

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

Middle School BREAKFAST

Generated on: 2/28/2024 2:35:55 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Middle School BREAKFAST	Total		
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Donut Holes*	5 Donut Holes	240	27.58
Muffin; Chocolate*	1 Each	123	20.5
APPLE: Whole	Apple	29	8.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1105	194.21
% of Calories			70.3%
Nutrient Guideline		400-550	

Mon - 03/04/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
TOAST: Cinnamon	SLICE	100	17.59
FRENCH TOAST STIX, WG*	4 Sticks	262	38.3
APPLE: Whole	Apple	29	8.0
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
SYRUP PC	1 Each	120	30.0
Weighted Daily Average		1169	220.53
% of Calories			75.4%
Nutrient Guideline		400-550	

Tue - 03/05/2024			
Middle School BREAKFAST	Total		
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Apple Cinnamon Daves*	1 Each	117	19.5
Muffin; Banana Daves*	1 Each	120	20.0
BREAKFAST TACO-POT ELEM*	1 Each	216	26.54
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
APPLE: Whole	Apple	29	8.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1091	187.56
% of Calories			68.8%
Nutrient Guideline		400-550	

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Middle School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/06/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
TOAST: Cinnamon	SLICE	100	17.59
FRENCH TOAST STIX, WG*	4 Sticks	262	38.3
SYRUP PC	1 Each	120	30.0
APPLE: Whole	Apple	29	8.0
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1169	220.53
% of Calories			75.4%
Nutrient Guideline		400-550	

Thu - 03/07/2024			
Middle School BREAKFAST	Total		
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Frosted Flakes	1 EACH	100	24.0
BISCUIT, HAM & CHEESE*	SERVINGS	292	25.71
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
JELLY -GRAPE	PACKET	36	9.19
Oranges Mandarin, Canned	1/2 Cup	80	18.96
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1001	169.00
% of Calories			67.5%
Nutrient Guideline		400-550	

Fri - 03/08/2024			
Middle School BREAKFAST	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Blueberry Daves*	1 Each	118	19.5
Muffin; Chocolate*	1 Each	123	20.5
BISCUIT, CHICKEN Elem/Middle*	1 EACH	312	35.05
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole	Apple	29	8.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1285	221.18
% of Calories			68.9%
Nutrient Guideline		400-550	

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Mar 1, 2024 thru Mar 31, 2024

Middle School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/18/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Pancakes, Mini WG, Blueberry*	Pouch	210	35.0
Pancakes, Mini WG, Confetti*	Pouch	220	36.0
SYRUP PC	1 Each	120	30.0
Strawberries,Frozen,1/2 Cup IW	Each	80	21.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		643	130.13
% of Calories			81.0%
Nutrient Guideline		400-550	

Tue - 03/19/2024			
Middle School BREAKFAST	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
BREAKFAST TACO-ELEM*	1 Each	244	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Muffin; Apple Cinnamon Daves*	1 Each	117	19.5
PEACHES :Can Slices (1/2 cup)	1/2 CUP	60	14.0
APPLE: Whole	Apple	29	8.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		385	73.64
% of Calories			76.5%
Nutrient Guideline		400-550	

Wed - 03/20/2024			
Middle School BREAKFAST	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
EGG & SAUSAGE BISCUIT	SERVINGS	396	25.52
TOAST: Cinnamon	SLICE	100	17.59
JELLY -GRAPE	PACKET	36	9.19
PEARS Fresh:(1/2 cup)	1 EACH	39	10.4
Oranges Mandarin, Canned	1/2 Cup	80	18.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		954	131.79
% of Calories			55.3%
Nutrient Guideline		400-550	

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Mar 1, 2024 thru Mar 31, 2024

Middle School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/21/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Parfaits, Strawberry & Yogurt	1 Each	335	74.27
Grahams, Goldfish, Honey Oat	1 Each	120	19.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		678	136.40
% of Calories			80.5%
Nutrient Guideline		400-550	

Fri - 03/22/2024			
Middle School BREAKFAST	Total		
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Donut Holes*	5 Donut Holes	240	27.58
Muffin; Chocolate*	1 Each	123	20.5
APPLE: Whole	Apple	29	8.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		479	69.58
% of Calories			58.1%
Nutrient Guideline		400-550	

Mon - 03/25/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY -GRAPE	PACKET	36	9.19
FRENCH TOAST STIX, WG*	4 Sticks	262	38.3
SYRUP PC	1 Each	120	30.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
APPLESAUCE	1/2 cup	63	14.61
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1266	243.22
% of Calories			76.9%
Nutrient Guideline		400-550	

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Mar 1, 2024 thru Mar 31, 2024

Middle School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/26/2024			
Middle School BREAKFAST	Total		
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
CEREAL, APPLE JACKS	1 EACH	110	24.0
Muffin; Apple Cinnamon Daves*	1 Each	117	19.5
Muffin; Banana Daves*	1 Each	120	20.0
BREAKFAST TACO-POT ELEM*	1 Each	216	26.54
Salsa Cup, Red Gold	3 oz.	30	6.0
APPLE: Whole	Apple	29	8.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1154	199.17
% of Calories			69.0%
Nutrient Guideline		400-550	

Wed - 03/27/2024			
Middle School BREAKFAST	Total		
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Berry Kix	EACH	0	0.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
BISCUIT, HAM & CHEESE*	SERVINGS	292	25.71
TOAST: Cinnamon	SLICE	100	17.59
JELLY -GRAPE	PACKET	36	9.19
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1113	187.02
% of Calories			67.2%
Nutrient Guideline		400-550	

Thu - 03/28/2024			
Middle School BREAKFAST	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Pancakes, Mini WG, Blueberry*	Pouch	210	35.0
Pancakes, Mini WG, Confetti*	Pouch	220	36.0
SYRUP PC	1 Each	120	30.0
Strawberries,Frozen,1/2 Cup IW	Each	80	21.0
APPLE: Whole	Apple	29	8.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		582	117.13
% of Calories			80.5%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Average		938	166.74 71.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	938		400 - 550	171%			388	
Carbohydrate (g)	166.74	71.09%						Correction Required - Calories too High

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