

Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High 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 - 08/11/2025 | | | | | | | | | | | | | | | | |
| Junior High Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA SLICES ASSORTED | 1 SLICE | 360 | 40 | | 3.50 | 1.80 | 325.1 | *N/A* | 0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | 0.00 | 1.083 |
| CHICKEN & WAFFLE OPEN FACE | PATTY+1 (G) | 521 | 67 | | 4.83 | 3.66 | 51.4 | *N/A* | 0.0 | 13 | 23.84 | 55.25 | 23.13 | 2.87 | 0.00 | 1.525 |
| SOUTH OF THE BORDER BEEF | #10SC +2 OZ(G) | 475 | 67 | | 4.05 | 1.00 | 53.0 | *N/A* | 2.23 | 1 | 12.46 | 39.85 | 29.68 | 8.56 | *0.00 | 0.490 |
| SOUTH OF THE BORDER FRIES | 3/4CUP+ 2OZ(G) | 440 | 88 | | 4.03 | 1.36 | 41.7 | *0 | 2.38 | 12 | 11.63 | 44.28 | 24.07 | 7.49 | *0.00 | 0.873 |
| BURGER BAR ASSORTED | SANDWIC | 371 | 56 | | 3.80 | 3.17 | 144.3 | *0 | 0.0 | 3 | 23.84 | 34.69 | 15.18 | 4.77 | 0.00 | 0.951 |
| 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 | 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 |
| CELERY STICKS 5# | 1/2 CUP | 30 | 0 | | 0.76 | 0.27 | 15.2 | *N/A* | 2.74 | 2 | 0.76 | 3.81 | 1.14 | 0.00 | 0.00 | 0.179 |
| SALAD, ROMAINE SIDE W/ PICKLE | 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 |
| 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 |
| SYRUP PANCAKE CUP | 2 EACH | 237 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 44 | 0.0 | 59.34 | 0.0 | 0.00 | 0.00 | 0.530 |
| 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 | 1 EACH | 15 | 5 | | 0.00 | 0.00 | 39.9 | *N/A* | 0.0 | 0 | 1.0 | 0.0 | 1.0 | 0.50 | 0.00 | 0.069 |
| 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 |
| SAUCE CHEESE 6/5LB (5-12) | #16SC | 108 | 28 | | 0.00 | 0.00 | 203.6 | *N/A* | 0.0 | 1 | 7.02 | 2.01 | 8.02 | 4.61 | 0.00 | 0.313 |
| 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 |
| SOUR CREAM | PKG | 60 | 20 | | 0.00 | 0.00 | 20.0 | *N/A* | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 3.50 | 0.00 | 0.165 |
| JALAPENOS | SERVING (1/4c) | 1 | 0 | | 0.36 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 0.09 | 0.02 | 0.00 | 0.00 | 0.004 |
| Weighted Daily Average | | 689 | 74 | 1026 | 5.93 | 2.76 | 487.0 | *0 | 8.60 | *43 | 30.31 | 86.03 | 25.51 | 6.68 | *0.00 | 1.916 |
| % of Calories | | | | | | | | | | *24.8% | 17.6% | 50.0% | 33.3% | 8.7% | *0.0% | |
| Nutrient Guideline | | 600-700 | | | | | | | | | | | <10.00 | | | |

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.

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Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High 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 - 08/12/2025 | | | | | | | | | | | | | | | | |
| Junior High Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA SLICES ASSORTED | 1 SLICE | 360 | 40 | | 3.50 | 1.80 | 325.1 | *N/A* | 0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | 0.00 | 1.083 |
| CHICKEN TERIYAKI W/RICE (K-8) | #8SC+ 1/2 C(G) | 267 | 83 | | 1.18 | 1.72 | 28.9 | *N/A* | 0.0 | *10 | 23.15 | 32.35 | 5.04 | 0.69 | 0.00 | 1.113 |
| SOUTH OF THE BORDER BEEF | #10SC +2 OZ(G) | 475 | 67 | | 4.05 | 1.00 | 53.0 | *N/A* | 2.23 | 1 | 12.46 | 39.85 | 29.68 | 8.56 | *0.00 | 0.490 |
| SOUTH OF THE BORDER FRIES | 3/4CUP+ 2OZ(G) | 440 | 88 | | 4.03 | 1.36 | 41.7 | *0 | 2.38 | 12 | 11.63 | 44.28 | 24.07 | 7.49 | *0.00 | 0.873 |
| BURGER BAR ASSORTED | SANDWIC | 371 | 56 | | 3.80 | 3.17 | 144.3 | *0 | 0.0 | 3 | 23.84 | 34.69 | 15.18 | 4.77 | 0.00 | 0.951 |
| SALAD, CHEF (K-8) | 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 | 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 |
| POTATO, WEDGES | 1/2 CUP | 130 | 3 | | 2.00 | 0.36 | 0.0 | *N/A* | 0.0 | 0 | 2.0 | 21.01 | 4.0 | 0.50 | 0.00 | 0.287 |
| 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 |
| 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 |
| CHEESE, PARMESAN, BULK | 1 EACH | 15 | 5 | | 0.00 | 0.00 | 39.9 | *N/A* | 0.0 | 0 | 1.0 | 0.0 | 1.0 | 0.50 | 0.00 | 0.069 |
| 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 |
| SAUCE CHEESE 6/5LB (5-12) | #16SC | 108 | 28 | | 0.00 | 0.00 | 203.6 | *N/A* | 0.0 | 1 | 7.02 | 2.01 | 8.02 | 4.61 | 0.00 | 0.313 |
| 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 |
| SOUR CREAM | PKG | 60 | 20 | | 0.00 | 0.00 | 20.0 | *N/A* | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 3.50 | 0.00 | 0.165 |
| JALAPENOS | SERVING (1/4c) | 1 | 0 | | 0.36 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 0.09 | 0.02 | 0.00 | 0.00 | 0.004 |

