

Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Intermediate 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 - 08/11/2025																
Intermediate Lunch	Total															
BEEF, FRITO PIE (5-6)	#8SC+2OZ(GR)	620	63		4.29	3.12	197.1	*N/A*	8.57	2	24.1	40.17	40.83	11.48	0.64	1.061
CHICKEN & WAFFLE OPEN FACE	PATTY+1(G)	521	67		4.83	3.66	51.4	*N/A*	0.0	13	23.84	55.25	23.13	2.87	0.00	1.525
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 (K-8)	SANDWIC	228	25		3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
PEAS FROZEN	1/2 CUP	70	0		5.03	1.63	0.2	*N/A*	15.08	4	5.03	13.07	0.0	0.00	0.00	0.330
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
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	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
SYRUP PANCAKE CUP	2 EACH	237	0		0.00	0.00	0.0	*N/A*	0.0	44	0.0	59.34	0.0	0.00	0.00	0.530
Weighted Daily Average		786	69	978	7.24	3.85	407.7	*N/A*	10.08	*44	33.21	92.74	32.14	6.25	0.21	2.101
% of Calories										*22.4%	16.9%	47.2%	36.8%	7.2%	0.2%	
Nutrient Guideline		600-650												<10.00		

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

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Aug 11, 2025 thru Aug 15, 2025

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Intermediate 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 - 08/12/2025																
Intermediate Lunch	Total															
CHICKEN TERIYAKI W/RICE (K-8)	#8SC+ 1/2 C(G)	267	83		1.18	1.72	28.9	*N/A*	0.0	*10	23.15	32.35	5.04	0.69	0.00	1.113
CHICKEN, SANDWICH, ASSORTED	SANDWIC	371	54		4.26	3.36	109.9	*N/A*	0.0	3	26.21	38.56	12.62	2.43	0.00	1.162
SALAD, CHEF (K-8)	1 SALAD (1C(G))	290	128		2.29	12.35	71.5	*N/A*	45.71	10	18.69	28.59	12.56	4.03	0.00	1.278
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
POTATO, WEDGES	1/2 CUP	130	3		2.00	0.36	0.0	*N/A*	0.0	0	2.0	21.01	4.0	0.50	0.00	0.287
SALAD, ROMAINE SIDE W/ PICKLE	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
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
MAYONNAISE	1 EACH	28	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0		0.00	0.00	0.0	*N/A*	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	2 EACH	20	0		0.00	0.00	0.0	*N/A*	0.0	4	0.0	6.0	0.0	0.00	0.00	0.044
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
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
Weighted Daily Average		627	81	1207	5.87	3.76	383.3	*N/A*	14.57	*39	34.16	90.17	15.20	2.56	0.00	2.140
% of Calories										*24.7%	21.8%	57.5%	21.8%	3.7%	0.0%	
Nutrient Guideline		600-650											<10.00			

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

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Base Menu Spreadsheet

Intermediate 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
Wed - 08/13/2025																
Intermediate Lunch	Total															
CHICKEN ALFREDO w/ PASTA	#8 SCOOP	576	130		4.38	2.50	210.0	*N/A*	0.0	5	36.96	63.73	19.36	6.48	0.00	1.665
PIZZA, CHEESE STICKS (5-12)	3 STICKS	448	30		2.98	3.58	537.2	*N/A*	0.0	0	23.87	47.75	17.91	5.97	0.00	0.929
SANDWICH, HAM & CHEESE	1 SAND	270	67		3.66	2.17	149.9	*N/A*	2.2	4	21.99	28.61	10.33	4.50	0.45	0.356
	WICH															
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
CORN, CANNED	1/2 CUP	86	0		2.00	0.00	0.0	*N/A*	3.61	4	2.0	18.21	1.0	0.00	0.00	0.882
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
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
MAYONNAISE	1 EACH	28	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0		0.00	0.00	0.0	*N/A*	0.0	0	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	1 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
CHEESE, PARMESAN, BULK	1 EACH	15	5		0.00	0.00	39.9	*N/A*	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	1 EACH	15	0		1.01	0.36	0.0	*N/A*	0.0	2	1.01	3.04	0.0	0.00	0.00	0.143
Weighted Daily Average		665	60	996	5.70	5.82	766.8	*N/A*	20.00	32	35.95	85.60	20.52	6.57	0.04	1.987
% of Calories										19.0%	21.6%	51.5%	27.8%	8.9%	0.0%	
Nutrient Guideline		600-650												<10.00		

