

Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 - 08/25/2025																
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
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOO	437	64		5.02	2.52	100.0	*N/A*	1.21	7	23.99	48.18	15.99	5.49	0.00	1.112
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 CHEESE WRAP	1 WRAP	423	50		3.55	2.20	630.5	*N/A*	2.55	7	17.75	35.86	23.62	11.00	0.00	0.617
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
COLESLAW 4/5#	1/2 CUP	33	3		0.70	0.13	14.0	*N/A*	8.43	3	0.35	3.79	1.79	0.26	0.00	0.074
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
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
SAUCE, BBQ CUP	2 EACH	81	0		0.00	0.00	0.0	*N/A*	0.0	16	0.0	20.24	0.0	0.00	0.00	0.759
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		730	75	1223	7.76	2.65	509.3	*0	9.70	*39	30.91	84.06	30.02	8.23	*0.00	1.876
% of Calories										*21.2%	16.9%	46.1%	37.0%	10.2%	*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.

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Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 - 08/26/2025																
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, POTSTICKERS W/E	3PC+ 1E	276	53		3.06	13.34	10.5	*N/A*	0.0	3	17.95	33.33	8.69	1.51	0.00	1.343
GGROLL	ACH															
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
BROCCOLI BITES FRESH 3#	1/2 CUP	22	0		2.06	0.41	17.1	*N/A*	41.14	1	1.49	4.63	0.23	0.06	0.00	0.167
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

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Aug 25, 2025 thru Aug 29, 2025

High School Lunch

Generated on: 6/26/2025 1:17:03 PM

	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		716	80	1221	7.73	4.58	493.5	*0	20.46	39 21.7%	29.12 16.3%	83.84 46.9%	29.50 37.1%	7.73 9.7%	*0.00 *0.0%	1.928
Nutrient Guideline		750-850												<10.00		

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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
Wed - 08/27/2025																
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
BEEF, SPAGHETTI W/SAUCE 6/5#	#8SC+1/2 C+1(G)	448	55		9.01	3.82	44.4	*N/A*	19.15	9	23.12	64.99	11.54	3.32	*0.00	1.640
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/CH CROSSIA NT	SANDWIC	312	67		2.00	2.44	151.0	*0	2.2	6	21.5	32.0	13.5	6.50	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
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
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
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
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		738	74	1141	8.84	3.26	499.0	*0	24.40	42	30.64	89.76	29.00	7.78	*0.00	2.042
% of Calories										22.8%	16.6%	48.7%	35.4%	9.5%	*0.0%	
Nutrient Guideline		750-850											<10.00			

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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
Thu - 08/28/2025																
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
BEEF, TAMALES	1 EACH	340	27		5.00	1.80	60.0	0	0.0	0	10.0	30.0	20.0	5.00	0.00	1.082
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
CORN, MEXICALI	1/2 CUP	86	0		2.19	0.05	0.6	*N/A*	4.59	4	2.15	18.3	1.06	0.00	0.00	0.936
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
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
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		734	69	1201	8.39	2.38	490.8	*0	7.36	38	28.59	85.34	31.17	8.14	*0.00	2.026
% of Calories										20.6%	15.6%	46.5%	38.2%	10.0%	*0.0%	
Nutrient Guideline		750-850											<10.00			

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Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 - 08/29/2025																
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
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31		4.89	15.57	1610.6	*N/A*	0.57	9	24.06	56.22	14.12	5.60	0.00	1.172
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,TUNA CROISSANT (5-12)	SANDWIC 1/2 CUP	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,COURTESY MEAL (HS)	SANDWIC	400	*52		*2.10	*1.80	*83.2	*N/A*	*0.32	9	32.47	36.34	12.16	*3.01	*0.00	1.456
SACK LUNCH (HS)	SACK	328	50		3.66	0.73	334.9	*0	0.0	4	15.49	29.61	19.83	10.00	0.00	0.590
POTATO,TATERTOT (K-12)	SACK 1/2CUP(9 pc)	468	13		8.11	1.23	146.3	*0	9.21	29	10.42	67.97	20.26	2.50	0.00	1.203
TOMATOES GRAPE	1/2 CUP	130	0		1.00	0.00	0.0	*N/A*	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
BEANS, REFRIED 6/28.1oz	1/2 CUP	40	0		1.35	10.93	0.0	*N/A*	36.45	5	1.35	8.1	0.0	0.00	0.00	0.656
PEACHES DICED, CANNED	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
FRUIT FRESH ASSORTED	1 EACH	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
MILK 1% WHITE	8 OZ	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 FAT FREE, CHOCOLATE	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 SKIM UNFLAVORED	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, STRAWBERRY FF	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 LACTOSE FREE	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
DRESSING RANCH PKG	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
CHEESE, PARMESAN, BULK	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
MAYONNAISE	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
MUSTARD	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
KETCHUP	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
SAUCE CHEESE 6/5LB (5-12)	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, CHOLULA	#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
SOUR CREAM	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
JALAPENOS	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
	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		837	*70	1534	*8.17	*5.67	*735.3	*0	*10.18	37	31.24	99.57	35.02	*9.29	*0.00	2.114
% of Calories										17.5%	14.9%	47.6%	37.7%	*10.0%	*0.0%	
Nutrient Guideline		750-850												<10.00		

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Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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		751	*74		*8.18	*3.71	*545.6	*0	*14.42	*39 *46.5%	30.10 16.0%	88.51 47.2%	30.94 37.1%	*8.23 *9.9%	*0.00 *0.0%	1.997

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	751		750 - 850	100%				
Cholesterol (mg)	74				Missing			
Sodium 1a (mg)	1264		1280	99%				
Fiber (g)	8.18				Missing			
Iron (mg)	3.71				Missing			
Calcium (mg)	545.6				Missing			
Vitamin A (IU)	0				Missing			
Sugars (g)	39	20.67%			Missing			
Vitamin C (mg)	14.42				Missing			
Protein (g)	30.10	16.04%						
Carbohydrate (g)	88.51	47.17%						
Total Fat (g)	30.94	37.10%						
Saturated Fat (g)	8.23	9.87%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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