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

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High 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 |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Weighted Daily Average | | 691 | 86 | 1125 | 6.11 | 2.98 | 537.7 | *0 | 13.21 | *38 | 32.44 | 88.85 | 23.36 | 6.81 | *0.00 | 2.017 |
| % of Calories | | | | | | | | | | *22.2% | 18.8% | 51.4% | 30.4% | 8.9% | *0.0% | |
| Nutrient Guideline | | 600-700 | | | | | | | | | | | | <10.00 | | |

| Wed - 08/13/2025 | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|-----|----|--|------|------|-------|-------|-------|----|-------|-------|-------|------|-------|-------|
| Junior High Lunch | | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | | |
| PIZZA SLICES ASSORTED | 1 SLICE | 360 | 40 | | 3.50 | 1.80 | 325.1 | *N/A* | 0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | 0.00 | 1.083 |
| PIZZA, CHEESE STICKS (5-12) | 3 STICKS | 448 | 30 | | 2.98 | 3.58 | 537.2 | *N/A* | 0.0 | 0 | 23.87 | 47.75 | 17.91 | 5.97 | 0.00 | 0.929 |
| SOUTH OF THE BORDER BEEF | #10SC +2 OZ(G) | 475 | 67 | | 4.05 | 1.00 | 53.0 | *N/A* | 2.23 | 1 | 12.46 | 39.85 | 29.68 | 8.56 | *0.00 | 0.490 |
| SOUTH OF THE BORDER FRIES | 3/4CUP+ 2OZ(G) | 440 | 88 | | 4.03 | 1.36 | 41.7 | *0 | 2.38 | 12 | 11.63 | 44.28 | 24.07 | 7.49 | *0.00 | 0.873 |
| BURGER BAR ASSORTED | SANDWIC | 371 | 56 | | 3.80 | 3.17 | 144.3 | *0 | 0.0 | 3 | 23.84 | 34.69 | 15.18 | 4.77 | 0.00 | 0.951 |
| SANDWICH, HAM & CHEESE | 1 SAND WICH | 270 | 67 | | 3.66 | 2.17 | 124.9 | *0 | 2.2 | 4 | 21.99 | 28.61 | 10.33 | 4.50 | 0.00 | 0.356 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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, MARINARA CUP | 1 EACH | 15 | 0 | | 1.01 | 0.36 | 0.0 | *N/A* | 0.0 | 2 | 1.01 | 3.04 | 0.0 | 0.00 | 0.00 | 0.143 |
| CHEESE, PARMESAN, BULK | 1 EACH | 15 | 5 | | 0.00 | 0.00 | 39.9 | *N/A* | 0.0 | 0 | 1.0 | 0.0 | 1.0 | 0.50 | 0.00 | 0.069 |
| 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 |
| SAUCE CHEESE 6/5LB (5-12) | #16SC | 108 | 28 | | 0.00 | 0.00 | 203.6 | *N/A* | 0.0 | 1 | 7.02 | 2.01 | 8.02 | 4.61 | 0.00 | 0.313 |
| 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 |
| SOUR CREAM | PKG | 60 | 20 | | 0.00 | 0.00 | 20.0 | *N/A* | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 3.50 | 0.00 | 0.165 |
| JALAPENOS | SERVING (1/4c) | 1 | 0 | | 0.36 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 0.09 | 0.02 | 0.00 | 0.00 | 0.004 |

