

# Flour Bluff ISD

Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

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|                                | 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 <sup>1</sup> (g) | Cost  |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 08/11/2025               |                 |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Lunch       | Total           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |       |
| BEEF, FRITO PIE (K-4)          | #8SC + 1 OZ(GR) | 458         | 63          |           | 3.28      | 2.76      | 176.8     | *N/A*      | 8.57       | 2          | 22.07     | 23.97    | 30.71     | 9.96      | 0.64                    | 0.865 |
| 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      | 244.9     | *N/A*      | 0.0        | 3          | 10.49     | 27.61    | 10.83     | 5.00      | 0.90                    | 0.414 |
| SACK LUNCH, (PK-8)             | SACK            | 483         | 67          |           | 4.61      | 2.52      | 169.2     | *N/A*      | 5.8        | 15         | 24.13     | 48.54    | 24.59     | 4.50      | 0.45                    | 1.878 |
| PEAS FROZEN                    | 1/2 CUP         | 70          | 0           |           | 5.03      | 1.63      | 0.2       | *N/A*      | 15.08      | 4          | 5.03      | 13.07    | 0.0       | 0.00      | 0.00                    | 0.330 |
| 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 |
| 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 |
| Weighted Daily Average         |                 | 688         | 48          | 770       | 6.62      | 3.35      | 452.5     | *N/A*      | 11.49      | *36        | 30.36     | 67.22    | 34.61     | 8.33      | 0.42                    | 1.487 |
| % of Calories                  |                 |             |             |           |           |           |           |            |            | *21.2%     | 17.7%     | 39.1%    | 45.3%     | 10.9%     | 0.5%                    |       |
| Nutrient Guideline             |                 | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <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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Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Primary/Elementary 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  |
|------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Tue - 08/12/2025             |               |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Lunch     | Total         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| CHICKEN, FILET ON BUN        | SANDWIC       | 378         | 47          |           | 4.90      | 3.70      | 112.3      | *N/A*      | 0.0        | 3          | 25.93     | 39.29    | 12.94     | 2.40      | 0.00                    | 1.166 |
| SALAD, CHEF (K-8)            | 1 SALAD       | 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 |
|                              | (1C(G))       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC       | 228         | 25          |           | 3.66      | 0.73      | 244.9      | *N/A*      | 0.0        | 3          | 10.49     | 27.61    | 10.83     | 5.00      | 0.90                    | 0.414 |
| SACK LUNCH, (PK-8)           | SACK          | 483         | 67          |           | 4.61      | 2.52      | 169.2      | *N/A*      | 5.8        | 15         | 24.13     | 48.54    | 24.59     | 4.50      | 0.45                    | 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 (K-6)    | 1C(G)+1/4C(R) | 17          | 0           |           | 1.60      | 0.74      | 18.3       | *N/A*      | 17.58      | 2          | 0.96      | 3.58     | 0.09      | 0.00      | 0.00                    | 0.330 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average       |               | 672         | 68          | 1184      | 7.31      | 5.40      | 415.6      | *N/A*      | 15.02      | 30         | 34.78     | 86.62    | 21.43     | 3.50      | 0.00                    | 2.087 |
| % of Calories                |               |             |             |           |           |           |            |            |            | 18.0%      | 20.7%     | 51.5%    | 28.7%     | 4.7%      | 0.0%                    |       |
| Nutrient Guideline           |               | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |       |

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Aug 11, 2025 thru Aug 15, 2025

Base Menu Spreadsheet

Primary/Elementary 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 - 08/13/2025             |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Lunch     | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| PIZZA, CHEESE STICKS(PK-4)   | 2 STICKS     | 298         | 20          |           | 1.99      | 2.39      | 358.1      | *N/A*      | 0.0        | 0          | 15.92     | 31.83    | 11.94     | 3.98      | 0.00                    | 0.619 |
| SANDWICH, HAM & CHEESE WICH  | 1 SAND WICH  | 270         | 67          |           | 3.66      | 2.17      | 149.9      | *N/A*      | 2.2        | 4          | 21.99     | 28.61    | 10.33     | 4.50      | 0.45                    | 0.356 |
| SANDWICH,COURTESY MEAL (K-8) | SANDWIC      | 228         | 25          |           | 3.66      | 0.73      | 244.9      | *N/A*      | 0.0        | 3          | 10.49     | 27.61    | 10.83     | 5.00      | 0.90                    | 0.414 |
| SACK LUNCH, (PK-8)           | SACK         | 483         | 67          |           | 4.61      | 2.52      | 169.2      | *N/A*      | 5.8        | 15         | 24.13     | 48.54    | 24.59     | 4.50      | 0.45                    | 1.878 |
| CORN, CANNED                 | 1/2 CUP      | 86          | 0           |           | 2.00      | 0.00      | 0.0        | *N/A*      | 3.61       | 4          | 2.0       | 18.21    | 1.0       | 0.00      | 0.00                    | 0.882 |
| 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 |
| 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 |
| 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                      | 1 EACH       | 10          | 0           |           | 0.00      | 0.00      | 0.0        | *N/A*      | 0.0        | 2          | 0.0       | 3.0      | 0.0       | 0.00      | 0.00                    | 0.022 |
| 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 |
| Weighted Daily Average       |              | 505         | 31          | 784       | 4.53      | 5.54      | 644.8      | *N/A*      | 20.07      | 29         | 26.26     | 67.05    | 15.37     | 4.48      | 0.05                    | 1.641 |
| % of Calories                |              |             |             |           |           |           |            |            |            | 22.8%      | 20.8%     | 53.1%    | 27.4%     | 8.0%      | 0.1%                    |       |
| Nutrient Guideline           |              | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |       |

