Flour Bluff ISD

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Generated on: 7/7/2026 10:59:51 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 - 08/31/2026																	
Junior High Lunch	Total																
TURKEY & GRAVY 4/7#	#8 SCOO	121	40	503	0.00	0.36	0.0	*N/A*	0.0	0.00	*N/A*	18.12	2.01	5.03	0.50	0.00	1.001
BEEF,COUNTRY STEAK	1 EACH	262	30	181	3.02	2.72	40.3	*N/A*	0.0	1.01	*N/A*	15.12	16.13	16.13	4.03	0.00	0.501
SOUP, CREAM OF BROCCOLI	2/3Cup(6 sc)	229	56	1410	1.66	0.60	237.3	*N/A*	0.0	3.65	*N/A*	9.61	12.82	15.81	9.77	0.60	1.583
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
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
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
POTATO, MASHED 12/28oz	1/2 CUP	15	0	60	0.16	0.05	1.6	0	0.0	0.00	*N/A*	0.32	2.75	0.16	0.00	0.00	0.036
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
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
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
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
Weighted Daily Average		616	43	897	6.66	17.15	1612.3	*0	5.00	*32.40	*N/A*	32.00	77.62	20.32	4.52	0.04	1.748
% of Calories										*21.0%	*N/A%*	20.8%	50.4%	29.7	6.6%	0.1%	
Nutrient Guideline		600-7									<10.00[1]				<10.0		

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Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

Junior High 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
Tue - 09/01/2026																	
Junior High Lunch	Total																
CHICKEN, CHERRY BLOSSOM (K-8)	#8 SC+1/2C(G)	327	51	399	3.45	1.65	1.2	*N/A*	0.0	*15.88	*N/A*	17.1	51.88	5.42	1.13	0.00	1.242
CHICKEN, NUGGET W/GB(5-1	5 EACH +1(G)	363	56	501	3.01	2.31	40.0	*N/A*	0.0	10.96	*N/A*	19.25	36.05	16.2	4.54	0.00	0.977
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
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
SALAD, SPINACH W/GRAPE TOMATO	1/2C(G)+1/4C(R)	21	0	27	1.70	0.81	68.3	*N/A*	15.18	2.01	*N/A*	1.41	3.84	0.0	0.00	*0.00	0.385
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		566	69	908	5.07	3.55	353.2	*0	14.93	*43.41	*N/A*	27.18	77.86	16.74	4.03	*0.00	1.980
% of Calories										*30.7%	*N/A%*	19.2%	55.0%	26.6	6.4%	*0.0%	
Nutrient Guideline		600-7									<10.00[1]				<10.0		

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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 - 09/02/2026																	
Junior High Lunch	Total																
PIZZA PEPPERONI BIG DADDY 72CT	1 SLICE	360	45	570	4.00	1.80	300.1	*N/A*	0.0	6.00	*N/A*	18.0	34.01	17.0	8.00	0.00	1.113
PIZZA CHEESE BIG DADDY 72CT	1 SLICE	360	35	490	3.00	1.80	350.0	*N/A*	0.0	9.00	*N/A*	21.0	35.0	16.0	7.00	0.00	1.053
CHICKEN,WINGS W/BISCUIT (5-12)	SER(5PC	561	186	1275	2.00	2.00	80.0	*N/A*	0.0	4.00	*N/A*	37.75	30.69	32.31	7.91	0.00	1.726
BISTRO BOX EGG (PK-8th)	1 EACH	246	370	122	0.99	1.44	40.0	*N/A*	60.0	17.99	*N/A*	13.0	23.99	10.0	3.00	0.00	1.236
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
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
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		668	128	1102	4.76	2.30	530.0	*0	16.85	36.34	*N/A*	36.97	67.86	28.23	8.27	0.00	2.367
% of Calories										21.8%	*N/A%*	22.2%	40.7%	38.1	11.2	0.0%	
Nutrient Guideline		600-7									<10.00[1]				<10.0		

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Junior High Lunch

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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
Thu - 09/03/2026																	
Junior High Lunch	Total																
CHICKEN FAJITA TACO 6/5#	#8 SCOO	370	108	783	2.22	1.45	216.1	*N/A*	0.0	0.66	*N/A*	26.81	24.18	18.74	7.56	0.00	1.298
BEEF, FRITOS CON CARNE (5-6)	#10SC+2 OZ(GR)	569	77	1070	2.90	1.22	271.9	*N/A*	4.62	2.74	*N/A*	17.8	40.01	38.05	12.03	*0.00	0.810
SANDWICH,SUNFLOWER W/ J 2026	SANDWI CH	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 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
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
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
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		700	95	1159	*6.69	*2.78	547.9	*0	*9.64	*31.83	*N/A*	33.49	71.93	31.56	9.65	*0.00	1.981
% of Calories										*18.2%	*N/A%*	19.1%	41.1%	40.6	12.4	*0.0%	
Nutrient Guideline		600-7									<10.00[1]				<10.0		

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Fri - 09/04/2026																	
Junior High Lunch	Total																
FISH TACO	4PC	351	45	772	4.01	2.08	44.1	*N/A*	0.0	0.00	*N/A*	19.06	39.06	13.54	2.50	0.00	1.175
CHICKEN,TENDERS W/STAR (K-12)	3 EACH+ 1(G)	411	36	486	4.54	3.12	51.4	*N/A*	0.0	13.16	*N/A*	18.0	39.12	20.19	3.43	0.00	0.748
PASTA, SALAD	SERVING	798	0	651	14.78	2.13	59.1	296	7.1	2.96	*N/A*	14.78	82.79	44.35	5.91	0.00	1.449
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, VEGETABLE (HM)	1 CUP	70	0	157	3.51	0.48	31.6	*0	18.66	*2.00	*0.00	2.84	13.44	0.27	0.00	0.00	0.311
BROCCOLI SLAW	1/2 CUP	118	7	179	2.41	0.43	24.0	*N/A*	35.41	*6.54	*N/A*	1.32	16.22	5.54	0.78	0.00	0.257
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
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	1 EACH	28	6	96	0.00	0.00	0.0	*N/A*	0.0	1.13	*N/A*	0.0	1.13	2.83	0.00	0.00	0.062
CRACKERS, SALTINES	4 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		661	45	850	7.29	3.15	359.3	*10	10.34	*42.90	*0.00	26.83	81.97	25.22	3.92	0.00	1.706
% of Calories										*26.0%	*0.0%	16.2%	49.6%	34.3	5.3%	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.

Weighted Average		642	76	983	*6.09	*5.79	680.6	*2	*11.35	*37.38	*N/A*	31.29	75.45	24.41	6.08	*0.01	1.956
										*52.4%		19.5%	47.0%	34.2	8.5%	*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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	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	642		600 - 700	100%				
Cholesterol (mg)	76							
Sodium 1a (mg)	983		1225	80%				
Fiber (g)	6.09				Missing			
Iron (mg)	5.79				Missing			
Calcium (mg)	680.6							
Vitamin A (mcg RAE)	2				Missing			
Total Sugars (g)	37.38	23.28%			Missing			
Added Sugars (g)	*N/A*		<10.00%[1]		Missing			
Vitamin C (mg)	11.35				Missing			
Protein (g)	31.29	19.49%						
Carbohydrate (g)	75.45	46.99%						
Total Fat (g)	24.41	34.21%						
Saturated Fat (g)	6.08	8.52%	<10.00%					
Trans Fat (g)	0.01	0.01%			Missing			

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