

Flour Bluff ISD

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 6/12/2025 10:58:30 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 Lunch	Total															
CORN DOG MINI'S (K-12)	6 EACH	314	48		2.41	1.21	16.9	*N/A*	0.0	6	13.27	26.54	16.89	3.62	0.00	0.797
SANDWICH,CHICKEN HAM CH	1 EA	352	40		3.02	1.91	392.6	*N/A*	0.0	7	19.13	36.24	15.1	5.03	0.00	1.900
EESE IW																
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
CARROTS MINI IW	1/2 CUP	25	0		0.00	0.00	0.0	*N/A*	0.0	4	0.72	5.76	0.0	0.00	0.00	0.216
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
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
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	2 EACH	10	0		0.00	0.00	0.0	*N/A*	0.0	0	0.45	0.52	0.6	0.00	0.00	0.054
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		511	54	884	3.76	1.39	343.3	*N/A*	4.02	*33	22.61	59.58	20.41	4.15	0.00	1.567
% of Calories										*25.7%	17.7%	46.6%	35.9%	7.3%	0.0%	
Nutrient Guideline		550-650											<10.00			

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

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Aug 18, 2025 thru Aug 22, 2025

Primary/Elementary Lunch

Generated on: 6/12/2025 10:58:30 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
Tue - 08/19/2025																
Primary/Elementary Lunch	Total															
BEEF, HAMBURGER W/ CHEESE	BURGER	331	58		4.01	1.80	195.0	*N/A*	0.0	4	19.56	30.02	15.04	6.02	0.45	0.338
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	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, FRENCH FRIES	1/2 CUP	110	0		1.00	0.30	10.0	0	0.0	0	1.0	16.03	5.01	0.20	0.00	0.356
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		619	81	1130	6.14	4.03	512.1	*0	15.48	31	30.44	76.59	22.56	6.91	0.42	1.439
% of Calories										19.8%	19.7%	49.5%	32.8%	10.0%	0.6%	
Nutrient Guideline		550-650												<10.00		

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Wed - 08/20/2025																
Primary/Elementary Lunch	Total															
PIZZA CHEESY PULL APARTS	1 EACH	300	30		2.00	1.80	340.0	*N/A*	0.0	5	14.0	32.0	13.0	6.00	0.00	0.981
PITA BLT WRAP	1 WRAP	411	57		4.09	2.32	247.9	*N/A*	12.28	5	25.39	33.88	19.63	6.66	0.00	1.649
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, PEA	1/2 CUP	184	30		3.19	1.43	42.2	*N/A*	4.78	6	10.41	12.94	9.85	3.05	0.00	0.333
CAULIFLOWER, ROASTED 5#	1/2 CUP	27	0		1.51	0.32	16.9	*N/A*	36.44	*1	1.45	5.33	0.21	0.10	0.00	0.307
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	2 EACH	57	0		0.00	0.00	0.0	*N/A*	0.0	0	0.0	4.54	5.67	0.00	0.00	0.081
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	2 EACH	30	0		2.02	0.73	0.0	*N/A*	0.0	4	2.02	6.07	0.0	0.00	0.00	0.285
Weighted Daily Average		524	45	916	5.11	2.84	656.3	*N/A*	16.06	*33	26.63	66.13	17.65	7.25	0.00	1.844
% of Calories										*25.4%	20.3%	50.4%	30.3%	12.4%	0.0%	
Nutrient Guideline		550-650											<10.00			

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Base Menu Spreadsheet

Primary/Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 6/12/2025 10:58:30 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
Thu - 08/21/2025																
Primary/Elementary Lunch																
Total																
CHICKEN & CHEESE FLAUTAS	2 EACH	524	101		2.02	0.73	161.3	*N/A*	0.0	2	20.17	38.32	32.27	10.08	0.00	1.166
BISTRO BOX TURKEY	1 EACH	85	25		0.00	0.00	0.0	*N/A*	0.0	5	11.0	8.0	1.0	0.00	0.00	0.865
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
BEANS, SEASONED PINTO	1/2 CUP	102	0		8.96	1.42	59.8	*N/A*	0.21	0	4.97	17.69	0.01	0.00	0.00	0.178
SALAD, ROMAINE W/GRAPE T OMATO	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
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, 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		578	*82	931	5.16	*1.66	*426.1	*N/A*	7.75	27	26.95	61.63	*24.74	*7.22	*0.00	1.811
% of Calories										19.0%	18.7%	42.7%	*38.5%	*11.2%	*0.0%	
Nutrient Guideline		550-650												<10.00		

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Page 5

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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
Fri - 08/22/2025																
Primary/Elementary Lunch																
CORN DOG	Total 1 EACH	281	40		2.01	1.81	60.2	*N/A*	9.03	9	9.03	31.11	13.05	3.51	0.00	0.670
SANDWICH, SUNFLOWER BUTTER W/J SANDWICH, COURTESY MEAL (K-8)	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
SACK LUNCH, (PK-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
TOMATOES GRAPE	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
VEGETABLES MIXED BLEND	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
PEARS DICED, CANNED	1/2 CUP	80	0		3.29	0.79	21.9	*N/A*	6.57	3	2.19	12.67	1.1	0.00	0.00	0.321
FRUIT FRESH ASSORTED	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
MILK 1% WHITE	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 FAT FREE, CHOCOLATE	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 SKIM UNFLAVORED	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, STRAWBERRY FF	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 LACTOSE FREE	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
MUSTARD	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
KETCHUP	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
DRESSING RANCH PKG	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
	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		517	43	949	4.38	4.86	368.4	*N/A*	21.76	40	18.90	69.46	18.33	4.01	0.00	1.527
% of Calories										30.6%	14.6%	53.7%	31.9%	7.0%	0.0%	
Nutrient Guideline		550-650												<10.00		
Weighted Average		550	*61		4.91	*2.95	*461.2	*N/A*	13.01	*33 *53.6%	25.11 18.3%	66.68 48.5%	*20.74 *33.9%	*5.91 *9.7%	*0.09 *0.1%	1.637

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Primary/Elementary Lunch

Portion Values - Detailed

Page 6

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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 ¹ (g)	Cost
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	550		550 - 650	100%													
Cholesterol (mg)	61				Missing												
Sodium 1a (mg)	962		1110	87%													
Fiber (g)	4.91																
Iron (mg)	2.95				Missing												
Calcium (mg)	461.2				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	33	23.83%			Missing												
Vitamin C (mg)	13.01																
Protein (g)	25.11	18.26%															
Carbohydrate (g)	66.68	48.50%															
Total Fat (g)	20.74	33.94%			Missing												
Saturated Fat (g)	5.91	9.67%	<10.00%		Missing												
Trans Fat ¹ (g)	0.09	0.14%			Missing												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.