

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

Intermediate Breakfast

Generated on: 6/11/2025 8:15:49 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 ¹ (g)	Cost
Mon - 08/25/2025																
Intermediate Breakfast	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	*N/A*	0.0	13	5.99	41.93	5.99	2.00	0.00	0.537
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		482	16	300	5.69	1.90	341.3	*N/A*	24.86	58	14.47	95.55	6.68	2.41	0.00	1.420
% of Calories										48.1%	12.0%	79.3%	12.5%	4.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 08/26/2025																
Intermediate Breakfast	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	*N/A*	0.0	3	8.99	18.97	7.99	2.00	0.00	1.011
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		432	71	400	5.69	1.20	442.2	*N/A*	24.86	48	17.46	72.59	8.67	2.41	0.00	1.895
% of Calories										44.4%	16.2%	67.2%	18.1%	5.0%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 08/27/2025																
Intermediate Breakfast	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	*N/A*	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 ¹ (g)	Cost
Weighted Daily Average		452	6	321	9.69	3.91	351.4	*N/A*	24.86	56	12.48	89.61	6.69	1.41	0.00	1.325
% of Calories										49.5%	11.0%	79.3%	13.3%	2.8%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Thu - 08/28/2025																
Intermediate Breakfast	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	*N/A*	0.0	24	5.02	45.19	8.03	1.51	0.00	0.718
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		518	6	357	5.70	1.31	415.3	*N/A*	24.86	69	13.50	98.80	8.72	1.92	0.00	1.601
% of Calories										53.3%	10.4%	76.2%	15.1%	3.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 08/29/2025																
Intermediate Breakfast	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	450	2.00	1.44	60.0	*N/A*	2.4	5	7.0	25.0	11.0	3.50	0.00	0.635
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		482	26	561	5.69	1.75	371.4	*N/A*	27.26	50	15.48	78.62	11.69	3.91	0.00	1.518
% of Calories										41.5%	12.8%	65.2%	21.8%	7.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		473	25	388	6.49	2.01	384.3	*N/A*	25.34	56	14.67	87.03	8.49	2.41	0.00	1.552
										106.9%	12.4%	73.6%	16.1%	4.6%	0.0%	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

Intermediate Breakfast

Portion Values - Detailed

Page 3

Generated on: 6/11/2025 8:15:49 AM

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	473		400 - 500	100%														
Cholesterol (mg)	25																	
Sodium 1 (mg)	388		540	72%														
Fiber (g)	6.49																	
Iron (mg)	2.01																	
Calcium (mg)	384.3																	
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	56	47.51%																
Vitamin C (mg)	25.34																	
Protein (g)	14.67	12.40%																
Carbohydrate (g)	87.03	73.55%																
Total Fat (g)	8.49	16.14%																
Saturated Fat (g)	2.41	4.59%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.