

# Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

## Base Menu Spreadsheet

Intermediate 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 - 08/18/2025</b>																
Intermediate Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	243	23	263	0.67	1.50	20.0	*N/A*	0.0	17	4.0	41.69	7.0	1.00	0.00	0.605
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		496	30	374	4.36	1.81	331.4	*N/A*	24.86	62	12.48	95.31	7.69	1.41	0.00	1.488
% of Calories										49.8%	10.1%	76.9%	14.0%	2.6%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

<b>Tue - 08/19/2025</b>																
Intermediate Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	*N/A*	0.0	3	19.99	27.98	16.99	4.50	0.00	1.598
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		592	56	610	5.69	2.30	585.2	*N/A*	24.86	48	28.46	81.60	17.68	4.91	0.00	2.481
% of Calories										32.4%	19.2%	55.1%	26.9%	7.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

<b>Wed - 08/20/2025</b>																
Intermediate Breakfast	Total															
BKF CRISUP POT EGG IW 94/2.57	1 EACH	180	25	430	3.00	1.00	60.0	*N/A*	0.0	1	0.0	17.0	9.0	3.00	0.00	0.945
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

\* - 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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## Base Menu Spreadsheet

Intermediate Breakfast

### Portion Values - Detailed

	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 <sup>1</sup> (g)	Cost
Weighted Daily Average		432	31	541	6.69	1.31	371.4	*N/A*	24.86	46	8.48	70.62	9.69	3.41	0.00	1.828
% of Calories										42.6%	7.8%	65.4%	20.2%	7.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Thu - 08/21/2025																
Intermediate Breakfast	Total															
BKF CINNAMON ROLL	1 ROLL	260	0	105	2.99	1.50	44.9	*N/A*	0.0	19	5.99	40.93	7.99	2.00	0.00	0.712
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		512	6	215	6.69	1.80	356.3	*N/A*	24.86	64	14.46	94.54	8.67	2.41	0.00	1.595
% of Calories										50.0%	11.3%	73.9%	15.3%	4.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 08/22/2025																
Intermediate Breakfast	Total															
BKF CHKN PANCAKE SANDWICH	1 EACH	170	30	319	1.00	0.75	98.6	*N/A*	0.0	6	9.98	17.95	6.98	1.99	0.00	0.913
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		422	36	430	4.69	1.05	409.9	*N/A*	24.86	51	18.45	71.57	7.67	2.41	0.00	1.796
% of Calories										48.4%	17.5%	67.9%	16.4%	5.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		491	32	434	5.62	1.66	410.8	*N/A*	24.86	54	16.47	82.73	10.28	2.91	0.00	1.838
										99.3%	13.4%	67.4%	18.9%	5.3%	0.0%	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Base Menu Spreadsheet

Intermediate Breakfast

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 <sup>1</sup> (g)	Cost	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	491		400 - 500	100%														
Cholesterol (mg)	32																	
Sodium 1 (mg)	434		540	80%														
Fiber (g)	5.62																	
Iron (mg)	1.66																	
Calcium (mg)	410.8																	
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	54	44.12%																
Vitamin C (mg)	24.86																	
Protein (g)	16.47	13.42%																
Carbohydrate (g)	82.73	67.44%																
Total Fat (g)	10.28	18.85%																
Saturated Fat (g)	2.91	5.34%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%																

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