

Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 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 - 08/18/2025																
Intermediate Lunch	Total															
BEEF,SLOPPY JOE 6/5#	#12 SCOOP	293	44		4.00	3.80	133.1	*N/A*	8.02	10	19.02	35.02	8.51	2.70	0.00	1.241
CORN DOG MINI'S (K-12)	6 EACH	314	48		2.41	1.21	16.9	*N/A*	0.0	6	13.27	26.54	16.89	3.62	0.00	0.797
SANDWICH,CHICKEN HAM CH	1 EA	352	40		3.02	1.91	392.6	*N/A*	0.0	7	19.13	36.24	15.1	5.03	0.00	1.900
EESE IW																
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
CARROTS MINI IW	1/2 CUP	25	0		0.00	0.00	0.0	*N/A*	0.0	4	0.72	5.76	0.0	0.00	0.00	0.216
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
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
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	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	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
Weighted Daily Average		520	53	968	4.81	2.25	386.6	*N/A*	7.26	*36	24.54	64.59	18.33	3.91	0.00	1.749
% of Calories										*27.7%	18.9%	49.7%	31.7%	6.8%	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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Aug 18, 2025 thru Aug 22, 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
Tue - 08/19/2025																
Intermediate Lunch	Total															
CHICKEN CHOW MEIN NOODL E(5-8)	#8SC/1/2(222	83		1.51	2.18	0.0	*N/A*	0.0	1	18.62	17.15	9.28	2.08	0.00	1.199
BEEF, HAMBURGER W/ CHEESE SALAD, CHEF (K-8)	BURGER	331	58		4.01	1.80	195.0	*N/A*	0.0	4	19.56	30.02	15.04	6.02	0.45	0.338
	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, FRENCH FRIES	1/2 CUP	110	0		1.00	0.30	10.0	0	0.0	0	1.0	16.03	5.01	0.20	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
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		632	75	1277	6.02	3.18	463.1	*0	14.38	35	28.68	80.84	23.00	5.61	0.31	1.715
% of Calories										22.0%	18.1%	51.1%	32.7%	8.0%	0.4%	
Nutrient Guideline		600-650												<10.00		

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Base Menu Spreadsheet

Intermediate Lunch

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 ¹ (g)	Cost
Wed - 08/20/2025																
Intermediate Lunch	Total															
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	438	39		3.30	1.23	386.3	*N/A*	6.21	6	21.91	46.36	16.56	7.08	0.00	1.289
PIZZA CHEESY PULL APARTS	1 EACH	300	30		2.00	1.80	340.0	*N/A*	0.0	5	14.0	32.0	13.0	6.00	0.00	0.981
PITA BLT WRAP	1 WRAP	411	57		4.09	2.32	247.9	*N/A*	12.28	5	25.39	33.88	19.63	6.66	0.00	1.649
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, PEA	1/2 CUP	184	30		3.19	1.43	42.2	*N/A*	4.78	6	10.41	12.94	9.85	3.05	0.00	0.333
CAULIFLOWER, ROASTED 5#	1/2 CUP	27	0		1.51	0.32	16.9	*N/A*	36.44	*1	1.45	5.33	0.21	0.10	0.00	0.307
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	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
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 PARMASAN	1 EACH	15	5		0.00	0.00	40.0	*N/A*	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	2 EACH	30	0		2.02	0.73	0.0	*N/A*	0.0	4	2.02	6.07	0.0	0.00	0.00	0.285
Weighted Daily Average		580	46	943	5.36	2.58	671.5	*N/A*	22.35	*37	27.71	72.59	20.00	7.31	0.00	1.962
% of Calories										*25.6%	19.1%	50.1%	31.0%	11.3%	0.0%	
Nutrient Guideline		600-650												<10.00		

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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
Thu - 08/21/2025																
Intermediate Lunch	Total															
BEEF, NACHO'S (5-8)	#10SC+2 OZ(GR)	566	93		5.06	1.00	154.3	*N/A*	2.23	1	19.55	43.9	34.75	12.11	*0.00	0.719
CHICKEN & CHEESE FLAUTAS	2 EACH	524	101		2.02	0.73	161.3	*N/A*	0.0	2	20.17	38.32	32.27	10.08	0.00	1.166
BISTRO BOX TURKEY	1 EACH	85	25		0.00	0.00	0.0	*N/A*	0.0	5	11.0	8.0	1.0	0.00	0.00	0.865
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
BEANS, SEASONED PINTO	1/2 CUP	102	0		8.96	1.42	59.8	*N/A*	0.21	0	4.97	17.69	0.01	0.00	0.00	0.178
SALAD, ROMAINE W/GRAPE T OMATO	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
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, 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		740	*97	997	7.64	*2.35	*461.4	*N/A*	11.79	30	28.96	77.31	*35.10	*10.88	*0.00	1.778
% of Calories										16.4%	15.6%	41.8%	*42.7%	*13.2%	*0.0%	
Nutrient Guideline		600-650												<10.00		

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Fri - 08/22/2025																
Intermediate Lunch	Total															
FISH & CHICKEN PLATTER (5-12)	2FS +8P C+2HP	379	38		3.99	2.77	52.3	*N/A*	0.79	2	20.23	33.01	18.25	2.77	0.00	1.207
CORN DOG	1 EACH	281	40		2.01	1.81	60.2	*N/A*	9.03	9	9.03	31.11	13.05	3.51	0.00	0.670
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
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0		3.29	0.79	21.9	*N/A*	6.57	3	2.19	12.67	1.1	0.00	0.00	0.321
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
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, 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
Weighted Daily Average		575	44	988	5.57	4.56	367.5	*N/A*	18.47	41	22.18	74.22	20.93	3.79	0.00	1.762
% of Calories										28.3%	15.4%	51.6%	32.8%	5.9%	0.0%	
Nutrient Guideline		600-650												<10.00		
Weighted Average		609	*63		5.88	*2.98	*470.0	*N/A*	14.85	*36 *52.8%	26.41 17.3%	73.91 48.5%	*23.47 *34.7%	*6.30 *9.3%	*0.06 *0.1%	1.793

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 18, 2025 thru Aug 22, 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	609		600 - 650	100%													
Cholesterol (mg)	63				Missing												
Sodium 1a (mg)	1035		1110	93%													
Fiber (g)	5.88																
Iron (mg)	2.98				Missing												
Calcium (mg)	470.0				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	36	23.49%			Missing												
Vitamin C (mg)	14.85																
Protein (g)	26.41	17.34%															
Carbohydrate (g)	73.91	48.51%															
Total Fat (g)	23.47	34.66%			Missing												
Saturated Fat (g)	6.30	9.30%	<10.00%		Missing												
Trans Fat ¹ (g)	0.06	0.10%			Missing												

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

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