

# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 - 09/01/2025																
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, STEAK FINGERS (5-12)	4 EACH	323	35		4.04	2.72	40.4	*N/A*	0.0	1	16.14	19.17	20.18	5.05	0.00	0.512
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
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc)	229	56		1.66	0.60	237.3	*N/A*	0.0	4	9.61	12.82	15.81	9.77	0.60	1.505
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0		3.54	18.07	1500.2	*N/A*	0.71	4	8.27	33.07	3.54	0.59	0.00	0.203
POTATO, MASHED 12/31oz	1/2 CUP	91	0		1.26	0.28	18.1	*N/A*	25.34	2	1.95	16.81	2.05	1.28	0.00	0.694
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
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
CRACKERS, SALTINES	4 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
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		748	71	1229	7.72	5.96	779.9	*0	16.88	*37	30.37	86.84	31.40	8.66	*0.02	1.968
% of Calories										*19.8%	16.2%	46.4%	37.8%	10.4%	*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

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

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 1, 2025 thru Sep 5, 2025

High School Lunch

Generated on: 6/24/2025 7:51:12 AM

	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 - 09/02/2025																
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, CHERRY BLOSSOM (9-12)	#8 SC+1 C(G)	428	51		4.63	1.87	2.4	*N/A*	0.0	*16	19.47	73.14	6.31	1.13	0.00	1.269
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
BEANS GREEN, CANNED	1/2 CUP	34	0		2.15	0.77	21.5	*N/A*	2.58	2	1.08	6.88	0.0	0.00	0.00	0.300
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

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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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		708	78	1185	7.09	2.82	489.2	*0	13.68	*40	28.75	86.26	27.73	7.36	*0.00	1.900
% of Calories										*22.4%	16.2%	48.7%	35.2%	9.4%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Wed - 09/03/2025																
	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
CHICKEN,WINGS W/BISCUIT (5-12)	SER(5PC)	511	173		1.73	1.73	69.3	*N/A*	0.0	3	34.97	26.71	29.69	7.25	0.00	1.565
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
PARFAIT, MIXED FRUIT (9-12)	4 OZ+(G) +(F)	521	18		5.67	2.59	443.6	*N/A*	4.38	21	19.11	84.35	11.23	4.25	0.00	1.420
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
CELERY STICKS 5#	1/2 CUP	30	0		0.76	0.27	15.2	*N/A*	2.74	2	0.76	3.81	1.14	0.00	0.00	0.179
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
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

Sep 1, 2025 thru Sep 5, 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		836	91	1342	7.25	2.86	519.3	*0	16.66	40	32.26	96.45	36.54	8.83	*0.00	2.266
% of Calories										19.2%	15.4%	46.1%	39.3%	9.5%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Thu - 09/04/2025																
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 CRISPUP (K-12)	2 EACH	361	50		2.01	2.01	435.3	*N/A*	0.0	2	14.04	24.07	24.07	9.03	0.00	1.590
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 SUNBUTTER (9-12)	1 EACH	564	0		6.57	3.30	35.8	*N/A*	60.0	23	15.52	52.51	34.41	3.58	0.00	1.126
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, 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
TOMATOES GRAPE	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
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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		649	71	1047	5.91	3.89	535.7	*0	12.19	32	27.37	71.48	28.64	8.50	*0.00	1.826
% of Calories										20.0%	16.9%	44.1%	39.7%	11.8%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Fri - 09/05/2025																
	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
CHICKEN, TENDERS W/CRNM	3 EACH+	406	46		4.90	2.76	54.1	*N/A*	0.15	12	17.26	38.69	20.09	3.41	0.00	0.899
UF(K-12)	1(G)															
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, PASTA	1 EACH	462	31		3.99	3.99	97.9	*N/A*	0.0	*7	16.69	43.45	26.27	6.03	0.00	2.007
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
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
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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

Sep 1, 2025 thru Sep 5, 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 <sup>1</sup> (g)	Cost
Weighted Daily Average		817	72	1292	7.79	2.76	495.7	*0	8.26	*39	28.89	96.87	35.41	8.30	*0.00	2.186
% of Calories										*19.1%	14.2%	47.4%	39.0%	9.2%	*0.0%	
Nutrient Guideline		750-850												<10.00		

Weighted Average		752	77		7.15	3.66	563.9	*0	13.53	*38	29.53	87.58	31.95	8.33	*0.00	2.029
										*45.1%	15.7%	46.6%	38.2%	10.0%	*0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	752		750 - 850	100%				
Cholesterol (mg)	77							
Sodium 1a (mg)	1219		1280	95%				
Fiber (g)	7.15							
Iron (mg)	3.66							
Calcium (mg)	563.9							
Vitamin A (IU)	0				Missing			
Sugars (g)	38	20.03%			Missing			
Vitamin C (mg)	13.53							
Protein (g)	29.53	15.71%						
Carbohydrate (g)	87.58	46.61%						
Total Fat (g)	31.95	38.25%						
Saturated Fat (g)	8.33	9.98%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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