Flour Bluff ISD

Aug 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 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 - 08/17/2026																	
Junior High Lunch	Total																
BEEF,SLOPPY JOE 6/5#	#12 SCOOP	293	44	899	4.00	3.80	133.1	*N/A*	8.02	10.01	*N/A*	19.02	35.02	8.51	2.70	0.00	0.648
CORN DOG MINI'S (K-12)	6 EACH	314	48	495	2.41	1.21	16.9	*N/A*	0.0	6.03	*N/A*	13.27	26.54	16.89	3.62	0.00	0.811
SANDWICH,HAM/CH CROSSIANT	SANDWICH	330	73	1000	2.00	1.72	151.0	*0	1.2	3.50	*N/A*	21.5	31.0	14.0	6.00	0.00	1.676
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
BEANS GREEN, CANNED	1/2 CUP	34	0	247	2.15	0.77	21.5	*N/A*	2.58	2.15	*N/A*	1.08	6.88	0.0	0.00	0.00	0.303
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
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	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	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
Weighted Daily Average		517	55	993	4.73	2.23	368.7	*0	7.35	*35.64	*N/A*	24.68	63.98	18.24	3.98	0.00	1.646
% of Calories										*27.6%	*N/A%*	19.1%	49.5%	31.7	6.9%	0.0%	
Nutrient Guideline		600-7									<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 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 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 - 08/18/2026																	
Junior High Lunch	Total																
CHICKEN CHOW MEIN NOODLE	#8SC/1/2C(G)	259	83	740	2.15	2.96	0.0	*N/A*	0.0	1.44	*N/A*	19.49	23.61	10.14	2.08	0.00	1.378
CHICKEN, FILET ON BUN	SANDWICH	378	47	696	4.90	3.70	112.3	*0	0.0	2.95	*N/A*	25.93	39.29	12.94	2.40	0.00	1.166
CHICKEN, SPICY SANDWICH	SANDWICH	383	61	726	4.01	3.26	120.3	*N/A*	0.0	3.01	*N/A*	27.26	41.19	12.63	2.53	0.00	1.191
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, FRENCH FRIES	1/2 CUP	110	0	150	1.00	0.30	10.0	0	0.0	0.00	*N/A*	1.0	16.03	5.01	0.50	0.00	0.238
SALAD, ROMAINE SIDE W/ PICKLE	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		668	73	1317	6.21	4.42	405.7	*0	12.01	33.35	*N/A*	33.71	87.81	21.61	3.43	0.00	2.298
% of Calories										20.0%	*N/A%*	20.2%	52.6%	29.1	4.6%	0.0%	
Nutrient Guideline		600-7									<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 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 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
Wed - 08/19/2026																	
Junior High Lunch	Total																
LASAGNA CHEESE W/GRAIN	1 ROLL+ 1(G)	438	39	660	3.30	1.23	386.3	*N/A*	6.21	5.92	*N/A*	21.91	46.36	16.56	7.08	0.00	1.291
PIZZA CHEESY PULL APART	1 EACH	300	30	520	2.00	1.80	340.0	*N/A*	0.0	5.00	*N/A*	14.0	32.0	13.0	6.00	0.00	0.994
PITA BLT WRAP	1 WRAP	411	57	1203	4.09	2.32	247.9	*N/A*	12.28	4.73	*N/A*	25.39	33.88	19.63	6.66	0.00	1.790
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
SALAD, PEA	1/2 CUP	184	30	372	3.19	1.43	42.2	*N/A*	4.78	5.88	*N/A*	10.41	12.94	9.85	3.05	0.00	0.360
CAULIFLOWER, ROASTED 5#	1/2 CUP	27	0	135	1.51	0.32	16.9	*0	36.44	*1.44	*0.00	1.45	5.33	0.21	0.10	0.00	0.310
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	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
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 PARMASAN	1 EACH	15	5	65	0.00	0.00	40.0	*N/A*	0.0	0.00	*N/A*	1.0	0.0	1.0	0.50	0.00	0.069
SAUCE, MARINARA CUP	2 EACH	30	0	243	2.02	0.73	0.0	*N/A*	0.0	4.05	*N/A*	2.02	6.07	0.0	0.00	0.00	0.295