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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Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High 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 |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Weighted Daily Average | | 637 | 67 | 1049 | 5.61 | 2.92 | 580.7 | *0 | 14.45 | 35 | 30.49 | 74.57 | 24.82 | 7.41 | *0.00 | 1.729 |
| % of Calories | | | | | | | | | | 21.9% | 19.1% | 46.8% | 35.0% | 10.5% | *0.0% | |
| Nutrient Guideline | | 600-700 | | | | | | | | | | | | <10.00 | | |

| Thu - 08/14/2025 | | | | | | | | | | | | | | | | |
|-------------------------------|----------------|-----|----|--|-------|------|-------|-------|-------|----|-------|-------|-------|-------|-------|-------|
| Junior High Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA SLICES ASSORTED | 1 SLICE | 360 | 40 | | 3.50 | 1.80 | 325.1 | *N/A* | 0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | 0.00 | 1.083 |
| ENCHILADAS | 2 EA | 363 | 59 | | 2.62 | 7.56 | 484.2 | *N/A* | 3.01 | 5 | 19.95 | 27.81 | 18.84 | 10.40 | 0.00 | 1.919 |
| SOUTH OF THE BORDER BEEF | #10SC +2 OZ(G) | 475 | 67 | | 4.05 | 1.00 | 53.0 | *N/A* | 2.23 | 1 | 12.46 | 39.85 | 29.68 | 8.56 | *0.00 | 0.490 |
| SOUTH OF THE BORDER FRIES | 3/4CUP+ 2OZ(G) | 440 | 88 | | 4.03 | 1.36 | 41.7 | *0 | 2.38 | 12 | 11.63 | 44.28 | 24.07 | 7.49 | *0.00 | 0.873 |
| BURGER BAR ASSORTED | SANDWIC | 371 | 56 | | 3.80 | 3.17 | 144.3 | *0 | 0.0 | 3 | 23.84 | 34.69 | 15.18 | 4.77 | 0.00 | 0.951 |
| SANDWICH ITALIAN SUB | SANDWIC | 318 | 71 | | 2.02 | 7.00 | 201.8 | *N/A* | 0.0 | 5 | 22.15 | 31.91 | 12.81 | 4.50 | 0.00 | 1.230 |
| 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, REFRIED 6/28.1oz | 1/2 CUP | 202 | 0 | | 10.08 | 2.27 | 50.4 | *N/A* | 1.51 | 0 | 10.08 | 31.51 | 1.89 | 0.00 | 0.00 | 0.390 |
| SALAD, ROMAINE SIDE W/ PICKLE | 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 |
| 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 | 0.415 |
| 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, MARINARA CUP | 1 EACH | 15 | 0 | | 1.01 | 0.36 | 0.0 | *N/A* | 0.0 | 2 | 1.01 | 3.04 | 0.0 | 0.00 | 0.00 | 0.143 |
| CHEESE, PARMESAN, BULK | 1 EACH | 15 | 5 | | 0.00 | 0.00 | 39.9 | *N/A* | 0.0 | 0 | 1.0 | 0.0 | 1.0 | 0.50 | 0.00 | 0.069 |
| 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 |
| SAUCE CHEESE 6/5LB (5-12) | #16SC | 108 | 28 | | 0.00 | 0.00 | 203.6 | *N/A* | 0.0 | 1 | 7.02 | 2.01 | 8.02 | 4.61 | 0.00 | 0.313 |
| 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 |
| SOUR CREAM | PKG | 60 | 20 | | 0.00 | 0.00 | 20.0 | *N/A* | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 3.50 | 0.00 | 0.165 |
| JALAPENOS | SERVING (1/4c) | 1 | 0 | | 0.36 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 0.09 | 0.02 | 0.00 | 0.00 | 0.004 |

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 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High 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 |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Weighted Daily Average | | 630 | 74 | 1062 | 6.18 | 3.25 | 544.4 | *0 | 9.40 | 35 | 30.23 | 74.07 | 24.18 | 7.85 | *0.00 | 1.839 |
| % of Calories | | | | | | | | | | 21.9% | 19.2% | 47.0% | 34.5% | 11.2% | *0.0% | |
| Nutrient Guideline | | 600-700 | | | | | | | | | | | <10.00 | | | |

