

Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School Lunch

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 ¹ (g)	Cost
Mon - 08/11/2025																
High School 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
CHICKEN & WAFFLE OPEN FACE	PATTY+1 (G)	521	67		4.83	3.66	51.4	*N/A*	0.0	13	23.84	55.25	23.13	2.87	0.00	1.525
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	475	67		4.05	1.00	53.0	*N/A*	2.23	1	12.46	39.85	29.68	8.56	*0.00	0.490
SOUTH OF THE BORDER FRIES	3/4CUP+ 2OZ(G)	440	88		4.03	1.36	41.7	*0	2.38	12	11.63	44.28	24.07	7.49	*0.00	0.873
BURGER BAR ASSORTED SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC SANDWIC	371 633	56 0		3.80 7.81	3.17 3.64	144.3 96.9	*0 *N/A*	0.0 0.0	3 31	23.84 19.53	34.69 65.71	15.18 35.83	4.77 4.00	0.00 0.00	0.951 0.889
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
SACK LUNCH (HS)	SACK	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
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
SALAD, ROMAINE SIDE W/ PICKLE	1C(G)+1/4C(R)	19	0		1.60	0.74	18.3	*N/A*	17.58	2	0.96	3.91	0.09	0.00	0.00	0.343
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
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
SYRUP PANCAKE CUP	2 EACH	237	0		0.00	0.00	0.0	*N/A*	0.0	44	0.0	59.34	0.0	0.00	0.00	0.530
DRESSING RANCH PKG	4 EACH	200	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	20.0	0.00	0.00	0.227
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
MAYONNAISE	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
SAUCE CHEESE 6/5LB (5-12)	#16SC	108	28		0.00	0.00	203.6	*N/A*	0.0	1	7.02	2.01	8.02	4.61	0.00	0.313
SAUCE, CHOLULA	2 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.119
SOUR CREAM	PKG	60	20		0.00	0.00	20.0	*N/A*	0.0	1	1.0	1.0	5.0	3.50	0.00	0.165
JALAPENOS	SERVING (1/4c)	1	0		0.36	0.00	0.0	*N/A*	0.0	0	0.0	0.09	0.02	0.00	0.00	0.004
Weighted Daily Average		756	75	1201	7.02	2.83	496.4	*0	9.13	*43	30.83	88.91	31.18	7.60	*0.00	2.008
% of Calories										*22.9%	16.3%	47.0%	37.1%	9.0%	*0.0%	
Nutrient Guideline		750-850												<10.00		

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.

Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School Lunch

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 ¹ (g)	Cost
Tue - 08/12/2025																
High School 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
CHICKEN TERIYAKI W/RICE (9-12)	#8SC+ 1 C(G)	373	83		2.43	1.95	30.2	*N/A*	0.0	*10	25.65	54.83	5.98	0.69	0.00	1.178
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	475	67		4.05	1.00	53.0	*N/A*	2.23	1	12.46	39.85	29.68	8.56	*0.00	0.490
SOUTH OF THE BORDER FRIES	3/4CUP+ 2OZ(G)	440	88		4.03	1.36	41.7	*0	2.38	12	11.63	44.28	24.07	7.49	*0.00	0.873
BURGER BAR ASSORTED	SANDWIC	371	56		3.80	3.17	144.3	*0	0.0	3	23.84	34.69	15.18	4.77	0.00	0.951
SALAD, CHEF (9-12)	1 SALAD(1C(2G))	450	220		4.29	13.43	81.5	*N/A*	45.71	12	23.69	47.09	19.06	4.78	0.00	1.473
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
SACK LUNCH (HS)	SACK	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
POTATO, WEDGES	1/2 CUP	130	3		2.00	0.36	0.0	*N/A*	0.0	0	2.0	21.01	4.0	0.50	0.00	0.287
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/ 4C(R)	19	0		1.60	0.74	18.3	*N/A*	17.58	2	0.96	3.91	0.09	0.00	0.00	0.343
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
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
DRESSING RANCH PKG	4 EACH	200	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	20.0	0.00	0.00	0.227
SAUCE, SOY PKG	1 EACH	7	0		0.09	0.25	4.6	*N/A*	0.11	0	1.0	0.7	0.0	0.00	0.00	0.067
SAUCE SWEET&SOUR	1 EACH	50	0		0.00	0.00	0.0	*N/A*	1.2	7	0.0	12.0	0.0	0.00	0.00	0.179
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
MAYONNAISE	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
SAUCE CHEESE 6/5LB (5-12)	#16SC	108	28		0.00	0.00	203.6	*N/A*	0.0	1	7.02	2.01	8.02	4.61	0.00	0.313
SAUCE, CHOLULA	2 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.119
SOUR CREAM	PKG	60	20		0.00	0.00	20.0	*N/A*	0.0	1	1.0	1.0	5.0	3.50	0.00	0.165
JALAPENOS	SERVING (1/4c)	1	0		0.36	0.00	0.0	*N/A*	0.0	0	0.0	0.09	0.02	0.00	0.00	0.004

