

Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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
Mon - 08/25/2025																
High School Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	*N/A*	0.0	13	5.99	41.93	5.99	2.00	0.00	0.537
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		501	65	487	6.09	*4.05	*524.2	*N/A*	*23.26	*57	18.43	94.92	6.07	2.12	0.01	1.623
% of Calories										*45.8%	14.7%	75.8%	10.9%	3.8%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Tue - 08/26/2025																
High School Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	*N/A*	0.0	3	8.99	18.97	7.99	2.00	0.00	1.011
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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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		499	87	572	6.01	*3.83	*565.1	*N/A*	*22.07	55	20.44	87.82	7.62	2.51	0.01	1.832
% of Calories										43.8%	16.4%	70.4%	13.8%	4.5%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Wed - 08/27/2025																
	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
High School Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	*N/A*	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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		750	14	700	8.84	*4.78	*543.1	*N/A*	*22.33	100	19.14	156.53	6.17	1.82	0.01	2.136
% of Calories										53.4%	10.2%	83.5%	7.4%	2.2%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

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Thu - 08/28/2025																
High School Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	*N/A*	0.0	24	5.02	45.19	8.03	1.51	0.00	0.718
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
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		516	57	537	6.08	*3.87	*558.1	*N/A*	*22.07	61	18.89	94.84	7.47	2.26	0.01	1.679
% of Calories										47.0%	14.6%	73.5%	13.0%	3.9%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 08/29/2025																
High School Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	450	2.00	1.44	60.0	*N/A*	2.4	5	7.0	25.0	11.0	3.50	0.00	0.635
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
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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	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		501	67	561	6.09	*4.00	*532.8	*N/A*	*23.94	*55 *44.0%	18.72 14.9%	90.11 71.9%	7.50 13.5%	2.55 4.6%	0.01 0.0%	1.650
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		553	58	571	6.62	*4.10	*544.6	*N/A*	*22.74	*66 *106.7	19.12 13.8%	104.84 75.8%	6.97 11.3%	2.25 3.7%	0.01 0.0%	1.784
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	553		450 - 600	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	571		640	89%				
Fiber (g)	6.62							
Iron (mg)	4.10				Missing			
Calcium (mg)	544.6				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	66	47.42%			Missing			
Vitamin C (mg)	22.74				Missing			
Protein (g)	19.12	13.82%						
Carbohydrate (g)	104.84	75.77%						
Total Fat (g)	6.97	11.33%						
Saturated Fat (g)	2.25	3.66%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%						

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