| Fri - 08/15/2025 | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|-----|----|--|-------|-------|--------|-------|------|----|-------|-------|-------|------|-------|-------|
| Junior High Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA SLICES ASSORTED | 1 SLICE | 360 | 40 | | 3.50 | 1.80 | 325.1 | *N/A* | 0.0 | 8 | 19.51 | 34.51 | 16.5 | 7.50 | 0.00 | 1.083 |
| GRILLED CHEESE SANDWICH | SANDWIC | 339 | 30 | | 1.99 | 1.44 | 348.9 | *N/A* | 0.0 | 4 | 19.94 | 31.9 | 17.94 | 7.98 | 0.00 | 1.501 |
| SOUTH OF THE BORDER BEEF | #10SC +2 OZ(G) | 475 | 67 | | 4.05 | 1.00 | 53.0 | *N/A* | 2.23 | 1 | 12.46 | 39.85 | 29.68 | 8.56 | *0.00 | 0.490 |
| SOUTH OF THE BORDER FRIES | 3/4CUP+ 2OZ(G) | 440 | 88 | | 4.03 | 1.36 | 41.7 | *0 | 2.38 | 12 | 11.63 | 44.28 | 24.07 | 7.49 | *0.00 | 0.873 |
| BURGER BAR ASSORTED | SANDWIC | 371 | 56 | | 3.80 | 3.17 | 144.3 | *0 | 0.0 | 3 | 23.84 | 34.69 | 15.18 | 4.77 | 0.00 | 0.951 |
| SANDWICH, TURKEY/CH CRO SSIANT | SANDWIC | 310 | 53 | | *2.00 | *1.00 | *151.0 | *0 | *0.0 | *4 | 27.5 | 30.0 | 11.0 | 5.00 | *0.00 | 1.962 |
| 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 |
| SOUP, TOMATO, VEG. (K-12) | 2/3 CUP | 122 | 12 | | 2.05 | 1.03 | 82.0 | *N/A* | 0.0 | 14 | 4.1 | 21.54 | 4.1 | 3.08 | 0.00 | 0.875 |
| POTATO, FRENCH FRIES | 1/2 CUP | 110 | 0 | | 1.00 | 0.30 | 10.0 | 0 | 0.0 | 0 | 1.0 | 16.03 | 5.01 | 0.50 | 0.00 | 0.356 |
| 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 |
| DRESSING RANCH PKG | 4 EACH | 200 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 4 | 0.0 | 4.0 | 20.0 | 0.00 | 0.00 | 0.227 |
| CRACKERS, SALTINES | 4 PKG | 131 | 0 | | 2.18 | 0.78 | 0.0 | *N/A* | 0.0 | 2 | 2.18 | 19.6 | 4.35 | 0.00 | 0.00 | 0.057 |
| CHEESE, PARMESAN, BULK | 1 EACH | 15 | 5 | | 0.00 | 0.00 | 39.9 | *N/A* | 0.0 | 0 | 1.0 | 0.0 | 1.0 | 0.50 | 0.00 | 0.069 |
| 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 |
| SAUCE CHEESE 6/5LB (5-12) | #16SC | 108 | 28 | | 0.00 | 0.00 | 203.6 | *N/A* | 0.0 | 1 | 7.02 | 2.01 | 8.02 | 4.61 | 0.00 | 0.313 |
| 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 |
| SOUR CREAM | PKG | 60 | 20 | | 0.00 | 0.00 | 20.0 | *N/A* | 0.0 | 1 | 1.0 | 1.0 | 5.0 | 3.50 | 0.00 | 0.165 |
| JALAPENOS | SERVING (1/4c) | 1 | 0 | | 0.36 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 0.0 | 0.09 | 0.02 | 0.00 | 0.00 | 0.004 |

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

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Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 6/23/2025 7:07:43 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 |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Weighted Daily Average | | 734 | 70 | 1228 | *5.89 | *2.58 | *554.9 | *0 | *5.33 | *36 | 30.67 | 88.53 | 30.03 | 8.59 | *0.00 | 2.148 |
| % of Calories | | | | | | | | | | *19.5% | 16.7% | 48.2% | 36.8% | 10.5% | *0.0% | |
| Nutrient Guideline | | 600-700 | | | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|------------------|--|-----|----|--|-------|-------|--------|----|--------|--------|-------|-------|-------|------|-------|-------|
| Weighted Average | | 676 | 74 | | *5.94 | *2.90 | *541.0 | *0 | *10.20 | *37 | 30.83 | 82.41 | 25.58 | 7.47 | *0.00 | 1.930 |
| | | | | | | | | | | *49.6% | 18.2% | 48.7% | 34.0% | 9.9% | *0.0% | |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 676 | | 600 - 700 | 100% | | | | |
| Cholesterol (mg) | 74 | | | | | | | |
| Sodium 1a (mg) | 1098 | | 1225 | 90% | | | | |
| Fiber (g) | 5.94 | | | | Missing | | | |
| Iron (mg) | 2.90 | | | | Missing | | | |
| Calcium (mg) | 541.0 | | | | Missing | | | |
| Vitamin A (IU) | 0 | | | | Missing | | | |
| Sugars (g) | 37 | 22.06% | | | Missing | | | |
| Vitamin C (mg) | 10.20 | | | | Missing | | | |
| Protein (g) | 30.83 | 18.24% | | | | | | |
| Carbohydrate (g) | 82.41 | 48.75% | | | | | | |
| Total Fat (g) | 25.58 | 34.04% | | | | | | |
| Saturated Fat (g) | 7.47 | 9.94% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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