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 11, 2025 thru Aug 15, 2025

High School Lunch

Generated on: 6/18/2025 6:57:41 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
Weighted Daily Average % of Calories		831	89	1315	8.33	3.09	491.4	*0	13.53	*39 *18.7%	32.02 15.4%	104.04 50.1%	31.87 34.5%	7.95 8.6%	*0.00 *0.0%	2.149
Nutrient Guideline		750-850												<10.00		

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High School Lunch

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 ¹ (g)	Cost
Wed - 08/13/2025																
High School 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
PIZZA, CHEESE STICKS (5-12)	3 STICKS	448	30		2.98	3.58	537.2	*N/A*	0.0	0	23.87	47.75	17.91	5.97	0.00	0.929
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	475	67		4.05	1.00	53.0	*N/A*	2.23	1	12.46	39.85	29.68	8.56	*0.00	0.490
SOUTH OF THE BORDER FRIES	3/4CUP+ 2OZ(G)	440	88		4.03	1.36	41.7	*0	2.38	12	11.63	44.28	24.07	7.49	*0.00	0.873
BURGER BAR ASSORTED	SANDWIC	371	56		3.80	3.17	144.3	*0	0.0	3	23.84	34.69	15.18	4.77	0.00	0.951
SANDWICH, HAM & CHEESE	1 SAND WICH	270	67		3.66	2.17	124.9	*0	2.2	4	21.99	28.61	10.33	4.50	0.00	0.356
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
SACK LUNCH (HS)	SACK	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/ 4C(R)	19	0		1.60	0.74	18.3	*N/A*	17.58	2	0.96	3.91	0.09	0.00	0.00	0.343
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
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	4 EACH	200	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	20.0	0.00	0.00	0.227
SAUCE, MARINARA CUP	2 EACH	30	0		2.02	0.73	0.0	*N/A*	0.0	4	2.02	6.07	0.0	0.00	0.00	0.285
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
MAYONNAISE	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
SAUCE CHEESE 6/5LB (5-12)	#16SC	108	28		0.00	0.00	203.6	*N/A*	0.0	1	7.02	2.01	8.02	4.61	0.00	0.313
SAUCE, CHOLULA	2 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.119
SOUR CREAM	PKG	60	20		0.00	0.00	20.0	*N/A*	0.0	1	1.0	1.0	5.0	3.50	0.00	0.165
JALAPENOS	SERVING (1/4c)	1	0		0.36	0.00	0.0	*N/A*	0.0	0	0.0	0.09	0.02	0.00	0.00	0.004
Weighted Daily Average		714	70	1177	6.60	3.11	597.6	*0	19.66	39	30.53	82.16	29.86	8.35	*0.00	1.851
% of Calories										21.9%	17.1%	46.0%	37.6%	10.5%	*0.0%	
Nutrient Guideline		750-850												<10.00		

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

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Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 6/18/2025 6:57:41 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
Thu - 08/14/2025																
High School 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
ENCHILADAS	2 EA	363	59		2.62	7.56	484.2	*N/A*	3.01	5	19.95	27.81	18.84	10.40	0.00	1.919
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	475	67		4.05	1.00	53.0	*N/A*	2.23	1	12.46	39.85	29.68	8.56	*0.00	0.490
SOUTH OF THE BORDER FRIES	3/4CUP+ 2OZ(G)	440	88		4.03	1.36	41.7	*0	2.38	12	11.63	44.28	24.07	7.49	*0.00	0.873
BURGER BAR ASSORTED	SANDWIC	371	56		3.80	3.17	144.3	*0	0.0	3	23.84	34.69	15.18	4.77	0.00	0.951
SANDWICH ITALIAN SUB	SANDWIC	318	71		2.02	7.00	201.8	*N/A*	0.0	5	22.15	31.91	12.81	4.50	0.00	1.230
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
SACK LUNCH (HS)	SACK	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
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
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	19	0		1.60	0.74	18.3	*N/A*	17.58	2	0.96	3.91	0.09	0.00	0.00	0.343
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	4 EACH	200	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	20.0	0.00	0.00	0.227
SAUCE, MARINARA CUP	2 EACH	30	0		2.02	0.73	0.0	*N/A*	0.0	4	2.02	6.07	0.0	0.00	0.00	0.285
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
MAYONNAISE	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
SAUCE CHEESE 6/5LB (5-12)	#16SC	108	28		0.00	0.00	203.6	*N/A*	0.0	1	7.02	2.01	8.02	4.61	0.00	0.313
SAUCE, CHOLULA	2 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.119
SOUR CREAM	PKG	60	20		0.00	0.00	20.0	*N/A*	0.0	1	1.0	1.0	5.0	3.50	0.00	0.165
JALAPENOS	SERVING (1/4c)	1	0		0.36	0.00	0.0	*N/A*	0.0	0	0.0	0.09	0.02	0.00	0.00	0.004
Weighted Daily Average		712	76	1207	7.58	3.37	557.5	*0	9.23	37	30.14	80.52	30.15	8.98	*0.00	1.989
% of Calories										20.7%	16.9%	45.2%	38.1%	11.3%	*0.0%	
Nutrient Guideline		750-850												<10.00		

