Flour Bluff ISD

Aug 24, 2026 thru Aug 28, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:58:06 AM

	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 - 08/24/2026																	
Intermediate Lunch	Total																
PORK,BBQ PULLED 8/5# SANDWICH	#12 SCOOP	437	64	630	5.02	2.52	100.0	*N/A*	1.21	7.01	*N/A*	23.99	48.18	15.99	5.49	0.00	1.084
BEEF, STEAK FINGERS (5-12)	4 EACH	323	35	333	4.04	2.72	40.4	*N/A*	0.0	1.01	*N/A*	16.14	19.17	20.18	5.05	0.00	0.969
MUFFIN, MINI WG CORN	1 EACH	143	21	100	1.86	0.74	17.6	*N/A*	0.15	10.59	*N/A*	2.06	22.55	4.9	0.88	0.00	0.398
PARFAIT, MIXED FRUIT (K-8)	4 OZ+(G)+(F)	371	8	280	4.68	2.23	241.6	*0	4.38	21.30	*N/A*	9.11	66.35	7.23	2.05	0.00	1.288
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
BEANS, PORK CANNED	1/2 CUP	129	0	457	6.96	1.79	59.7	*N/A*	1.19	5.97	*N/A*	6.96	22.87	1.49	0.50	0.00	0.232
POTATO SALAD	#8SC	182	5	848	3.03	1.31	10.1	0	0.0	5.05	0.00	3.03	25.25	7.07	1.01	0.00	0.657
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
GRAVY PEPPER MIX	1/4CUP(#16SC)	40	0	141	0.00	0.01	1.0	*N/A*	0.0	*0.00	*N/A*	0.0	4.97	1.99	0.99	0.00	0.059
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
SAUCE, BBQ CUP	1 EACH	40	0	66	0.00	0.00	0.0	*N/A*	0.0	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00	0.379
Weighted Daily Average		699	63	1000	8.91	3.67	404.1	*0	5.49	*42.84	*0.00	30.28	92.35	23.28	6.53	0.00	2.276
% of Calories										*24.5%	*0.0%	17.3%	52.8%	30.0	8.4%	0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

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Flour Bluff ISD

Aug 24, 2026 thru Aug 28, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:58:06 AM

	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 - 08/25/2026																	
Intermediate Lunch	Total																
CHICKEN, POTSTICKERS W/ EGGROLL	3PC+ 1EACH	276	53	550	3.06	13.34	10.5	*N/A*	0.0	2.58	*N/A*	17.95	33.33	8.69	1.51	0.00	1.376
BEEF, SALISBURY STEAK	1 EACH	142	41	435	1.01	1.82	40.5	*N/A*	1.22	1.01	*N/A*	16.2	4.05	7.09	3.04	0.00	0.174
ROLL, DINNER DOUGH 2.5 O	ROLL	201	0	159	3.54	18.07	1500.2	*N/A*	0.71	3.54	*N/A*	8.27	33.07	3.54	0.59	0.00	0.205
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 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
POTATO,TATERTOT (K-12)	1/2CUP(9pc)	130	0	360	1.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	1.0	15.99	7.0	1.00	0.00	0.261
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
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
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		614	62	1207	6.02	17.42	1091.4	*0	15.92	32.96	*N/A*	30.47	81.19	19.36	4.09	0.00	1.865
% of Calories										21.5%	*N/A%*	19.8%	52.9%	28.4	6.0%	0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

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Intermediate Lunch

Portion Values - Detailed

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	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 - 08/26/2026																	
Intermediate Lunch	Total																
BEEF, SPAGHETTI W/SAUCE 6/5#	#6SC+1/2C(G)	348	55	292	8.02	3.82	44.4	*N/A*	19.15	9.06	*N/A*	22.12	50.07	8.06	2.82	*0.00	0.664
BREADSTICK, 5" GARLIC	1 EACH	99	0	94	0.99	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.99	14.88	3.47	0.50	0.00	0.213
PIZZA, FRENCH BREAD ASSORTED	1 EACH	295	22	500	0.00	105.6	319.8	*N/A*	8.99	4.00	*N/A*	17.49	32.97	11.49	4.25	0.00	0.955
SANDWICH,SUNFLOWER W/J 2026	SANDWICH	598	30	587	*6.75	*2.91	236.0	*0	*0.0	*19.40	*N/A*	23.03	51.93	36.37	8.00	*0.00	0.980
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
CARROTS MINI IW	1/2 CUP	25	0	0	0.00	0.00	0.0	*N/A*	0.0	3.60	*N/A*	0.72	5.76	0.0	0.00	0.00	0.199
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
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
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	2 EACH	30	10	130	0.00	0.00	79.8	*N/A*	0.0	0.00	*N/A*	2.0	0.0	2.0	1.00	0.00	0.137
Weighted Daily Average		611	48	730	*5.97	*55.07	546.0	*0	*26.80	*37.67	*N/A*	29.97	81.52	19.67	5.06	*0.00	1.828
% of Calories										*24.7%	*N/A%*	19.6%	53.4%	29.0	7.5%	*0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

