Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost
Mon - 08/10/2026																	
Intermediate Lunch	Total																
BEEF, FRITO PIE (5-6)	#8SC+2 OZ(GR)	620	63	856	4.29	3.12	197.1	*144	8.57	2.46	*N/A*	24.1	40.17	40.83	11.48	0.64	1.097
CHICKEN & WAFFLE OPEN FACE	PATTY+ 1(G)	521	67	797	4.83	3.66	51.4	*0	0.0	12.66	*N/A*	23.84	55.25	23.13	2.87	0.00	1.537
SANDWICH,SUNFLOWER BUTTER W/J	SANDWICH	701	30	625	*7.38	*3.34	242.6	*0	*0.0	*30.24	*N/A*	25.06	65.23	41.24	8.58	*0.00	1.121
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	228	25	659	3.66	0.73	194.9	*0	0.0	2.83	*N/A*	10.49	27.61	10.83	5.00	0.00	0.409
SACK LUNCH, (PK-8)	SACK	483	67	1549	4.61	2.52	144.2	*0	5.8	15.31	*N/A*	24.13	48.54	24.59	4.50	0.00	1.858
PEAS FROZEN	1/2 CUP	70	0	100	5.03	1.63	0.2	*N/A*	15.08	4.02	*N/A*	5.03	13.07	0.0	0.00	0.00	0.330
CELERY STICKS 5#	1/2 CUP	30	0	0	0.76	0.27	15.2	*N/A*	2.74	1.52	*N/A*	0.76	3.81	1.14	0.00	0.00	0.200
APPLESAUCE FLAVORED	1/2 CUP	66	0	29	1.00	0.00	0.0	*N/A*	0.0	*12.05	*N/A*	1.18	15.07	0.0	0.00	0.00	0.306
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*0	6.46	16.62	*N/A*	0.46	22.31	0.0	0.00	0.00	0.269
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	0	2.4	12.00	*N/A*	8.0	12.0	2.5	1.50	0.00	0.461
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00	0.484
MILK SKIM UNFLAVORED	8 OZ	80	5	125	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	12.0	0.0	0.00	0.00	0.450
MILK, STRAWBERRY FF	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	18.0	0.0	0.00	0.00	0.464
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00	0.700
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	2.0	10.0	0.00	0.00	0.113
SYRUP PANCAKE CUP	2 EACH	237	0	59	0.00	0.00	0.0	*N/A*	0.0	43.51	*N/A*	0.0	59.34	0.0	0.00	0.00	0.537
Weighted Daily Average		790	70	982	*6.90	*3.67	413.2	*48	*8.60	*45.28	*N/A*	33.20	93.59	32.29	6.48	*0.21	2.233
% of Calories										*22.9%	*N/A%*	16.8%	47.4%	36.8	7.4%	*0.2%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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***

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.

Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost
Tue - 08/11/2026																	
Intermediate Lunch	Total																
CHICKEN TERIYAKI W/RICE (K-8)	#8SC+ 1/ 2 C(G)	267	83	487	1.18	1.72	28.9	*N/A*	0.0	*9.70	*N/A*	23.15	32.35	5.04	0.69	0.00	1.113
BEEF, HAMBURGER W/ CHE ESE	BURGER	361	58	653	3.00	2.80	177.9	*0	0.0	2.51	*N/A*	20.53	32.01	18.06	7.03	0.00	0.696
SALAD, CHEF (K-8)	1 SALAD (1C(G))	290	128	683	2.29	12.35	71.5	*N/A*	45.71	9.69	*N/A*	18.69	28.59	12.56	4.03	0.00	1.268
SANDWICH,COURTESY MEA L (K-8)	SANDWI CH	228	25	659	3.66	0.73	194.9	*0	0.0	2.83	*N/A*	10.49	27.61	10.83	5.00	0.00	0.409
SACK LUNCH, (PK-8)	SACK	483	67	1549	4.61	2.52	144.2	*0	5.8	15.31	*N/A*	24.13	48.54	24.59	4.50	0.00	1.858
POTATO, WEDGES	1/2 CUP	130	3	150	2.00	0.36	0.0	*N/A*	0.0	0.00	*N/A*	2.0	21.01	4.0	0.50	0.00	0.287
SALAD, ROMAINE SIDE W/ PI CKLE	1C(G)+1/ 4C(R)	19	0	158	1.60	0.74	18.3	*N/A*	17.58	2.26	*N/A*	0.96	3.91	0.09	0.00	0.00	0.565
PINEAPPLE TIDBITS, CANNE	1/2 CUP	70	0	0	0.87	0.00	17.5	*N/A*	7.87	13.12	*N/A*	0.0	16.62	0.0	0.00	0.00	0.370
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*0	6.46	16.62	*N/A*	0.46	22.31	0.0	0.00	0.00	0.269
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	0	2.4	12.00	*N/A*	8.0	12.0	2.5	1.50	0.00	0.461
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00	0.484
MILK SKIM UNFLAVORED	8 OZ	80	5	125	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	12.0	0.0	0.00	0.00	0.450
MILK, STRAWBERRY FF	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	18.0	0.0	0.00	0.00	0.464
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00	0.700
MAYONNAISE	1 EACH	28	0	119	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0	76	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	2 EACH	20	0	200	0.00	0.00	0.0	*N/A*	0.0	4.00	*N/A*	0.0	6.0	0.0	0.00	0.00	0.044
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, SOY PKG	1 EACH	7	0	619	0.09	0.25	4.6	*N/A*	0.11	0.05	*N/A*	1.0	0.7	0.0	0.00	0.00	0.067
SAUCE SWEET&SOUR	1 EACH	50	0	75	0.00	0.00	0.0	*N/A*	1.2	7.00	*N/A*	0.0	12.0	0.0	0.00	0.00	0.179
Weighted Daily Average		635	79	1194	5.39	3.58	435.4	*0	12.54	*37.23	*N/A*	31.03	86.65	19.70	5.66	0.00	1.948
% of Calories										*23.4%	*N/A%*	19.5%	54.6%	27.9	8.0%	0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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***

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.

Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost
Wed - 08/12/2026																	
Intermediate Lunch	Total																
CHICKEN ALFREDO w/ PAST	#8 SCOO	576	130	935	4.38	2.50	210.0	*N/A*	0.0	4.90	*N/A*	36.96	63.73	19.36	6.48	0.00	1.719
PIZZA, CHEESE STICKS (5-12	3 STICKS	448	30	686	2.98	3.58	537.2	*N/A*	0.0	0.00	*N/A*	23.87	47.75	17.91	5.97	0.00	0.929
SANDWICH,HAM & CHEESE SUB	EA.	301	73	902	2.02	2.33	120.5	*0	1.2	4.54	*N/A*	22.55	31.26	10.51	4.00	0.00	1.239
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	228	25	659	3.66	0.73	194.9	*0	0.0	2.83	*N/A*	10.49	27.61	10.83	5.00	0.00	0.409
SACK LUNCH, (PK-8)	SACK	483	67	1549	4.61	2.52	144.2	*0	5.8	15.31	*N/A*	24.13	48.54	24.59	4.50	0.00	1.858
CORN, CANNED	1/2 CUP	86	0	185	2.00	0.00	0.0	*N/A*	3.61	4.01	*N/A*	2.0	18.21	1.0	0.00	0.00	0.925
TOMATOES GRAPE	1/2 CUP	40	0	0	1.35	10.93	0.0	*N/A*	36.45	5.40	*N/A*	1.35	8.1	0.0	0.00	0.00	0.536
MANDARIN ORANGES, CANNED	1/2 CUP	68	0	10	0.98	0.70	19.5	*N/A*	20.49	16.59	*N/A*	0.98	16.59	0.0	0.00	0.00	0.409
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*0	6.46	16.62	*N/A*	0.46	22.31	0.0	0.00	0.00	0.269
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	0	2.4	12.00	*N/A*	8.0	12.0	2.5	1.50	0.00	0.461
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00	0.484
MILK SKIM UNFLAVORED	8 OZ	80	5	125	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	12.0	0.0	0.00	0.00	0.450
MILK, STRAWBERRY FF	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	18.0	0.0	0.00	0.00	0.464
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00	0.700
MAYONNAISE	1 EACH	28	0	119	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	2.27	2.83	0.00	0.00	0.040
MUSTARD	1 EACH	5	0	76	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.23	0.26	0.3	0.00	0.00	0.027
KETCHUP	1 EACH	10	0	100	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	2.0	10.0	0.00	0.00	0.113
CHEESE, PARMESAN, BULK	1 EACH	15	5	65	0.00	0.00	39.9	*N/A*	0.0	0.00	*N/A*	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	1 EACH	15	0	121	1.01	0.36	0.0	*N/A*	0.0	2.03	*N/A*	1.01	3.04	0.0	0.00	0.00	0.147
Weighted Daily Average		666	60	993	5.52	5.41	764.5	*0	18.53	31.33	*N/A*	35.94	85.48	20.53	6.53	0.00	2.132
% of Calories										18.8%	*N/A%*	21.6%	51.3%	27.7	8.8%	0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

***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**

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.

Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost
Thu - 08/13/2026																	
Intermediate Lunch	Total																
ENCHILADAS	2 EA	363	59	620	2.62	7.56	484.2	*N/A*	3.01	5.09	*N/A*	19.95	27.81	18.84	10.40	0.00	2.120
BURRITO, W/CHILI&CHEESE (5-12)	1 BURRIT	460	43	817	9.51	3.24	311.2	*32	5.53	4.55	*N/A*	25.83	41.75	20.47	8.94	0.14	1.285
SANDWICH,ITAILAN SUB	SANDWI CH	318	71	948	2.02	7.00	201.8	*N/A*	0.0	4.54	*N/A*	22.15	31.91	12.81	4.50	0.00	1.210
SANDWICH,COURTESY MEA L (K-8)	SANDWI CH	228	25	659	3.66	0.73	194.9	*0	0.0	2.83	*N/A*	10.49	27.61	10.83	5.00	0.00	0.409
SACK LUNCH, (PK-8)	SACK	483	67	1549	4.61	2.52	144.2	*0	5.8	15.31	*N/A*	24.13	48.54	24.59	4.50	0.00	1.858
SALAD, ROMAINE W/GRAPE TOMATO	1C(G)+1/ 4C(R)	28	0	2	1.63	6.16	9.1	*N/A*	29.0	3.34	*N/A*	1.17	5.69	0.0	0.00	0.00	0.496
BEANS, REFRIED 6/28.1oz	1/2 CUP	202	0	668	10.08	2.27	50.4	*N/A*	1.51	0.00	*N/A*	10.08	31.51	1.89	0.00	0.00	0.390
FRUIT COCKTAIL	1/2 CUP	83	0	10	2.07	0.00	0.0	0	1.24	13.48	*N/A*	1.04	19.7	0.0	0.00	0.00	0.403
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*0	6.46	16.62	*N/A*	0.46	22.31	0.0	0.00	0.00	0.269
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	0	2.4	12.00	*N/A*	8.0	12.0	2.5	1.50	0.00	0.461
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00	0.484
MILK SKIM UNFLAVORED	8 OZ	80	5	125	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	12.0	0.0	0.00	0.00	0.450
MILK, STRAWBERRY FF	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	18.0	0.0	0.00	0.00	0.464
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00	0.700
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, MARINARA CUP	1 EACH	15	0	121	1.01	0.36	0.0	*N/A*	0.0	2.03	*N/A*	1.01	3.04	0.0	0.00	0.00	0.147
SAUCE, CHOLULA	1 EACH	0	0	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	0.0	0.00	0.00	0.059
Weighted Daily Average		609	62	1000	8.53	7.07	711.3	*10	10.89	33.01	*N/A*	32.33	71.50	21.31	9.78	0.04	2.654
% of Calories										21.7%	*N/A%*	21.2%	47.0%	31.5	14.5	0.1%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

***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**

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.

Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost
Fri - 08/14/2026																	
Intermediate Lunch	Total																
FISH, NUGGETS W/ MACARO	4PC+#10 SC(GR)	371	65	626	3.01	1.62	220.1	*N/A*	0.0	4.00	*N/A*	23.55	37.58	13.53	4.00	0.00	0.928
SANDWICH,GRILLED CHEESE IW	SANDWICH	339	30	817	1.99	1.44	348.9	*N/A*	0.0	3.99	*N/A*	19.94	31.9	17.94	7.98	0.00	1.593
SANDWICH,PIMENTO/CHZ CROISSANT	1/2 CUP	502	28	1160	2.07	1.28	636.9	*5	36.71	9.40	*N/A*	22.34	36.34	31.19	11.58	0.00	0.886
SANDWICH,COURTESY MEAL (K-8)	SANDWICH	228	25	659	3.66	0.73	194.9	*0	0.0	2.83	*N/A*	10.49	27.61	10.83	5.00	0.00	0.409
SACK LUNCH, (PK-8)	SACK	483	67	1549	4.61	2.52	144.2	*0	5.8	15.31	*N/A*	24.13	48.54	24.59	4.50	0.00	1.858
SOUP, TOMATO, VEG. (K-12)	2/3 CUP	122	12	479	2.05	1.03	82.0	*N/A*	0.0	14.36	*N/A*	4.1	21.54	4.1	3.08	0.00	0.862
CUCUMBER SLICES	1/2 CUP	8	0	0	0.76	0.28	15.3	*N/A*	4.58	0.76	*N/A*	0.76	1.53	0.0	0.00	0.00	0.142
PEACHES DICED, CANNED	1/2 CUP	70	0	10	0.00	0.00	0.0	*N/A*	1.19	12.92	*N/A*	0.0	16.89	0.0	0.00	0.00	0.385
FRUIT FRESH ASSORTED	1 EACH	85	0	1	3.69	0.22	6.2	*0	6.46	16.62	*N/A*	0.46	22.31	0.0	0.00	0.00	0.269
MILK 1% WHITE	8 OZ	100	10	125	0.00	0.00	300.0	0	2.4	12.00	*N/A*	8.0	12.0	2.5	1.50	0.00	0.461
MILK FAT FREE, CHOCOLATE	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	20.0	0.0	0.00	0.00	0.484
MILK SKIM UNFLAVORED	8 OZ	80	5	125	0.00	0.00	300.0	*N/A*	2.4	12.00	*N/A*	8.0	12.0	0.0	0.00	0.00	0.450
MILK, STRAWBERRY FF	8 OZ	110	5	100	0.00	0.00	300.0	*N/A*	2.4	18.00	*N/A*	8.0	18.0	0.0	0.00	0.00	0.464
MILK LACTOSE FREE	8 OZ	100	10	130	0.00	0.00	300.0	*N/A*	0.0	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00	0.700
MAYONNAISE	2 EACH	57	0	238	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	4.54	5.67	0.00	0.00	0.081
MUSTARD	2 EACH	10	0	151	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.45	0.52	0.6	0.00	0.00	0.054
KETCHUP	1 EACH	10	0	100	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	3.0	0.0	0.00	0.00	0.022
DRESSING RANCH PKG	2 EACH	100	0	210	0.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	0.0	2.0	10.0	0.00	0.00	0.113
SAUCE, TARTAR	2 EACH	57	11	193	0.00	0.00	0.0	*N/A*	0.0	2.27	*N/A*	0.0	2.27	5.67	0.00	0.00	0.125
CRACKERS, SALTINES	2 PKG	131	0	250	2.18	0.78	0.0	*N/A*	0.0	2.18	*N/A*	2.18	19.6	4.35	0.00	0.00	0.060
Weighted Daily Average		578	46	1095	3.87	1.77	662.0	*0	8.01	34.73	*N/A*	29.80	71.02	22.50	8.44	0.00	2.343
% of Calories										24.0%	*N/A%*	20.6%	49.1%	35.0	13.1	0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average		656	64	1053	*6.04	*4.30	597.3	*12	*11.71	*36.32	*N/A*	32.46	81.65	23.26	7.38	*0.05	2.262
										*49.8%		19.8%	49.8%	31.9	10.1	*0.1%	

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***

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.

Flour Bluff ISD

Aug 10, 2026 thru Aug 14, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 8/13/2026 12:20:04 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (mcg RAE)	Vit-C (mg)	Tot Sug (g)	Add Sug (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	Cost

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	656		600 - 650	101%			6	Correction Required - Calories too High
Cholesterol (mg)	64							
Sodium 1a (mg)	1053		1110	95%				
Fiber (g)	6.04				Missing			
Iron (mg)	4.30				Missing			
Calcium (mg)	597.3							
Vitamin A (mcg RAE)	12				Missing			
Total Sugars (g)	36.32	22.15%			Missing			
Added Sugars (g)	*N/A*		<10.00%[1]		Missing			
Vitamin C (mg)	11.71				Missing			
Protein (g)	32.46	19.80%						
Carbohydrate (g)	81.65	49.81%						
Total Fat (g)	23.26	31.93%						
Saturated Fat (g)	7.38	10.13%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat (g)	0.05	0.07%			Missing			

[1] - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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***

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.