

# Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

## Base Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

	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 <sup>1</sup> (g)	Cost
Mon - 08/11/2025																
High School Breakfast	Total															
BKF PIZZA BAGEL (7-12)	4 OZ	263	23	467	3.00	2.00	125.0	*N/A*	0.0	3	13.0	32.0	10.0	5.00	0.00	0.662
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	*N/A*	0.0	4	15.49	29.61	19.83	10.00	1.80	0.590
BKF TAQUITO, EGG, POTATO	1 TAQUIT O (#8)	330	310	507	2.60	2.36	174.2	*N/A*	6.98	*0	17.24	28.68	12.73	5.84	0.00	0.999
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		511	68	565	6.37	*4.16	*551.2	*N/A*	*23.26	*55	20.43	92.10	7.21	2.98	0.01	1.658
% of Calories										*42.8%	16.0%	72.2%	12.7%	5.2%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 08/12/2025																
High School Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	*N/A*	0.0	2	12.2	23.39	6.1	2.03	0.00	1.032
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	*N/A*	0.0	4	15.49	29.61	19.83	10.00	1.80	0.590
BKF TAQUITO BACON EGG	1 TAQUIT	399	351	840	2.13	2.24	246.2	*N/A*	0.0	0	24.03	25.29	18.47	8.12	0.00	1.435
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059

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Aug 11, 2025 thru Aug 15, 2025

## Base Menu Spreadsheet

High School Breakfast

### Portion Values - Detailed

	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 <sup>1</sup> (g)	Cost
Weighted Daily Average		512	87	628	5.73	*4.03	*582.9	*N/A*	*22.07	57	21.36	91.63	7.09	2.52	0.01	1.854
% of Calories										44.2%	16.7%	71.5%	12.4%	4.4%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Wed - 08/13/2025																
	Total															
High School Breakfast																
BKF APPLE CINNAMON TOAST	1 EACH	309	0	448	3.98	1.99	69.7	*N/A*	0.0	16	4.98	43.79	12.94	1.99	0.00	0.834
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	*N/A*	0.0	4	15.49	29.61	19.83	10.00	1.80	0.590
BKF TAQUITO BEAN BACON	1 TAQUIT	455	33	1379	12.08	3.35	267.9	*N/A*	1.51	0	24.71	53.88	13.29	5.75	0.00	1.077
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	*N/A*	0.0	44	0.0	59.34	0.0	0.00	0.00	0.530
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		612	14	725	8.27	*4.33	*551.5	*N/A*	*22.33	71	19.42	116.60	8.14	2.11	0.01	1.871
% of Calories										46.2%	12.7%	76.2%	12.0%	3.1%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Aug 11, 2025 thru Aug 15, 2025

High School Breakfast

Generated on: 6/11/2025 9:38:25 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 <sup>1</sup> (g)	Cost
Thu - 08/14/2025																
High School Breakfast	Total															
BKF BISCUIT W/SAUSAGE GR	1(gr)+#10	328	12	794	3.48	2.88	99.5	*N/A*	0.0	5	10.44	38.24	15.89	4.47	0.00	0.485
AVY	s(Gvy)															
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	*N/A*	0.0	4	15.49	29.61	19.83	10.00	1.80	0.590
BKF TAQUITO EGG SAUSAGE	1 TAQUIT	359	284	711	2.54	2.30	249.4	*N/A*	0.0	1	21.5	22.81	17.48	7.47	0.00	1.025
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		544	61	693	6.50	*4.40	*556.8	*N/A*	*22.07	58	20.43	95.43	9.70	3.10	0.01	1.628
% of Calories										42.3%	15.0%	70.2%	16.1%	5.1%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

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# Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School Breakfast

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 <sup>1</sup> (g)	Cost
Fri - 08/15/2025																
High School Breakfast	Total															
BKF MINI BITES SAUSAGE 163 /SER	5 EACH	224	41	367	2.04	1.10	10.2	*N/A*	0.0	2	10.18	17.31	13.24	0.00	0.00	0.596
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
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50	1099	3.66	0.73	434.9	*N/A*	0.0	4	15.49	29.61	19.83	10.00	1.80	0.590
BKF TAQUITO, EGG, POTATO	1 TAQUIT O (#12)	330	310	507	2.60	2.36	174.2	*N/A*	6.98	*0	17.24	28.68	12.73	5.84	0.00	0.999
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	*N/A*	0.0	44	0.0	59.34	0.0	0.00	0.00	0.530
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		567	73	554	6.10	*3.90	*518.6	*N/A*	*23.26	*67	19.62	104.78	8.13	1.56	0.01	1.790
% of Calories										*47.0%	13.8%	73.9%	12.9%	2.5%	0.0%	
Nutrient Guideline		450-600		640										<10.00		
Weighted Average		549	61	633	6.59	*4.16	*552.2	*N/A*	*22.60	*61	20.25	100.11	8.05	2.45	0.01	1.760
										*100.3	14.7%	72.9%	13.2%	4.0%	0.0%	

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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

High School Breakfast

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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 <sup>1</sup> (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	549		450 - 600	100%													
Cholesterol (mg)	61																
Sodium 1 (mg)	633		640	99%													
Fiber (g)	6.59																
Iron (mg)	4.16				Missing												
Calcium (mg)	552.2				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	61	44.58%			Missing												
Vitamin C (mg)	22.60				Missing												
Protein (g)	20.25	14.75%															
Carbohydrate (g)	100.11	72.91%															
Total Fat (g)	8.05	13.20%															
Saturated Fat (g)	2.45	4.02%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.01	0.02%															

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