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Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School Lunch

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 ¹ (g)	Cost
Fri - 08/15/2025																
High School 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
GRILLED CHEESE SANDWICH	SANDWIC	339	30		1.99	1.44	348.9	*N/A*	0.0	4	19.94	31.9	17.94	7.98	0.00	1.501
SOUTH OF THE BORDER BEEF	#10SC +2 OZ(G)	475	67		4.05	1.00	53.0	*N/A*	2.23	1	12.46	39.85	29.68	8.56	*0.00	0.490
SOUTH OF THE BORDER FRIES	3/4CUP+ 2OZ(G)	440	88		4.03	1.36	41.7	*0	2.38	12	11.63	44.28	24.07	7.49	*0.00	0.873
BURGER BAR ASSORTED	SANDWIC	371	56		3.80	3.17	144.3	*0	0.0	3	23.84	34.69	15.18	4.77	0.00	0.951
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	310	53		*2.00	*1.00	*151.0	*0	*0.0	*4	27.5	30.0	11.0	5.00	*0.00	1.962
SANDWICH,COURTESY MEAL (HS)	SANDWIC	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
SACK LUNCH (HS)	SACK	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
SOUP, TOMATO, VEG. (K-12)	2/3 CUP	122	12		2.05	1.03	82.0	*N/A*	0.0	14	4.1	21.54	4.1	3.08	0.00	0.875
POTATO, FRENCH FRIES	1/2 CUP	110	0		1.00	0.30	10.0	0	0.0	0	1.0	16.03	5.01	0.50	0.00	0.356
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
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
DRESSING RANCH PKG	4 EACH	200	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	4.0	20.0	0.00	0.00	0.227
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
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
MAYONNAISE	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
SAUCE CHEESE 6/5LB (5-12)	#16SC	108	28		0.00	0.00	203.6	*N/A*	0.0	1	7.02	2.01	8.02	4.61	0.00	0.313
SAUCE, CHOLULA	2 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.119
SOUR CREAM	PKG	60	20		0.00	0.00	20.0	*N/A*	0.0	1	1.0	1.0	5.0	3.50	0.00	0.165
JALAPENOS	SERVING (1/4c)	1	0		0.36	0.00	0.0	*N/A*	0.0	0	0.0	0.09	0.02	0.00	0.00	0.004
Weighted Daily Average		817	74	1367	*7.08	*2.61	*546.2	*0	*5.86	*37	30.30	95.57	35.96	9.53	*0.00	2.243
% of Calories										*17.9%	14.8%	46.8%	39.6%	10.5%	*0.0%	
Nutrient Guideline		750-850												<10.00		

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Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

High School 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
Weighted Average		766	77		*7.32	*3.00	*537.8	*0	*11.48	*39 *45.7%	30.76 16.1%	90.24 47.1%	31.81 37.4%	8.48 10.0%	*0.00 *0.0%	2.048

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	766		750 - 850	100%				
Cholesterol (mg)	77							
Sodium 1a (mg)	1253		1280	98%				
Fiber (g)	7.32				Missing			
Iron (mg)	3.00				Missing			
Calcium (mg)	537.8				Missing			
Vitamin A (IU)	0				Missing			
Sugars (g)	39	20.33%			Missing			
Vitamin C (mg)	11.48				Missing			
Protein (g)	30.76	16.06%						
Carbohydrate (g)	90.24	47.12%						
Total Fat (g)	31.81	37.37%						
Saturated Fat (g)	8.48	9.96%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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