

Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	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
Mon - 08/18/2025																
High School Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	243	23	263	0.67	1.50	20.0	*N/A*	0.0	17	4.0	41.69	7.0	1.00	0.00	0.605
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		505	68	508	5.71	*4.02	*521.4	*N/A*	*23.26	*58	17.87	94.85	6.36	1.84	0.01	1.642
% of Calories										*46.3%	14.2%	75.1%	11.3%	3.3%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 08/19/2025																
High School Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	*N/A*	0.0	3	19.99	27.98	16.99	4.50	0.00	1.598
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
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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Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 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 ¹ (g)	Cost
Weighted Daily Average % of Calories		544	83	631	6.01	*4.14	*605.8	*N/A*	*22.07	55 40.2%	23.57 17.3%	90.38 66.4%	10.18 16.8%	3.22 5.3%	0.01 0.0%	1.998
Nutrient Guideline		450-600		640										<10.00		

Wed - 08/20/2025																
	Total															
High School Breakfast																
BKF CRISUP POT EGG	1 EACH	180	25	430	3.00	1.00	60.0	*N/A*	0.0	1	0.0	17.0	9.0	3.00	0.00	0.945
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
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 % of Calories		508	22	704	7.99	*4.04	*548.7	*N/A*	*22.33	54 42.5%	18.01 14.2%	92.13 72.5%	7.02 12.4%	2.39 4.2%	0.01 0.0%	1.752
Nutrient Guideline		450-600		640										<10.00		

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Aug 18, 2025 thru Aug 22, 2025

High School Breakfast

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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
Thu - 08/21/2025																
High School Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	*N/A*	0.0	19	5.99	40.93	7.99	2.00	0.00	0.712
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
SYRUP PANCAKE CUP	1 EACH	119	0	30	0.00	0.00	0.0	*N/A*	0.0	22	0.0	29.67	0.0	0.00	0.00	0.265
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		563	57	506	6.36	*4.01	*541.3	*N/A*	*22.07	69	19.16	105.90	7.45	2.40	0.01	1.776
% of Calories										48.9%	13.6%	75.2%	11.9%	3.8%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

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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 ¹ (g)	Cost
Fri - 08/22/2025																
High School Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	*N/A*	0.0	6	9.98	17.95	6.98	1.99	0.00	0.913
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 TAQUITO (#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		585	70	549	5.80	*3.80	*543.7	*N/A*	*23.26	*74	19.57	113.39	6.36	2.12	0.01	1.955
% of Calories										*50.6%	13.4%	77.5%	9.8%	3.3%	0.0%	
Nutrient Guideline		450-600		640										<10.00		
Weighted Average		541	60	579	6.38	*4.00	*552.2	*N/A*	*22.60	*62	19.63	99.33	7.47	2.39	0.01	1.825
										*103.1	14.5%	73.4%	12.4%	4.0%	0.0%	

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Portion Values - Detailed

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Aug 18, 2025 thru Aug 22, 2025

High School Breakfast

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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	541		450 - 600	100%														
Cholesterol (mg)	60																	
Sodium 1 (mg)	579		640	91%														
Fiber (g)	6.38																	
Iron (mg)	4.00				Missing													
Calcium (mg)	552.2				Missing													
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	62	45.82%			Missing													
Vitamin C (mg)	22.60				Missing													
Protein (g)	19.63	14.51%																
Carbohydrate (g)	99.33	73.42%																
Total Fat (g)	7.47	12.43%																
Saturated Fat (g)	2.39	3.98%	<10.00%															
Trans Fat ¹ (g)	0.01	0.02%																

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