

# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 <sup>1</sup> (g)	Cost
<b>Mon - 09/01/2025</b>																
High School Breakfast	Total															
BKF SAUSAGE CHEESE SAND WICH	1 EACH	174	25	333	1.40	1.40	102.4	*N/A*	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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
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
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		495	69	527	5.92	*3.99	*544.8	*N/A*	*23.69	*57	19.18	90.56	6.59	2.46	0.01	1.617
% of Calories										*46.0%	15.5%	73.1%	12.0%	4.5%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

<b>Tue - 09/02/2025</b>																
High School Breakfast	Total															
BKF PIZZA, SAUSAGE(7-12)	1 SLICE	151	10	362	3.02	1.71	120.7	*N/A*	0.0	2	9.05	19.1	4.02	1.51	0.00	0.375
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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Sep 1, 2025 thru Sep 5, 2025

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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 <sup>1</sup> (g)	Cost
Weighted Daily Average		490	71	592	6.30	*4.06	*562.3	*N/A*	*22.07	54	20.46	87.85	6.49	2.37	0.01	1.651
% of Calories										44.3%	16.7%	71.6%	11.9%	4.4%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Wed - 09/03/2025																
	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 <sup>1</sup> (g)	Cost
High School Breakfast	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	*N/A*	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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	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		565	17	688	7.99	*4.19	*543.1	*N/A*	*22.33	66	19.14	110.17	5.75	1.82	0.01	1.809
% of Calories										46.9%	13.6%	78.1%	9.2%	2.9%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

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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 <sup>1</sup> (g)	Cost
Thu - 09/04/2025																
High School Breakfast	Total															
BKF HAM BAR PATTY80CT (7-12)	1 BAR	427	60	744	3.38	3.11	135.4	*N/A*	0.0	5	11.77	42.58	24.35	7.39	0.00	0.953
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
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		572	74	679	6.47	*4.46	*567.0	*N/A*	*22.07	57	20.80	96.66	12.10	3.93	0.01	1.761
% of Calories										40.2%	14.6%	67.6%	19.0%	6.2%	0.0%	
Nutrient Guideline		450-600		640										<10.00		

Fri - 09/05/2025																
High School Breakfast	Total															
BKF CONCHA	1 SERVIN	189	5	85	2.99	1.44	39.9	*N/A*	2.39	8	3.99	32.89	5.98	2.49	0.00	0.915
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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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 2025

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 <sup>1</sup> (g)	Cost
Weighted Daily Average % of Calories		490	63	457	6.37	*4.00	*527.0	*N/A*	*23.94	*56 *45.7%	17.86 14.6%	92.35 75.4%	6.07 11.2%	2.26 4.2%	0.01 0.0%	1.730
Nutrient Guideline		450-600		640										<10.00		

Weighted Average		522	59	589	6.61	*4.14	*548.8	*N/A*	*22.82	*58 *100.3	19.49 14.9%	95.52 73.1%	7.40 12.8%	2.57 4.4%	0.01 0.0%	1.714
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	522		450 - 600	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	589		640	92%				
Fiber (g)	6.61							
Iron (mg)	4.14				Missing			
Calcium (mg)	548.8				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	58	44.56%			Missing			
Vitamin C (mg)	22.82				Missing			
Protein (g)	19.49	14.92%						
Carbohydrate (g)	95.52	73.15%						
Total Fat (g)	7.40	12.75%						
Saturated Fat (g)	2.57	4.43%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.02%						

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