

# Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 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 <sup>1</sup> (g)	Cost
Mon - 08/18/2025																
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
CORN DOG MINI'S (K-12)	6 EACH	314	48		2.41	1.21	16.9	*N/A*	0.0	6	13.27	26.54	16.89	3.62	0.00	0.797
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,CHICKEN HAM CHEESE IW	1 EA	352	40		3.02	1.91	392.6	*N/A*	0.0	7	19.13	36.24	15.1	5.03	0.00	1.900
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
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
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
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		728	77	1210	7.25	2.25	482.6	*0	9.48	*39	28.34	81.45	32.16	8.35	*0.00	1.845
% of Calories										*21.2%	15.6%	44.8%	39.8%	10.3%	*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 18, 2025 thru Aug 22, 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 <sup>1</sup> (g)	Cost
Tue - 08/19/2025																
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 CHOW MEIN NOODL E(HS)	#8SC/1C(G	309	83		3.01	3.99	0.0	*N/A*	0.0	2	20.63	32.22	11.29	2.08	0.00	1.556
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, 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
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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 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 <sup>1</sup> (g)	Cost
Weighted Daily Average		756	86	1329	7.59	3.18	500.3	*0	13.76	38	29.85	87.93	31.82	8.27	*0.00	2.047
% of Calories										19.9%	15.8%	46.6%	37.9%	9.9%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Wed - 08/20/2025																
	Total															
High School Lunch																
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
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	438	39		3.30	1.23	386.3	*N/A*	6.21	6	21.91	46.36	16.56	7.08	0.00	1.289
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
PITA BLT WRAP	1 WRAP	411	57		4.09	2.32	247.9	*N/A*	12.28	5	25.39	33.88	19.63	6.66	0.00	1.649
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
CAULIFLOWER, ROASTED 5#	1/2 CUP	27	0		1.51	0.32	16.9	*N/A*	36.44	*1	1.45	5.33	0.21	0.10	0.00	0.307
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
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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

## Base Menu Spreadsheet

High School Lunch

### 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 <sup>1</sup> (g)	Cost
Weighted Daily Average % of Calories		745	75	1238	7.51	2.68	550.6	*0	23.97	*40 *21.6%	29.92 16.1%	84.43 45.3%	32.13 38.8%	8.91 10.8%	*0.00 *0.0%	1.924
Nutrient Guideline		750-850												<10.00		

Thu - 08/21/2025																
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 & CHEESE FLAUTAS	2 EACH	524	101		2.02	0.73	161.3	*N/A*	0.0	2	20.17	38.32	32.27	10.08	0.00	1.166
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
BISTRO BOX TURKEY	1 EACH	136	25		0.99	0.00	0.0	*N/A*	60.0	16	11.0	21.99	1.0	0.00	0.00	1.202
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, SEASONED PINTO	1/2 CUP	102	0		8.96	1.42	59.8	*N/A*	0.21	0	4.97	17.69	0.01	0.00	0.00	0.178
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	*N/A*		2.07	*N/A*	*N/A*	*N/A*	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*	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
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

Aug 18, 2025 thru Aug 22, 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 <sup>1</sup> (g)	Cost
Weighted Daily Average		1049	*87	1250	15.22	*2.02	*517.9	*0	13.92	85	32.85	152.11	*34.59	*9.52	*0.00	3.381
% of Calories										32.4%	12.5%	58.0%	*29.7%	*8.2%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Fri - 08/22/2025																
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
CORN DOG	1 EACH	281	40		2.01	1.81	60.2	*N/A*	9.03	9	9.03	31.11	13.05	3.51	0.00	0.670
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, SUNFLOWER BUTTER W/J	SANDWIC	633	0		7.81	3.64	96.9	*N/A*	0.0	31	19.53	65.71	35.83	4.00	0.00	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
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0		3.29	0.79	21.9	*N/A*	6.57	3	2.19	12.67	1.1	0.00	0.00	0.321
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
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

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# Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 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 <sup>1</sup> (g)	Cost
Weighted Daily Average		800	73	1242	6.78	2.33	494.6	*0	8.15	39	26.71	94.81	35.35	8.71	*0.00	2.082
% of Calories										19.5%	13.4%	47.4%	39.8%	9.8%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Weighted Average		816	*80		8.87	*2.49	*509.2	*0	13.86	*48	29.53	100.15	*33.21	*8.75	*0.00	2.256
										*53.1%	14.5%	49.1%	*36.6%	*9.7%	*0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	816		750 - 850	100%				
Cholesterol (mg)	80				Missing			
Sodium 1a (mg)	1254		1280	98%				
Fiber (g)	8.87							
Iron (mg)	2.49				Missing			
Calcium (mg)	509.2				Missing			
Vitamin A (IU)	0				Missing			
Sugars (g)	48	23.59%			Missing			
Vitamin C (mg)	13.86							
Protein (g)	29.53	14.48%						
Carbohydrate (g)	100.15	49.11%						
Total Fat (g)	33.21	36.64%			Missing			
Saturated Fat (g)	8.75	9.66%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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