Weighted Daily Average		611	43	908	6.44	2.73	674.7	*0	27.47	*46.70	*0.00	27.24	83.15	19.22	7.07	0.00	2.255
% of Calories										*30.6%	*0.0%	17.8%	54.5%	28.3	10.4	0.0%	
Nutrient Guideline		600-7									<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 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 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
Thu - 08/20/2026																	
Junior High Lunch	Total																
BEEF, NACHO'S (5-8)	#10SC+2 OZ(GR)	531	74	720	4.93	1.22	167.6	*N/A*	4.62	1.72	*N/A*	17.84	46.07	31.02	10.43	*0.00	0.813
CHICKEN & CHEESE FLAUTA	2 EACH	524	101	907	2.02	0.73	161.3	*N/A*	0.0	2.02	*N/A*	20.17	38.32	32.27	10.08	0.00	1.166
PITA CHEESE WRAP	1 WRAP	433	50	1310	4.24	2.61	639.7	*N/A*	10.57	8.25	*N/A*	18.25	38.08	23.71	11.00	0.00	1.082
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, CHARRO PINTO	1/2 CUP	103	0	199	9.03	1.43	59.8	*N/A*	0.85	0.25	*N/A*	5.0	17.92	0.01	0.00	0.00	0.096
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		740	89	1098	7.36	1.90	512.3	*0	10.60	30.66	*N/A*	28.26	79.40	34.77	10.78	*0.00	1.838
% of Calories										16.6%	*N/A%*	15.3%	42.9%	42.3	13.1	*0.0%	
Nutrient Guideline		600-7									<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 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 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
Fri - 08/21/2026																	
Junior High Lunch	Total																
FISH & CHICKEN PLATTER (5-12)	2FS +8P C+2HP	379	38	793	3.99	2.77	52.3	*N/A*	0.79	2.09	*N/A*	20.23	33.01	18.25	2.77	0.00	1.144
CORN DOG	1 EACH	281	40	662	2.01	1.81	60.2	*N/A*	9.03	9.03	*N/A*	9.03	31.11	13.05	3.51	0.00	0.889
BISTRO BOX SUNBUTTER (P K-8)	1 EACH	434	30	327	*3.37	*1.71	173.8	*0	*60.0	*19.56	*N/A*	16.33	31.32	29.22	7.38	*0.00	0.965
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
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
VEGETABLES MIXED BLEND	1/2 CUP	80	0	89	3.29	0.79	21.9	*N/A*	6.57	3.29	*N/A*	2.19	12.67	1.1	0.00	0.00	0.335
PEARS DICED, CANNED	1/2 CUP	84	0	16	1.05	0.00	0.0	*N/A*	0.0	15.76	*N/A*	0.0	19.96	0.0	0.00	0.00	0.367
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
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, 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		556	46	971	*4.91	*3.09	371.4	*0	*18.19	*40.17	*N/A*	21.62	71.30	20.36	4.04	*0.00	1.876
% of Calories										*28.9%	*N/A%*	15.6%	51.3%	33.0	6.5%	*0.0%	
Nutrient Guideline		600-7									<10.00[1]				<10.0		
Weighted Average		618	61	1057	*5.93	*2.88	466.6	*0	*15.12	*37.30	*N/A*	27.10	77.13	22.84	5.86	*0.00	1.982
										*54.3%		17.5%	49.9%	33.2	8.5%	*0.0%	

[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 17, 2026 thru Aug 21, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:09 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		600 - 700	100%				
Cholesterol (mg)	61							
Sodium 1a (mg)	1057		1225	86%				
Fiber (g)	5.93				Missing			
Iron (mg)	2.88				Missing			
Calcium (mg)	466.6							
Vitamin A (mcg RAE)	0				Missing			
Total Sugars (g)	37.30	24.13%			Missing			
Added Sugars (g)	*N/A*		<10.00%[1]		Missing			
Vitamin C (mg)	15.12				Missing			
Protein (g)	27.10	17.53%						
Carbohydrate (g)	77.13	49.89%						
Total Fat (g)	22.84	33.24%						
Saturated Fat (g)	5.86	8.53%	<10.00%					
Trans Fat (g)	0.00	0.00%			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.