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Thu - 08/27/2026																	
Intermediate Lunch	Total																
BEEF,CHALUPA	#10SC + 1OZ(G)	319	48	336	3.03	0.93	46.9	*0	4.65	1.72	*N/A*	8.87	25.05	20.81	5.86	*0.00	0.318
QUESADILLA TACO (K-12)	3 EACH	240	10	480	4.00	2.60	229.9	*N/A*	0.0	2.00	*N/A*	13.99	29.99	8.0	2.50	0.00	0.766
BISTRO BOX CHEESE DIP	1 EACH	306	30	602	1.99	0.72	233.1	*0	60.0	15.99	*0.00	10.0	43.0	10.5	6.00	0.00	1.214
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, MEXICALI	1/2 CUP	83	0	150	2.10	0.04	0.5	*0	4.4	4.04	*0.00	2.06	17.54	1.01	0.00	0.00	0.911
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
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, 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		480	33	631	6.07	2.84	463.4	*0	16.40	31.00	*0.00	20.87	65.31	16.03	4.52	*0.00	1.623
% of Calories										25.8%	*0.0%	17.4%	54.4%	30.1	8.5%	*0.0%	
Nutrient Guideline		600-6									<10.00[1]				<10.0		

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Fri - 08/28/2026																	
Intermediate Lunch	Total																
FISH POLLOCK SANDWICH	SANDWICH	420	62	690	5.00	2.88	170.0	*0	0.0	3.50	*N/A*	23.5	45.0	16.0	4.00	0.00	1.349
MACARONI&CHEESE W/FRITOS(K-12)	6 OZ+(G/1oz)	308	31	708	2.24	1.14	413.7	*N/A*	0.0	6.16	*N/A*	17.64	31.79	12.56	5.29	0.00	1.069
SANDWICH,TURKEY/CH CROSSIANT	SANDWICH	310	53	970	*2.00	*1.00	*151.0	*0	*0.0	*3.50	*N/A*	27.5	30.0	11.0	5.00	*0.00	1.945
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
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
BROCCOLI BITES FRESH 3#	1/2 CUP	22	0	26	2.06	0.41	17.1	*N/A*	41.14	0.86	*N/A*	1.49	4.63	0.23	0.06	0.00	0.212
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
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, 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
Weighted Daily Average		616	59	1101	*5.02	*2.15	*587.4	*0	*8.43	*35.96	*N/A*	29.24	75.82	22.43	5.09	*0.00	2.141
% of Calories										*23.3%	*N/A%*	19.0%	49.2%	32.7	7.4%	*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		604	53	934	*6.40	*16.23	*618.5	*0	*14.61	*36.09	*N/A*	28.17	79.24	20.15	5.06	*0.00	1.947
										*53.8%		18.7%	52.5%	30.0	7.5%	*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***

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Flour Bluff ISD

Aug 24, 2026 thru Aug 28, 2026

Base Menu Spreadsheet

Intermediate Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:58:06 AM

	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	604		600 - 650	100%				
Cholesterol (mg)	53							
Sodium 1a (mg)	934		1110	84%				
Fiber (g)	6.40				Missing			
Iron (mg)	16.23				Missing			
Calcium (mg)	618.5				Missing			
Vitamin A (mcg RAE)	0				Missing			
Total Sugars (g)	36.09	23.89%			Missing			
Added Sugars (g)	*N/A*		<10.00%[1]		Missing			
Vitamin C (mg)	14.61				Missing			
Protein (g)	28.17	18.65%						
Carbohydrate (g)	79.24	52.47%						
Total Fat (g)	20.15	30.03%						
Saturated Fat (g)	5.06	7.54%	<10.00%					
Trans Fat (g)	0.00	0.00%			Missing			

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***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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