

# Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 <sup>1</sup> (g)	Cost
Mon - 08/25/2025																
Intermediate Lunch	Total															
PORK,BBQ PULLED 8/5# SAND WICH	#12 SCOOP	437	64		5.02	2.52	100.0	*N/A*	1.21	7	23.99	48.18	15.99	5.49	0.00	1.112
BEEF,COUNTRY STEAK W/ROLL	1 EACH	423	30		5.86	17.18	1240.4	*N/A*	0.57	4	21.74	42.59	18.96	4.50	0.00	0.665
PITA CHEESE WRAP	1 WRAP	423	50		3.55	2.20	630.5	*N/A*	2.55	7	17.75	35.86	23.62	11.00	0.00	0.559
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	194.9	*0	0.0	3	10.49	27.61	10.83	5.00	0.00	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	144.2	*0	5.8	15	24.13	48.54	24.59	4.50	0.00	1.878
BEANS, PORK CANNED	1/2 CUP	129	0		6.96	1.79	59.7	*N/A*	1.19	6	6.96	22.87	1.49	0.50	0.00	0.241
COLESLAW 4/5#	1/2 CUP	33	3		0.70	0.13	14.0	*N/A*	8.43	3	0.35	3.79	1.79	0.26	0.00	0.074
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
GRAVY PEPPER MIX	1/4CUP(#16SC)	40	0		0.00	0.01	1.0	*N/A*	0.0	*0	0.0	4.97	1.99	0.99	0.00	0.058
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
SAUCE, BBQ CUP	1 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	10.12	0.0	0.00	0.00	0.380
Weighted Daily Average		651	52	858	8.36	10.83	1070.3	*0	7.21	*37	32.31	86.44	20.18	6.28	0.00	1.648
% of Calories										*22.9%	19.8%	53.1%	27.9%	8.7%	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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Aug 25, 2025 thru Aug 29, 2025

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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 <sup>1</sup> (g)	Cost
Tue - 08/26/2025																
Intermediate Lunch	Total															
CHICKEN, POTSTICKERS W/E GROLL	3PC+ 1E ACH	276	53		3.06	13.34	10.5	*N/A*	0.0	3	17.95	33.33	8.69	1.51	0.00	1.343
CHICKEN, GRILLED BURGER SALAD, CHEF (K-8)	SANDWIC 1 SALAD (1C(G))	321	73		3.00	2.53	190.3	*0	0.0	2	31.79	28.01	7.51	3.00	0.00	1.605
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	290	128		2.29	12.35	71.5	*N/A*	45.71	10	18.69	28.59	12.56	4.03	0.00	1.282
SACK LUNCH, (PK-8)	SACK	228	25		3.66	0.73	194.9	*0	0.0	3	10.49	27.61	10.83	5.00	0.00	0.414
BROCCOLI BITES FRESH 3#	1/2 CUP	483	67		4.61	2.52	144.2	*0	5.8	15	24.13	48.54	24.59	4.50	0.00	1.878
SALAD, ROMAINE SIDE W/ PIC KLE	1C(G)+1/4C(R)	22	0		2.06	0.41	17.1	*N/A*	41.14	1	1.49	4.63	0.23	0.06	0.00	0.167
PINEAPPLE TIDBITS, CANNED	1/2 CUP	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
FRUIT FRESH ASSORTED	1 EACH	70	0		0.87	0.00	17.5	*N/A*	7.87	13	0.0	16.62	0.0	0.00	0.00	0.370
MILK 1% WHITE	8 OZ	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 FAT FREE, CHOCOLATE	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 SKIM UNFLAVORED	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, STRAWBERRY FF	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 LACTOSE FREE	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
MAYONNAISE	1 EACH	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	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
KETCHUP	2 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
DRESSING RANCH PKG	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
SAUCE, SOY PKG	1 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 SWEET&SOUR	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
	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		519	78	1126	5.14	8.11	424.3	*0	24.05	33	33.76	67.01	12.95	3.02	0.00	2.285
% of Calories										25.5%	26.0%	51.6%	22.5%	5.2%	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 <sup>1</sup> (g)	Cost
Wed - 08/27/2025																
Intermediate Lunch	Total															
BEEF, SPAGHETTI W/SAUCE 6/5#	#8SC+1/2 C+1(G)	448	55		9.01	3.82	44.4	*N/A*	19.15	9	23.12	64.99	11.54	3.32	*0.00	1.636
PIZZA, FRENCH BREAD ASSO RTED	1 EACH	295	22		0.00	105.64	319.8	*N/A*	8.99	4	17.49	32.97	11.49	4.25	0.00	0.955
SANDWICH, HAM/CH CROSSIA NT	SANDWIC	330	73		2.00	1.72	151.0	*0	1.2	4	21.5	31.0	14.0	6.00	0.00	1.679
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	194.9	*0	0.0	3	10.49	27.61	10.83	5.00	0.00	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	144.2	*0	5.8	15	24.13	48.54	24.59	4.50	0.00	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
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
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	0.409
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
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	2 EACH	30	10		0.00	0.00	79.8	*N/A*	0.0	0	2.0	0.0	2.0	1.00	0.00	0.137
Weighted Daily Average		589	51	767	5.63	54.96	540.0	*0	25.85	35	29.91	79.21	18.15	4.91	*0.00	2.121
% of Calories										24.1%	20.3%	53.8%	27.7%	7.5%	*0.0%	
Nutrient Guideline		600-650												<10.00		

