, SPINACH W/GRAPE T OMATO	1/2C(G)+ 1/4C(R)	21	0		1.70	0.81	68.3	*N/A*	15.18	2	1.41	3.84	0.0	0.00	*0.00	0.354
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
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		570	63	853	5.79	4.09	379.8	*0	20.03	44	25.36	74.29	19.91	4.38	*0.00	1.846
% of Calories										30.7%	17.8%	52.1%	31.4%	6.9%	*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 - 09/03/2025																
Early Childhood Lunch	Total															
PIZZA SLICES ASSORTED	1 SLICE	360	40		3.50	1.80	325.1	*N/A*	0.0	8	19.51	34.51	16.5	7.50	0.00	1.083
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	371	8		4.68	2.23	241.6	*N/A*	4.38	21	9.11	66.35	7.23	2.05	0.00	0.887
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, CANNED	1/2 CUP	86	0		2.00	0.00	0.0	*N/A*	3.61	4	2.0	18.21	1.0	0.00	0.00	0.882
CELERY STICKS 5#	1/2 CUP	30	0		0.76	0.27	15.2	*N/A*	2.74	2	0.76	3.81	1.14	0.00	0.00	0.179
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
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	1 EACH	15	5		0.00	0.00	39.9	*N/A*	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
Weighted Daily Average		603	44	751	6.46	2.34	646.2	*0	16.39	42	27.92	79.92	19.85	7.38	0.00	2.073
% of Calories										27.9%	18.5%	53.0%	29.6%	11.0%	0.0%	
Nutrient Guideline		550-650											<10.00			

Thu - 09/04/2025																
Early Childhood Lunch	Total															
BEEF CRISPUP (K-12)	2 EACH	361	50		2.01	2.01	435.3	*N/A*	0.0	2	14.04	24.07	24.07	9.03	0.00	1.590
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	444	0		4.57	2.58	35.8	*N/A*	60.0	21	13.52	34.51	30.41	3.58	0.00	1.074
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, REFRIED 6/28.1oz	1/2 CUP	202	0		10.08	2.27	50.4	*N/A*	1.51	0	10.08	31.51	1.89	0.00	0.00	0.390
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
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

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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		650	50	968	8.11	5.96	696.4	*0	24.96	36	25.93	72.87	29.08	8.68	0.00	2.534
% of Calories										22.2%	16.0%	44.9%	40.3%	12.0%	0.0%	
Nutrient Guideline		550-650												<10.00		

Fri - 09/05/2025																
Early Childhood Lunch	Total															
CHICKEN,TENDERS W/CRNM	3 EACH+	406	46		4.90	2.76	54.1	*N/A*	0.15	12	17.26	38.69	20.09	3.41	0.00	0.899
UF(K-12)	1(G)															
PASTA, SALAD	SERVINGS	368	0		3.99	3.99	47.9	*N/A*	0.0	*6	7.97	41.37	19.69	2.99	0.00	1.908
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
SOUP, VEGETABLE (HM)	1 CUP	70	0		3.51	0.48	30.2	*N/A*	22.75	*2	2.71	13.44	0.27	0.00	0.00	0.323
BROCCOLI SLAW	1/2 CUP	118	7		2.41	0.43	24.0	*N/A*	35.41	*7	1.32	16.22	5.54	0.78	0.00	0.176
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
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
CRACKERS, SALTINES	4 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		669	48	983	8.81	3.40	372.5	*0	21.93	*46	25.66	88.57	23.77	4.01	0.00	1.889
% of Calories										*27.2%	15.4%	53.0%	32.0%	5.4%	0.0%	
Nutrient Guideline		550-650												<10.00		

Weighted Average		645	48		7.73	7.21	794.2	*0	21.46	*41	27.09	82.93	23.36	6.21	*0.02	2.064
										*57.3%	16.8%	51.4%	32.6%	8.7%	*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	645		550 - 650	100%													
Cholesterol (mg)	48																
Sodium 1a (mg)	913		1110	82%													
Fiber (g)	7.73																
Iron (mg)	7.21																
Calcium (mg)	794.2																
Vitamin A (IU)	0				Missing												
Sugars (g)	41	25.48%			Missing												
Vitamin C (mg)	21.46																
Protein (g)	27.09	16.80%															
Carbohydrate (g)	82.93	51.44%															
Total Fat (g)	23.36	32.61%															
Saturated Fat (g)	6.21	8.66%	<10.00%														
Trans Fat ¹ (g)	0.02	0.02%			Missing												

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