

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

Primary/Elementary Breakfast

Generated on: 6/11/2025 8:14:52 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 - 08/25/2025																
Primary/Elementary Breakfas	Total															
BKF BAGEL STRAWBERRY	1 EA	230	10	190	2.00	1.60	30.0	*N/A*	0.0	13	5.99	41.93	5.99	2.00	0.00	0.537
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		482	16	300	5.69	1.90	341.0	*N/A*	24.86	58	14.46	95.72	6.62	2.37	0.00	1.420
% of Calories										48.2%	12.0%	79.4%	12.4%	4.4%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Tue - 08/26/2025																
Primary/Elementary Breakfas	Total															
BKF EGG CROISSANT	1 EA	180	65	290	2.00	0.90	130.8	*N/A*	0.0	3	8.99	18.97	7.99	2.00	0.00	1.011
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		432	71	399	5.69	1.20	441.9	*N/A*	24.86	48	17.45	72.76	8.62	2.37	0.00	1.894
% of Calories										44.5%	16.2%	67.4%	17.9%	4.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Wed - 08/27/2025																
Primary/Elementary Breakfas	Total															
BKF PANCAKES	1PKG	200	0	210	6.00	3.60	40.0	*N/A*	0.0	11	4.0	36.0	6.0	1.00	0.00	0.442
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

	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
Weighted Daily Average		452	6	320	9.69	3.91	351.1	*N/A*	24.86	56	12.47	89.78	6.63	1.38	0.00	1.325
% of Calories										49.6%	11.0%	79.4%	13.2%	2.7%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Thu - 08/28/2025																
Primary/Elementary Breakfas	Total															
BKF BREAD ASSORTED	1 EACH	266	0	246	2.01	1.00	103.9	*N/A*	0.0	24	5.02	45.19	8.03	1.51	0.00	0.718
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		518	6	356	5.70	1.31	415.0	*N/A*	24.86	69	13.49	98.97	8.66	1.88	0.00	1.601
% of Calories										53.4%	10.4%	76.4%	15.0%	3.3%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 08/29/2025																
Primary/Elementary Breakfas	Total															
BKF KOLACHE, PK/CK/BF	1 EACH	230	20	450	2.00	1.44	60.0	*N/A*	2.4	5	7.0	25.0	11.0	3.50	0.00	0.635
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		482	26	560	5.69	1.75	371.1	*N/A*	27.26	50	15.47	78.78	11.63	3.88	0.00	1.517
% of Calories										41.6%	12.8%	65.3%	21.7%	7.2%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Weighted Average		473	25	387	6.49	2.01	384.0	*N/A*	25.34	56	14.67	87.20	8.43	2.38	0.00	1.551
										107.1%	12.4%	73.7%	16.0%	4.5%	0.0%	

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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	473		400 - 500	100%														
Cholesterol (mg)	25																	
Sodium 1 (mg)	387		540	72%														
Fiber (g)	6.49																	
Iron (mg)	2.01																	
Calcium (mg)	384.0																	
Vitamin A (IU)	*N/A*				Missing													
Sugars (g)	56	47.60%																
Vitamin C (mg)	25.34																	
Protein (g)	14.67	12.39%																
Carbohydrate (g)	87.20	73.67%																
Total Fat (g)	8.43	16.02%																
Saturated Fat (g)	2.38	4.52%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%																

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