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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 <sup>1</sup> (g)	Cost
Thu - 08/28/2025																
Intermediate Lunch	Total															
BEEF, FRITOS CON CARNE (5-6)	#10SC+2 OZ(GR)	575	77		2.90	1.22	272.7	*N/A*	4.62	3	17.83	41.13	38.08	12.05	*0.00	0.820
BEEF, TAMALES	1 EACH	340	27		5.00	1.80	60.0	0	0.0	0	10.0	30.0	20.0	5.00	0.00	1.082
SANDWICH, SUNFLOWER BUTTER W/J	SANDWIC	633	0		7.81	3.64	96.9	*0	0.0	31	19.53	65.71	35.83	4.00	0.00	0.892
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	194.9	*0	0.0	3	10.49	27.61	10.83	5.00	0.00	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	144.2	*0	5.8	15	24.13	48.54	24.59	4.50	0.00	1.878
CORN, MEXICALI	1/2 CUP	86	0		2.19	0.05	0.6	*N/A*	4.59	4	2.15	18.3	1.06	0.00	0.00	0.934
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
FRUIT COCKTAIL	1/2 CUP	83	0		2.07	0.00	0.0	0	1.24	13	1.04	19.7	0.0	0.00	0.00	0.425
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
KETCHUP	4 EACH	40	0		0.00	0.00	0.0	*N/A*	0.0	8	0.0	12.0	0.0	0.00	0.00	0.089
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		664	51	1134	7.07	2.98	449.1	*0	13.11	33	22.93	75.38	31.02	8.10	*0.00	1.933
% of Calories										19.8%	13.8%	45.4%	42.0%	11.0%	*0.0%	
Nutrient Guideline		600-650												<10.00		

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Generated on: 8/12/2025 3:17:15 PM

	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
Fri - 08/29/2025																
Intermediate Lunch	Total															
FISH POLLOCK SANDWICH	SANDWIC	420	62		5.00	2.88	170.0	*0	0.0	3	23.5	45.0	16.0	4.00	0.00	1.351
MACARONI&CHEESE W/ROLL (K-12)	6 OZ+(G)	448	31		4.89	15.57	1610.6	*N/A*	0.57	9	24.06	56.22	14.12	5.60	0.00	1.173
SANDWICH,TUNA CROISSANT (5-12)	1/2 CUP	400	*52		*2.10	*1.80	*83.2	*N/A*	*0.32	9	32.47	36.34	12.16	*3.01	*0.00	1.413
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25		3.66	0.73	194.9	*0	0.0	3	10.49	27.61	10.83	5.00	0.00	0.414
SACK LUNCH, (PK-8)	SACK	483	67		4.61	2.52	144.2	*0	5.8	15	24.13	48.54	24.59	4.50	0.00	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
POTATO,TATERTOT (K-12)	1/2CUP(9 pc)	130	0		1.00	0.00	0.0	*N/A*	0.0	0	1.0	15.99	7.0	1.00	0.00	0.261
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
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		781	*59	1426	*7.03	*10.87	*1134.9	*0	*12.14	37	33.17	99.04	28.42	*5.95	*0.00	2.356
% of Calories										19.1%	17.0%	50.7%	32.8%	*6.9%	*0.0%	
Nutrient Guideline		600-650												<10.00		
Weighted Average		641	*58		*6.64	*17.55	*723.7	*0	*16.47	*35	30.42	81.42	22.14	*5.65	*0.00	2.068
										*49.4%	19.0%	50.8%	31.1%	*7.9%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

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Generated on: 8/12/2025 3:17:15 PM

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	641		600 - 650	100%													
Cholesterol (mg)	58				Missing												
Sodium 1a (mg)	1062		1110	96%													
Fiber (g)	6.64				Missing												
Iron (mg)	17.55				Missing												
Calcium (mg)	723.7				Missing												
Vitamin A (IU)	0				Missing												
Sugars (g)	35	21.95%			Missing												
Vitamin C (mg)	16.47				Missing												
Protein (g)	30.42	18.99%															
Carbohydrate (g)	81.42	50.82%															
Total Fat (g)	22.14	31.10%															
Saturated Fat (g)	5.65	7.94%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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

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