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### Portion Values - Detailed

Aug 11, 2025 thru Aug 15, 2025

Primary/Elementary Lunch

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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 - 08/14/2025              |               |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Lunch      | Total         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| BURRITO, (PK- 4)              | 1 BURRIT      | 310         | 10          |           | 9.00      | 2.70      | 200.0      | *N/A*      | 3.6        | 4          | 16.0      | 40.0     | 9.0       | 4.00      | 0.00                    | 0.845 |
| 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      | 244.9      | *N/A*      | 0.0        | 3          | 10.49     | 27.61    | 10.83     | 5.00      | 0.90                    | 0.414 |
| SACK LUNCH, (PK-8)            | SACK          | 483         | 67          |           | 4.61      | 2.52      | 169.2      | *N/A*      | 5.8        | 15         | 24.13     | 48.54    | 24.59     | 4.50      | 0.45                    | 1.878 |
| 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 |
| 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 |
| FRUIT COCKTAIL                | 1/2 CUP       | 83          | *N/A*       |           | 2.07      | *N/A*     | *N/A*      | *N/A*      | 1.24       | 13         | 1.04      | 19.7     | *N/A*     | *N/A*     | *N/A*                   | 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 |
| 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        |               | 544         | *23         | 1003      | 12.70     | *5.31     | *516.6     | *N/A*      | 14.94      | 29         | 27.93     | 77.03    | *13.12    | *4.50     | *0.00                   | 1.762 |
| % of Calories                 |               |             |             |           |           |           |            |            |            | 21.4%      | 20.6%     | 56.7%    | *21.7%    | *7.5%     | *0.0%                   |       |
| Nutrient Guideline            |               | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |       |

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# Flour Bluff ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Aug 11, 2025 thru Aug 15, 2025

Primary/Elementary Lunch

Generated on: 6/11/2025 9:51:40 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 <sup>1</sup> (g) | Cost  |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Fri - 08/15/2025               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| Primary/Elementary Lunch       | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |       |
| SANDWICH, GRILLED CHEESE IW    | 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 |
| SANDWICH, TURKEY/CH CRO SSIANT | SANDWIC      | 310         | 53          |           | *2.00     | *1.00     | *176.0     | *N/A*      | *0.0       | *4         | 27.5      | 30.0     | 11.0      | 5.00      | *0.45                   | 1.962 |
| SANDWICH,COURTESY MEAL (K-8)   | SANDWIC      | 228         | 25          |           | 3.66      | 0.73      | 244.9      | *N/A*      | 0.0        | 3          | 10.49     | 27.61    | 10.83     | 5.00      | 0.90                    | 0.414 |
| SACK LUNCH, (PK-8)             | SACK         | 483         | 67          |           | 4.61      | 2.52      | 169.2      | *N/A*      | 5.8        | 15         | 24.13     | 48.54    | 24.59     | 4.50      | 0.45                    | 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 |
| 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 |
| 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 |
| 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                        | 1 EACH       | 10          | 0           |           | 0.00      | 0.00      | 0.0        | *N/A*      | 0.0        | 2          | 0.0       | 3.0      | 0.0       | 0.00      | 0.00                    | 0.022 |
| 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             | 2 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 |
| Weighted Daily Average         |              | 566         | 42          | 1181      | *3.88     | *1.92     | *657.6     | *N/A*      | *5.20      | *32        | 30.43     | 69.16    | 22.49     | 8.90      | *0.05                   | 2.415 |
| % of Calories                  |              |             |             |           |           |           |            |            |            | *22.8%     | 21.5%     | 48.9%    | 35.8%     | 14.1%     | *0.1%                   |       |
| Nutrient Guideline             |              | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |       |
| Weighted Average               |              | 595         | *42         |           | *7.01     | *4.30     | *537.4     | *N/A*      | *13.35     | *31        | 29.95     | 73.42    | *21.40    | *5.94     | *0.10                   | 1.879 |
|                                |              |             |             |           |           |           |            |            |            | *47.4%     | 20.1%     | 49.4%    | *32.4%    | *9.0%     | *0.2%                   |       |

\*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

Page 6

Aug 11, 2025 thru Aug 15, 2025

Primary/Elementary Lunch

Generated on: 6/11/2025 9:51:40 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 <sup>1</sup> (g) | Cost |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   | Error Messages (if any) |            |            |            |           |          |           |           |                         |      |
| Calories                   | 595      |              | 550 - 650     | 100%        |           |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Cholesterol (mg)           | 42       |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Sodium 1a (mg)             | 984      |              | 1110          | 89%         |           |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Fiber (g)                  | 7.01     |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Iron (mg)                  | 4.30     |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Calcium (mg)               | 537.4    |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Vitamin A (IU)             | *N/A*    |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Sugars (g)                 | 31       | 21.07%       |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Vitamin C (mg)             | 13.35    |              |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Protein (g)                | 29.95    | 20.13%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Carbohydrate (g)           | 73.42    | 49.35%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Total Fat (g)              | 21.40    | 32.37%       |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Saturated Fat (g)          | 5.94     | 8.99%        | <10.00%       |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.16%        |               |             | Missing   |           |           |                         |            |            |            |           |          |           |           |                         |      |

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