

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 5, 2025

Intermediate Breakfast

Generated on: 6/11/2025 8:16:00 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 - 09/01/2025 | | | | | | | | | | | | | | | | |
| Intermediate Breakfast | Total | | | | | | | | | | | | | | | |
| BKF SAUSAGE CHEESE SAND WICH | 1 EACH | 174 | 25 | 333 | 1.40 | 1.40 | 102.4 | *N/A* | 1.5 | 3 | 8.6 | 17.6 | 7.8 | 3.20 | 0.00 | 0.459 |
| 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 | | 426 | 32 | 443 | 5.09 | 1.71 | 413.8 | *N/A* | 26.36 | 48 | 17.07 | 71.21 | 8.49 | 3.61 | 0.00 | 1.342 |
| % of Calories | | | | | | | | | | 45.4% | 16.0% | 66.8% | 17.9% | 7.6% | 0.0% | |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|-----|------|------|-------|-------|-------|-------|-------|-------|-------|--------|------|-------|
| Tue - 09/02/2025 | | | | | | | | | | | | | | | | |
| Intermediate Breakfast | Total | | | | | | | | | | | | | | | |
| BKF PIZZA, SAUSAGE IW(PK-6) | 1 SLICE | 230 | 0 | 310 | 3.00 | 2.00 | 150.0 | *N/A* | 1.2 | 5 | 11.0 | 31.0 | 8.0 | 2.00 | 0.00 | 0.607 |
| 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 | 6 | 421 | 6.69 | 2.31 | 461.4 | *N/A* | 26.06 | 50 | 19.48 | 84.62 | 8.69 | 2.41 | 0.00 | 1.490 |
| % of Calories | | | | | | | | | | 41.5% | 16.2% | 70.2% | 16.2% | 4.5% | 0.0% | |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|--------------------------|--------|-----|----|-----|------|------|-------|-------|------|----|------|-------|-----|------|------|-------|
| Wed - 09/03/2025 | | | | | | | | | | | | | | | | |
| Intermediate Breakfast | Total | | | | | | | | | | | | | | | |
| BKF GLAZED PANCAKE | 1 EACH | 200 | 10 | 330 | 3.00 | 1.50 | 40.0 | *N/A* | 0.0 | 11 | 4.0 | 36.0 | 4.5 | 1.00 | 0.00 | 0.748 |
| 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.

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Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 | 16 | 441 | 6.69 | 1.81 | 351.4 | *N/A* | 24.86 | 56 | 12.47 | 89.61 | 5.19 | 1.41 | 0.00 | 1.631 |
| % of Calories | | | | | | | | | | 49.5% | 11.0% | 79.3% | 10.3% | 2.8% | 0.0% | |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | | |

| Thu - 09/04/2025 | | | | | | | | | | | | | | | | |
|-----------------------------|--------|---------|----|-----|------|-------|--------|-------|--------|-------|-------|--------|------|--------|------|-------|
| Intermediate Breakfast | Total | | | | | | | | | | | | | | | |
| BKF CEREAL, ASSORTED (K-12) | 1 EACH | 219 | 0 | 302 | 3.54 | *5.46 | *88.6 | *N/A* | *7.53 | 17 | 3.53 | 47.82 | 2.53 | 0.13 | 0.00 | 0.665 |
| 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 | | 471 | 6 | 413 | 7.23 | *5.77 | *400.0 | *N/A* | *32.39 | 62 | 12.00 | 101.44 | 3.22 | 0.54 | 0.00 | 1.548 |
| % of Calories | | | | | | | | | | 52.3% | 10.2% | 86.1% | 6.1% | 1.0% | 0.0% | |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | | |

| Fri - 09/05/2025 | | | | | | | | | | | | | | | | |
|--------------------------|-----------|---------|----|-----|------|------|-------|-------|-------|-------|-------|-------|-------|--------|------|-------|
| Intermediate Breakfast | Total | | | | | | | | | | | | | | | |
| BKF CONCHA | 1 SERVING | 189 | 5 | 85 | 2.99 | 1.44 | 39.9 | *N/A* | 2.39 | 8 | 3.99 | 32.89 | 5.98 | 2.49 | 0.00 | 0.915 |
| 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 | | 442 | 11 | 195 | 6.68 | 1.74 | 351.2 | *N/A* | 27.25 | 53 | 12.46 | 86.51 | 6.67 | 2.90 | 0.00 | 1.799 |
| % of Calories | | | | | | | | | | 48.0% | 11.3% | 78.4% | 13.6% | 5.9% | 0.0% | |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|-------|--------|-------|--------|--------|-------|-------|-------|------|------|-------|
| Weighted Average | | 455 | 14 | 382 | 6.48 | *2.67 | *395.5 | *N/A* | *27.39 | 54 | 14.70 | 86.68 | 6.45 | 2.18 | 0.00 | 1.562 |
| | | | | | | | | | | 106.5% | 12.9% | 76.2% | 12.8% | 4.3% | 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
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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

Intermediate Breakfast

Generated on: 6/11/2025 8:16:00 AM

| Nutrient | Menu AVG | 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 |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 455 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 14 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 382 | | 540 | 71% | | | | | | | | | | | | | |
| Fiber (g) | 6.48 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.67 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 395.5 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | *N/A* | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 54 | 47.32% | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 27.39 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 14.70 | 12.93% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 86.68 | 76.25% | | | | | | | | | | | | | | | |
| Total Fat (g) | 6.45 | 12.76% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.18 | 4.30% | | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |

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