

# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 <sup>1</sup> (g)	Cost
Mon - 09/01/2025																
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
BEEF, STEAK FINGERS (5-12)	4 EACH	323	35		4.04	2.72	40.4	*N/A*	0.0	1	16.14	19.17	20.18	5.05	0.00	0.512
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
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc)	229	56		1.66	0.60	237.3	*N/A*	0.0	4	9.61	12.82	15.81	9.77	0.60	1.505
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0		3.54	18.07	1500.2	*N/A*	0.71	4	8.27	33.07	3.54	0.59	0.00	0.203
POTATO, MASHED 12/31oz	1/2 CUP	91	0		1.26	0.28	18.1	*N/A*	25.34	2	1.95	16.81	2.05	1.28	0.00	0.694
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
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
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
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
Weighted Daily Average		718	76	1149	7.04	5.58	732.2	*0	15.61	*34	34.10	83.25	28.09	8.98	*0.03	2.004
% of Calories										*19.1%	19.0%	46.4%	35.2%	11.3%	*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

<sup>1</sup> - 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

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 <sup>1</sup> (g)	Cost
Tue - 09/02/2025																
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, CHERRY BLOSSOM (K-8)	#8 SC+1/2C(G)	327	51		3.45	1.65	1.2	*N/A*	0.0	*16	17.1	51.88	5.42	1.13	0.00	1.207
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
BEANS GREEN, CANNED	1/2 CUP	34	0		2.15	0.77	21.5	*N/A*	2.58	2	1.08	6.88	0.0	0.00	0.00	0.300
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
Weighted Daily Average		596	74	1011	5.57	2.86	479.5	*0	12.85	*39	28.46	78.04	19.31	6.04	*0.00	1.835
% of Calories										*25.9%	19.1%	52.4%	29.2%	9.1%	*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

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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 <sup>1</sup> (g)	Cost
<b>Wed - 09/03/2025</b>																
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, WINGS W/BISCUIT (5-12)	SER(5PC)	511	173		1.73	1.73	69.3	*N/A*	0.0	3	34.97	26.71	29.69	7.25	0.00	1.565
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
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	371	8		4.68	2.23	241.6	*N/A*	4.38	21	9.11	66.35	7.23	2.05	0.00	0.887
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
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
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
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		722	85	1146	5.73	2.66	523.4	*0	11.26	37	31.72	84.64	29.30	7.60	*0.00	2.026
% of Calories										20.3%	17.6%	46.9%	36.5%	9.5%	*0.0%	
Nutrient Guideline		600-700											<10.00			

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Thu - 09/04/2025																
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
BEEF CRISPUP (K-12)	2 EACH	361	50		2.01	2.01	435.3	*N/A*	0.0	2	14.04	24.07	24.07	9.03	0.00	1.590
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
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	444	0		4.57	2.58	35.8	*N/A*	60.0	21	13.52	34.51	30.41	3.58	0.00	1.074
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
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
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
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		629	67	984	6.38	4.45	547.1	*0	15.07	35	29.84	74.53	24.05	7.58	*0.00	1.875
% of Calories										22.6%	19.0%	47.4%	34.4%	10.8%	*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

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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 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 <sup>1</sup> (g)	Cost
Fri - 09/05/2025																
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,TENDERS W/CRNM UF(K-12)	3 EACH+ 1(G)	406	46		4.90	2.76	54.1	*N/A*	0.15	12	17.26	38.69	20.09	3.41	0.00	0.899
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, PASTA	1 EACH	462	31		3.99	3.99	97.9	*N/A*	0.0	*7	16.69	43.45	26.27	6.03	0.00	2.007
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, 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
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
PEARS DICED, CANNED	1/2 CUP	84	0		1.05	0.00	0.0	*N/A*	0.0	16	0.0	19.96	0.0	0.00	0.00	0.376
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
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		695	68	1065	6.42	2.75	496.5	*0	7.75	*37	29.15	84.79	27.26	7.11	*0.00	1.954
% of Calories										*21.1%	16.8%	48.8%	35.3%	9.2%	*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

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# Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

Junior High Lunch

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 <sup>1</sup> (g)	Cost
Weighted Average		672	74		6.23	3.66	555.7	*0	12.51	*36 *48.7%	30.65 18.2%	81.05 48.2%	25.60 34.3%	7.46 10.0%	*0.01 *0.0%	1.939

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	672		600 - 700	100%				
Cholesterol (mg)	74							
Sodium 1a (mg)	1071		1225	87%				
Fiber (g)	6.23							
Iron (mg)	3.66							
Calcium (mg)	555.7							
Vitamin A (IU)	0				Missing			
Sugars (g)	36	21.62%			Missing			
Vitamin C (mg)	12.51							
Protein (g)	30.65	18.25%						
Carbohydrate (g)	81.05	48.24%						
Total Fat (g)	25.60	34.29%						
Saturated Fat (g)	7.46	9.99%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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