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Intermediate 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
Thu - 08/14/2025																
Intermediate Lunch	Total															
ENCHILADAS	2 EA	363	59		2.62	7.56	484.2	*N/A*	3.01	5	19.95	27.81	18.84	10.40	0.00	1.919
BURRITO, W/CHILI&CHEESE (5-12)	1 BURRIT	460	43		9.51	3.24	311.2	*N/A*	5.53	5	25.83	41.75	20.47	8.94	0.14	1.145
SANDWICH ITALIAN SUB	SANDWIC	318	71		2.02	7.00	201.8	*N/A*	0.0	5	22.15	31.91	12.81	4.50	0.00	1.230
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
SALAD, ROMAINE W/GRAPE TOMATO	1C(G)+1/4C(R)	28	0		1.63	6.16	9.1	*N/A*	29.0	3	1.17	5.69	0.0	0.00	0.00	0.503
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	*N/A*		2.07	*N/A*	*N/A*	*N/A*	1.24	13	1.04	19.7	*N/A*	*N/A*	*N/A*	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	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, MARINARA CUP	1 EACH	15	0		1.01	0.36	0.0	*N/A*	0.0	2	1.01	3.04	0.0	0.00	0.00	0.143
SAUCE, CHOLULA	1 EACH	0	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		606	*62	1000	8.56	*7.79	*712.4	*N/A*	14.14	32	32.39	70.64	*21.31	*9.78	*0.05	2.451
% of Calories										21.4%	21.4%	46.6%	*31.7%	*14.5%	*0.1%	
Nutrient Guideline		600-650												<10.00		

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Fri - 08/15/2025																
Intermediate Lunch	Total															
FISH, NUGGETS W/ MACARONI	4PC+#10 SC(GR)	371	65		3.01	1.62	220.1	*N/A*	0.0	4	23.55	37.58	13.53	4.00	0.00	1.002
SANDWICH, GRILLED CHEESE IW	SANDWIC	339	30		1.99	1.44	348.9	*N/A*	0.0	4	19.94	31.9	17.94	7.98	0.00	1.501
SANDWICH, TURKEY/CH CRO SSIANT	SANDWIC	310	53		*2.00	*1.00	*176.0	*N/A*	*0.0	*4	27.5	30.0	11.0	5.00	*0.45	1.962
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	169.2	*N/A*	5.8	15	24.13	48.54	24.59	4.50	0.45	1.878
SOUP, TOMATO, VEG. (K-12)	2/3 CUP	122	12		2.05	1.03	82.0	*N/A*	0.0	14	4.1	21.54	4.1	3.08	0.00	0.875
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
PEACHES DICED, CANNED	1/2 CUP	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
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
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	1 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, TARTAR	2 EACH	57	11		0.00	0.00	0.0	*N/A*	0.0	2	0.0	2.27	5.67	0.00	0.00	0.125
CRACKERS, SALTINES	2 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
Weighted Daily Average		559	48	1077	*3.94	*1.77	*629.2	*N/A*	*5.74	*33	30.24	69.26	20.98	7.93	*0.04	2.271
% of Calories										*23.8%	21.7%	49.6%	33.8%	12.8%	*0.1%	
Nutrient Guideline		600-650												<10.00		
Weighted Average		649	*64		*6.26	*4.60	*579.9	*N/A*	*12.91	*36	33.19	81.68	*22.03	*6.62	*0.07	2.190
										*49.9%	20.5%	50.4%	*30.6%	*9.2%	*0.1%	

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 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Intermediate Lunch

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	649		600 - 650	100%													
Cholesterol (mg)	64				Missing												
Sodium 1a (mg)	1051		1110	95%													
Fiber (g)	6.26				Missing												
Iron (mg)	4.60				Missing												
Calcium (mg)	579.9				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	36	22.19%			Missing												
Vitamin C (mg)	12.91				Missing												
Protein (g)	33.19	20.47%															
Carbohydrate (g)	81.68	50.38%															
Total Fat (g)	22.03	30.57%			Missing												
Saturated Fat (g)	6.62	9.18%	<10.00%		Missing												
Trans Fat ¹ (g)	0.07	0.09%			Missing												

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