

Flour Bluff ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 5, 2025

Primary/Elementary Lunch

Generated on: 6/11/2025 10:00:11 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
Mon - 09/01/2025																
Primary/Elementary Lunch	Total															
BEEF, STEAK FINGERS (PK-4)	3 EACH	243	27		3.04	2.05	30.4	*N/A*	0.0	1	12.16	14.44	15.2	3.80	0.00	0.386
SOUP, CREAM OF BROCCOLI	2/3Cup(6sc	229	56		1.66	0.60	237.3	*N/A*	0.0	4	9.61	12.82	15.81	9.77	0.60	1.505
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
ROLL, DINNER DOUGH 2.5 OZ.	ROLL	201	0		3.54	18.07	1500.2	*N/A*	0.71	4	8.27	33.07	3.54	0.59	0.00	0.203
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
POTATO, MASHED 12/31oz	1/2 CUP	91	0		1.26	0.28	18.1	*N/A*	25.34	2	1.95	16.81	2.05	1.28	0.00	0.694
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
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
CRACKERS, SALTINES	2 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
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
Weighted Daily Average		680	36	902	8.23	20.21	1862.3	*N/A*	17.08	*30	29.81	88.02	23.15	6.61	0.06	1.666
% of Calories										*17.7%	17.5%	51.8%	30.6%	8.8%	0.1%	
Nutrient Guideline		550-650												<10.00		

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Sep 1, 2025 thru Sep 5, 2025

Primary/Elementary Lunch

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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
Tue - 09/02/2025																
Primary/Elementary Lunch	Total															
CHICKEN, NUGGET W/GB(PK-4)	4 EACH+ 1(G)	319	45		2.80	2.11	38.2	*N/A*	0.0	11	16.03	34.2	13.59	3.94	0.00	0.890
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
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
SALAD, SPINACH W/GRAPE T OMATO	1/2C(G)+ 1/4C(R)	21	0		1.70	0.81	68.3	*N/A*	15.18	2	1.41	3.84	0.0	0.00	*0.00	0.354
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
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		496	59	703	4.51	3.45	362.5	*N/A*	13.08	36	24.84	64.26	16.25	4.40	*0.00	1.623
% of Calories										29.2%	20.0%	51.8%	29.5%	8.0%	*0.0%	
Nutrient Guideline		550-650												<10.00		

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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
Wed - 09/03/2025																
Primary/Elementary Lunch	Total															
PIZZA SLICES ASSORTED	1 SLICE	360	40		3.50	1.80	325.1	*N/A*	0.0	8	19.51	34.51	16.5	7.50	0.00	1.083
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G) +(F)	371	8		4.68	2.23	241.6	*N/A*	4.38	21	9.11	66.35	7.23	2.05	0.00	0.887
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
CORN, CANNED	1/2 CUP	86	0		2.00	0.00	0.0	*N/A*	3.61	4	2.0	18.21	1.0	0.00	0.00	0.882
CELERY STICKS 5#	1/2 CUP	30	0		0.76	0.27	15.2	*N/A*	2.74	2	0.76	3.81	1.14	0.00	0.00	0.179
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
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	1 EACH	15	5		0.00	0.00	39.9	*N/A*	0.0	0	1.0	0.0	1.0	0.50	0.00	0.069
Weighted Daily Average		563	43	713	5.46	2.21	639.5	*N/A*	12.30	36	27.03	73.52	18.46	7.12	0.00	1.926
% of Calories										25.9%	19.2%	52.2%	29.5%	11.4%	0.0%	
Nutrient Guideline		550-650											<10.00			

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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 - 09/04/2025																
Primary/Elementary Lunch	Total															
BEEF CRISPUP (K-12)	2 EACH	361	50		2.01	2.01	435.3	*N/A*	0.0	2	14.04	24.07	24.07	9.03	0.00	1.590
BISTRO BOX SUNBUTTER (PK-8)	1 EACH	393	0		3.58	2.58	35.8	*N/A*	0.0	10	13.52	20.52	30.41	3.58	0.00	0.737
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, REFRIED 6/28.1oz	1/2 CUP	202	0		10.08	2.27	50.4	*N/A*	1.51	0	10.08	31.51	1.89	0.00	0.00	0.390
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
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		598	*52	994	6.38	*5.41	*709.8	*N/A*	13.56	28	25.27	61.88	*28.40	*8.93	*0.00	2.409
% of Calories										18.9%	16.9%	41.4%	*42.7%	*13.4%	*0.0%	
Nutrient Guideline		550-650												<10.00		

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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
Fri - 09/05/2025																
Primary/Elementary Lunch	Total															
CHICKEN,TENDERS W/CRNM UF(K-12)	3 EACH+ 1(G)	406	46		4.90	2.76	54.1	*N/A*	0.15	12	17.26	38.69	20.09	3.41	0.00	0.899
PASTA, SALAD	SERVINGS	368	0		3.99	3.99	47.9	*N/A*	0.0	*6	7.97	41.37	19.69	2.99	0.00	1.908
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
SOUP, VEGETABLE (HM)	1 CUP	70	0		3.51	0.48	30.2	*N/A*	22.75	*2	2.71	13.44	0.27	0.00	0.00	0.323
BROCCOLI SLAW	1/2 CUP	118	7		2.41	0.43	24.0	*N/A*	35.41	*7	1.32	16.22	5.54	0.78	0.00	0.176
PEARS DICED, CANNED	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
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
CRACKERS, SALTINES	4 PKG	131	0		2.18	0.78	0.0	*N/A*	0.0	2	2.18	19.6	4.35	0.00	0.00	0.057
Weighted Daily Average		600	51	823	6.86	3.05	362.4	*N/A*	11.11	*39	25.64	75.28	21.98	3.95	0.00	1.611
% of Calories										*25.9%	17.1%	50.2%	33.0%	5.9%	0.0%	
Nutrient Guideline		550-650												<10.00		
Weighted Average		587	*48		6.29	*6.87	*787.3	*N/A*	13.43	*34	26.52	72.59	*21.65	*6.20	*0.01	1.847
										*52.0%	18.1%	49.4%	*33.2%	*9.5%	*0.0%	

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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	587		550 - 650	100%													
Cholesterol (mg)	48				Missing												
Sodium 1a (mg)	827		1110	75%													
Fiber (g)	6.29																
Iron (mg)	6.87				Missing												
Calcium (mg)	787.3				Missing												
Vitamin A (IU)	*N/A*				Missing												
Sugars (g)	34	23.13%			Missing												
Vitamin C (mg)	13.43																
Protein (g)	26.52	18.06%															
Carbohydrate (g)	72.59	49.43%															
Total Fat (g)	21.65	33.17%			Missing												
Saturated Fat (g)	6.20	9.50%		<10.00%	Missing												
Trans Fat ¹ (g)	0.01	0.02%			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.