

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 25, 2025 thru Aug 29, 2025

Primary/Elementary Lunch

Generated on: 7/31/2025 1:37:58 PM

| | 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 |
|------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Mon - 08/25/2025 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | | | | | | | | | | | | | | | |
| BEEF,COUNTRY STEAK W/ROLL | 1 EACH | 423 | 30 | | 5.86 | 17.18 | 1240.4 | *N/A* | 0.57 | 4 | 21.74 | 42.59 | 18.96 | 4.50 | 0.00 | 0.663 |
| PITA CHEESE WRAP | 1 WRAP | 423 | 50 | | 3.55 | 2.20 | 630.5 | *N/A* | 2.55 | 7 | 17.75 | 35.86 | 23.62 | 11.00 | 0.00 | 0.617 |
| 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, PORK CANNED | 1/2 CUP | 129 | 0 | | 6.96 | 1.79 | 59.7 | *N/A* | 1.19 | 6 | 6.96 | 22.87 | 1.49 | 0.50 | 0.00 | 0.241 |
| COLESLAW 4/5# | 1/2 CUP | 33 | 3 | | 0.70 | 0.13 | 14.0 | *N/A* | 8.43 | 3 | 0.35 | 3.79 | 1.79 | 0.26 | 0.00 | 0.074 |
| 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 |
| GRAVY PEPPER MIX | 1/4CUP(#16SC) | 40 | 0 | | 0.00 | 0.01 | 1.0 | *N/A* | 0.0 | *0 | 0.0 | 4.97 | 1.99 | 0.99 | 0.00 | 0.058 |
| KETCHUP | 4 EACH | 40 | 0 | | 0.00 | 0.00 | 0.0 | *N/A* | 0.0 | 8 | 0.0 | 12.0 | 0.0 | 0.00 | 0.00 | 0.089 |
| Weighted Daily Average | | 631 | 38 | 737 | 8.64 | 17.09 | 1533.8 | *0 | 5.69 | *31 | 31.81 | 79.74 | 21.48 | 5.86 | 0.00 | 1.314 |
| % of Calories | | | | | | | | | | *19.4% | 20.2% | 50.6% | 30.7% | 8.4% | 0.0% | |
| 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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Flour Bluff ISD

Aug 25, 2025 thru Aug 29, 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 ¹ (g) | Cost |
|------------------------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Tue - 08/26/2025 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | | | | | | | | | | | | | | | |
| CHICKEN, GRILLED BURGER | SANDWIC | 321 | 73 | | 3.00 | 2.53 | 190.3 | *0 | 0.0 | 2 | 31.79 | 28.01 | 7.51 | 3.00 | 0.00 | 1.626 |
| 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 | 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 |
| 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 |
| BROCCOLI BITES FRESH 3# | 1/2 CUP | 22 | 0 | | 2.06 | 0.41 | 17.1 | *N/A* | 41.14 | 1 | 1.49 | 4.63 | 0.23 | 0.06 | 0.00 | 0.167 |
| 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 | | 500 | 88 | 1066 | 4.61 | 4.22 | 486.0 | *0 | 25.31 | 29 | 38.46 | 58.63 | 11.72 | 3.62 | 0.00 | 2.246 |
| % of Calories | | | | | | | | | | 22.9% | 30.8% | 46.9% | 21.1% | 6.5% | 0.0% | |
| 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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Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

Primary/Elementary Lunch

Generated on: 7/31/2025 1:37:59 PM

| | 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 |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Wed - 08/27/2025 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | | | | | | | | | | | | | | | |
| PIZZA, FRENCH BREAD ASSO RTED | 1 EACH | 295 | 22 | | 0.00 | 105.64 | 319.8 | *N/A* | 8.99 | 4 | 17.49 | 32.97 | 11.49 | 4.25 | 0.00 | 0.955 |
| SANDWICH, HAM/CH CROSSIA NT | SANDWIC | 330 | 73 | | 2.00 | 1.72 | 151.0 | *0 | 1.2 | 4 | 21.5 | 31.0 | 14.0 | 6.00 | 0.00 | 1.679 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 | 2 EACH | 30 | 10 | | 0.00 | 0.00 | 79.8 | *N/A* | 0.0 | 0 | 2.0 | 0.0 | 2.0 | 1.00 | 0.00 | 0.137 |
| Weighted Daily Average | | 515 | 36 | 810 | 1.33 | 100.77 | 662.5 | *0 | 19.59 | 31 | 27.45 | 62.56 | 18.45 | 5.28 | 0.00 | 1.765 |
| % of Calories | | | | | | | | | | 23.7% | 21.3% | 48.6% | 32.3% | 9.2% | 0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

