

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Aug 18, 2025 thru Aug 22, 2025

Primary/Elementary Breakfast

Generated on: 6/11/2025 8:14:39 AM

	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
Mon - 08/18/2025																
Primary/Elementary Breakfast	Total															
BKF MUFFIN, ASSORTED	1 EACH	243	23	263	0.67	1.50	20.0	*N/A*	0.0	17	4.0	41.69	7.0	1.00	0.00	0.605
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		496	30	373	4.36	1.81	331.1	*N/A*	24.86	62	12.47	95.47	7.63	1.38	0.00	1.487
% of Calories										49.9%	10.1%	77.0%	13.9%	2.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 08/19/2025																
Primary/Elementary Breakfast	Total															
BKF CHICKEN CHEESE WAFFLE	1 EACH	340	50	500	2.00	2.00	273.8	*N/A*	0.0	3	19.99	27.98	16.99	4.50	0.00	1.598
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		592	56	610	5.69	2.30	584.9	*N/A*	24.86	48	28.45	81.77	17.62	4.87	0.00	2.480
% of Calories										32.5%	19.2%	55.2%	26.8%	7.4%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 08/20/2025																
Primary/Elementary Breakfast	Total															
BKF CRISUP POT EGG IW 94/2.57	1 EACH	180	25	430	3.00	1.00	60.0	*N/A*	0.0	1	0.0	17.0	9.0	3.00	0.00	0.945
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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Primary/Elementary Breakfast

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 ¹ (g)	Cost
Weighted Daily Average		432	31	540	6.69	1.31	371.1	*N/A*	24.86	46	8.47	70.78	9.63	3.38	0.00	1.828
% of Calories										42.7%	7.8%	65.5%	20.0%	7.0%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Thu - 08/21/2025																
	Total															
Primary/Elementary Breakfas	1 ROLL	260	0	105	2.99	1.50	44.9	*N/A*	0.0	19	5.99	40.93	7.99	2.00	0.00	0.712
BKF CINNAMON ROLL	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 FRESH ASSORTED	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
FRUIT JUICE, VARIETY	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 1% WHITE	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 FAT FREE, CHOCOLATE	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
MILK LACTOSE FREE																
Weighted Daily Average		512	6	215	6.69	1.80	356.0	*N/A*	24.86	64	14.46	94.71	8.61	2.37	0.00	1.595
% of Calories										50.1%	11.3%	74.0%	15.1%	4.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 08/22/2025																
	Total															
Primary/Elementary Breakfas	1 EACH	170	30	319	1.00	0.75	98.6	*N/A*	0.0	6	9.98	17.95	6.98	1.99	0.00	0.913
BKF CHKN PANCAKE SANDWICH	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 FRESH ASSORTED	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
FRUIT JUICE, VARIETY	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 1% WHITE	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 FAT FREE, CHOCOLATE	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
MILK LACTOSE FREE																
Weighted Daily Average		422	36	429	4.69	1.05	409.6	*N/A*	24.86	51	18.44	71.74	7.61	2.37	0.00	1.795
% of Calories										48.5%	17.5%	68.0%	16.2%	5.1%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		491	32	433	5.62	1.66	410.5	*N/A*	24.86	54	16.46	82.90	10.22	2.87	0.00	1.837
										99.5%	13.4%	67.6%	18.7%	5.3%	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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Portion Values - Detailed

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Primary/Elementary Breakfast

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Nutrient	Menu AVG	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	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	491		400 - 500	100%														
Cholesterol (mg)	32																	
Sodium 1 (mg)	433		540	80%														
Fiber (g)	5.62																	
Iron (mg)	1.66																	
Calcium (mg)	410.5																	
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	54	44.21%																
Vitamin C (mg)	24.86																	
Protein (g)	16.46	13.41%																
Carbohydrate (g)	82.90	67.56%																
Total Fat (g)	10.22	18.74%																
Saturated Fat (g)	2.87	5.27%		<10.00%														
Trans Fat ¹ (g)	0.00	0.00%																

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

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