

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

Intermediate Breakfast

Generated on: 6/11/2025 8:15:20 AM

	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 ¹ (g)	Cost
Mon - 08/11/2025																
Intermediate Breakfast	Total															
BKF PIZZA BAGEL IW (PK-6)	4 OZ	263	23	467	3.00	2.00	125.0	*N/A*	0.0	3	13.0	32.0	10.0	5.00	0.00	0.786
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 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
Weighted Daily Average		515	29	578	6.69	2.31	436.4	*N/A*	24.86	48	21.48	85.62	10.69	5.41	0.00	1.669
% of Calories										37.3%	16.7%	66.5%	18.7%	9.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 08/12/2025																
Intermediate Breakfast	Total															
BKF ENG MUFFIN EGG/CHEESE	1 SAND WICH	193	66	488	1.02	1.63	193.2	*N/A*	0.0	2	12.2	23.39	6.1	2.03	0.00	1.032
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 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
Weighted Daily Average		445	72	599	4.71	1.93	504.6	*N/A*	24.86	47	20.68	77.00	6.79	2.45	0.00	1.916
% of Calories										42.2%	18.6%	69.1%	13.7%	4.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 08/13/2025																
Intermediate Breakfast	Total															
BKF APPLE CINNAMON TOAST	1 EACH	309	0	448	3.98	1.99	69.7	*N/A*	0.0	16	4.98	43.79	12.94	1.99	0.00	0.834
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 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

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

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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		561	6	558	7.67	2.30	381.0	*N/A*	24.86	61	13.45	97.41	13.62	2.40	0.00	1.717
% of Calories										43.5%	9.6%	69.5%	21.9%	3.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Thu - 08/14/2025																
Intermediate Breakfast	Total															
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
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 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
Weighted Daily Average		481	7	422	7.23	*5.77	*427.2	*N/A*	*32.61	63	12.73	103.26	3.22	0.54	0.00	1.586
% of Calories										52.6%	10.6%	85.8%	6.0%	1.0%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 08/15/2025																
Intermediate Breakfast	Total															
BKF PANCAK STICK IW(PK-6)	1 EACH	123	9	317	1.76	0.88	44.0	*N/A*	0.0	5	7.05	14.09	4.4	1.32	0.00	0.568
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 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
Weighted Daily Average		376	15	428	5.45	1.19	355.4	*N/A*	24.86	50	15.52	67.71	5.09	1.73	0.00	1.451
% of Calories										53.6%	16.5%	72.1%	12.2%	4.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		476	26	517	6.35	*2.70	*420.9	*N/A*	*26.41	54	16.77	86.20	7.88	2.51	0.00	1.668
										102.0%	14.1%	72.5%	14.9%	4.7%	0.0%	

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Portion Values - Detailed

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Nutrient	Menu AVG	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
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	476		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	517		540	96%													
Fiber (g)	6.35																
Iron (mg)	2.70				Missing												
Calcium (mg)	420.9				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	54	45.32%															
Vitamin C (mg)	26.41				Missing												
Protein (g)	16.77	14.10%															
Carbohydrate (g)	86.20	72.49%															
Total Fat (g)	7.88	14.91%															
Saturated Fat (g)	2.51	4.74%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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