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Aug 25, 2025 thru Aug 29, 2025

Primary/Elementary Lunch

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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 |
|--------------------------------|----------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Thu - 08/28/2025 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | | | | | | | | | | | | | | | |
| BEEF, FRITOS CON CARNE (P K-4) | #10SC+1 OZ(GR) | 424 | 88 | | 2.02 | 0.64 | 233.3 | *N/A* | 2.23 | 1 | 18.54 | 20.61 | 29.68 | 11.09 | *0.00 | 0.464 |
| 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 | 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 |
| CORN, MEXICALI | 1/2 CUP | 86 | 0 | | 2.19 | 0.05 | 0.6 | *N/A* | 4.59 | 4 | 2.15 | 18.3 | 1.06 | 0.00 | 0.00 | 0.936 |
| 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 |
| 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 |
| Weighted Daily Average | | 589 | 78 | 773 | 4.99 | 1.91 | 353.8 | *0 | 9.44 | 21 | 23.46 | 49.93 | 33.58 | 10.48 | *0.00 | 1.204 |
| % of Calories | | | | | | | | | | 14.2% | 15.9% | 33.9% | 51.3% | 16.0% | *0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

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|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------|
| Fri - 08/29/2025 | | | | | | | | | | | | | | | | |
| Primary/Elementary Lunch | Total | | | | | | | | | | | | | | | |
| MACARONI&CHEESE W/ROLL (K-12) | 6 OZ+(G) | 448 | 31 | | 4.89 | 15.57 | 1610.6 | *N/A* | 0.57 | 9 | 24.06 | 56.22 | 14.12 | 5.60 | 0.00 | 1.172 |
| SANDWICH,TUNA CROISSANT (K-4) | 1/4 CUP | 285 | *26 | | *2.06 | *1.40 | *82.4 | *N/A* | *0.16 | 6 | 18.75 | 32.76 | 8.6 | *2.51 | *0.00 | 1.116 |
| 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 |
| 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 |
| POTATO,TATERTOT (K-12) | 1/2CUP(9 pc) | 130 | 0 | | 1.00 | 0.00 | 0.0 | *N/A* | 0.0 | 0 | 1.0 | 15.99 | 7.0 | 1.00 | 0.00 | 0.261 |
| 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 |
| 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 | | 709 | *37 | 1284 | *6.54 | *18.20 | *1897.0 | *0 | *13.73 | 36 | 33.04 | 97.90 | 21.04 | *6.63 | *0.00 | 2.110 |
| % of Calories | | | | | | | | | | 20.3% | 18.6% | 55.2% | 26.7% | *8.4% | *0.0% | |
| Nutrient Guideline | | 550-650 | | | | | | | | | | | | <10.00 | | |

| | | | | | | | | | | | | | | | | |
|------------------|--|-----|-----|--|-------|--------|--------|----|--------|--------|-------|-------|-------|-------|-------|-------|
| Weighted Average | | 589 | *56 | | *5.22 | *28.44 | *986.6 | *0 | *14.75 | *29 | 30.84 | 69.75 | 21.26 | *6.37 | *0.00 | 1.728 |
| | | | | | | | | | | *44.8% | 21.0% | 47.4% | 32.5% | *9.7% | *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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Aug 25, 2025 thru Aug 29, 2025

Primary/Elementary Lunch

Generated on: 7/31/2025 1:37:59 PM

| 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 | 589 | | 550 - 650 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 56 | | | | Missing | | | | | | | | | | | | |
| Sodium 1a (mg) | 934 | | 1110 | 84% | | | | | | | | | | | | | |
| Fiber (g) | 5.22 | | | | Missing | | | | | | | | | | | | |
| Iron (mg) | 28.44 | | | | Missing | | | | | | | | | | | | |
| Calcium (mg) | 986.6 | | | | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 0 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 29 | 19.93% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 14.75 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 30.84 | 20.95% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 69.75 | 47.39% | | | | | | | | | | | | | | | |
| Total Fat (g) | 21.26 | 32.49% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 6.37 | 9.74% | <10.00% | | Missing | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | | | | | | | | | | |

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

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