

Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

Junior High 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
Mon - 09/01/2025																
Junior High 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
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
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
Weighted Daily Average		391	26	435	3.67	*2.36	*405.6	*N/A*	*16.27	43	15.83	66.51	7.27	2.90	0.00	1.196
% of Calories										44.4%	16.2%	68.1%	16.8%	6.7%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Tue - 09/02/2025																
Junior High Breakfast	Total															
BKF PIZZA, SAUSAGE(7-12)	1 SLICE	151	10	362	3.02	1.71	120.7	*N/A*	0.0	2	9.05	19.1	4.02	1.51	0.00	0.375
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
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	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		344	14	459	4.96	*2.61	*420.2	*N/A*	*15.08	36	16.18	60.53	4.26	1.55	0.00	1.085
% of Calories										41.6%	18.8%	70.3%	11.1%	4.1%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

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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 ¹ (g)	Cost
Wed - 09/03/2025																
Junior High 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
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
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	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	1 EACH	119	0	30	0.00	0.00	0.0	*N/A*	0.0	22	0.0	29.67	0.0	0.00	0.00	0.265
Weighted Daily Average		518	16	522	5.55	*2.74	*363.8	*N/A*	*15.08	63	12.96	104.81	5.54	1.35	0.00	1.742
% of Calories										48.3%	10.0%	81.0%	9.6%	2.3%	0.0%	
Nutrient Guideline		400-550		600									<10.00			

Thu - 09/04/2025																
Junior High Breakfast	Total															
BKF HAM BAR PATTY80CT (7-12)	1 BAR	427	60	744	3.38	3.11	135.4	*N/A*	0.0	5	11.77	42.58	24.35	7.39	0.00	0.953
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
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	130	0.00	0.00	300.0	*N/A*	0.0	12	8.0	13.0	2.5	1.50	0.00	0.850
JELLY ASSORTED	1PKG	35	0	0	0.00	0.00	0.0	*N/A*	0.0	8	0.0	9.0	0.0	0.00	0.00	0.056
Weighted Daily Average		578	54	763	5.26	*3.72	*431.9	*N/A*	*15.08	41	18.35	82.83	20.46	6.23	0.00	1.567
% of Calories										28.5%	12.7%	57.3%	31.9%	9.7%	0.0%	
Nutrient Guideline		400-550		600									<10.00			

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Base Menu Spreadsheet

Junior High Breakfast

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
Fri - 09/05/2025																
Junior High 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
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
SANDWICH,COURTESY MEAL (K-8)	SANDWIC	228	25	659	3.66	0.73	244.9	*N/A*	0.0	3	10.49	27.61	10.83	5.00	0.90	0.414
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 SKIM UNFLAVORED	8 OZ	80	5	125	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	100	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	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		375	10	238	4.94	*2.39	*355.8	*N/A*	*16.98	41	12.15	71.52	5.82	2.33	0.00	1.515
% of Calories										43.3%	13.0%	76.3%	14.0%	5.6%	0.0%	
Nutrient Guideline		400-550		600										<10.00		

Weighted Average		441	24	483	4.88	*2.76	*395.5	*N/A*	*15.70	45	15.09	77.24	8.67	2.87	0.00	1.421
										91.2%	13.7%	70.0%	17.7%	5.9%	0.0%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	441		400 - 550	100%				
Cholesterol (mg)	24							
Sodium 1 (mg)	483		600	81%				
Fiber (g)	4.88							
Iron (mg)	2.76				Missing			
Calcium (mg)	395.5				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	45	40.53%						
Vitamin C (mg)	15.70				Missing			
Protein (g)	15.09	13.69%						
Carbohydrate (g)	77.24	70.05%						
Total Fat (g)	8.67	17.69%						
Saturated Fat (g)	2.87	5.86%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%						

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