	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-Fat¹ (g)	Cost
Mon - 09/01/2025																
Primary/Elementary Breakfas	Total															
BKF SAUSAGE CHEESE SANDWICH	1 EACH	174	25	333	1.40	1.40	102.4	*N/A*	1.5	3	8.6	17.6	7.8	3.20	0.00	0.459
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		426	31	443	5.09	1.71	413.5	*N/A*	26.36	49	17.07	71.38	8.43	3.58	0.00	1.342
% of Calories										45.5%	16.0%	67.0%	17.8%	7.5%	0.0%	
Nutrient Guideline		400-500		540										<10.00		
Tue - 09/02/2025																
Primary/Elementary Breakfas	Total															
BKF PIZZA, SAUSAGE IW(PK-6)	1 SLICE	230	0	310	3.00	2.00	150.0	*N/A*	1.2	5	11.0	31.0	8.0	2.00	0.00	0.607
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	6	420	6.69	2.31	461.1	*N/A*	26.06	50	19.47	84.79	8.63	2.38	0.00	1.490
% of Calories										41.6%	16.1%	70.3%	16.1%	4.4%	0.0%	
Nutrient Guideline		400-500		540										<10.00		
Wed - 09/03/2025																
Primary/Elementary Breakfas	Total															
BKF GLAZED PANCAKE	1 EACH	200	10	330	3.00	1.50	40.0	*N/A*	0.0	11	4.0	36.0	4.5	1.00	0.00	0.748
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

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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[1] (g)	Cost
Weighted Daily Average		452	16	440	6.69	1.81	351.1	*N/A*	24.86	56	12.47	89.78	5.13	1.38	0.00	1.630
% of Calories										49.6%	11.0%	79.4%	10.2%	2.7%	0.0%	
Nutrient Guideline		400-500		540										<10.00		
Thu - 09/04/2025																
Primary/Elementary Breakfas	Total															
BKF CEREAL, ASSORTED (K-12)	1 EACH	219	0	302	3.54	*5.46	*88.6	*N/A*	*7.53	17	3.53	47.82	2.53	0.13	0.00	0.665
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		471	6	412	7.23	*5.77	*399.7	*N/A*	*32.39	62	12.00	101.61	3.16	0.50	0.00	1.548
% of Calories										52.4%	10.2%	86.2%	6.0%	1.0%	0.0%	
Nutrient Guideline		400-500		540										<10.00		
Fri - 09/05/2025																
Primary/Elementary Breakfas	Total															
BKF CONCHA	1 SERVIN	189	5	85	2.99	1.44	39.9	*N/A*	2.39	8	3.99	32.89	5.98	2.49	0.00	0.915
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		442	11	195	6.68	1.74	350.9	*N/A*	27.25	53	12.45	86.67	6.61	2.87	0.00	1.798
% of Calories										48.1%	11.3%	78.5%	13.5%	5.8%	0.0%	
Nutrient Guideline		400-500		540										<10.00		
Weighted Average		455	14	382	6.48	*2.67	*395.2	*N/A*	*27.39	54	14.69	86.85	6.39	2.14	0.00	1.561
										106.7%	12.9%	76.4%	12.6%	4.2%	0.0%	

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Flour Bluff ISD

Sep 1, 2025 thru Sep 5, 2025

Base Menu Spreadsheet

Primary/Elementary Breakfast

Portion Values - Detailed

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Generated on: 6/11/2025 8:15:04 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	455		400 - 500	100%				
Cholesterol (mg)	14							
Sodium 1 (mg)	382		540	71%				
Fiber (g)	6.48							
Iron (mg)	2.67				Missing			
Calcium (mg)	395.2				Missing			
Vitamin A (IU)	*N/A*				Missing			
Sugars (g)	54	47.42%						
Vitamin C (mg)	27.39				Missing			
Protein (g)	14.69	12.92%						
Carbohydrate (g)	86.85	76.38%						
Total Fat (g)	6.39	12.64%						
Saturated Fat (g)	2.14	4.23%	<10.00%					
Trans Fat¹ (g)	0.00	0.00%						

Column headers (top): 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-Fat¹ (g) | Cost

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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