

# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

Middle School LUNCH

Generated on: 2/28/2024 2:40:19 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Middle School LUNCH	Total		
CHEF SALAD, HAM*GF	1 each	263	12.45
CHEF SALAD, HAM w/Goldfish*	1 each	364	26.63
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
Veggie Cup with Ranch	1 EACH	98	7.04
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1982	214.51
% of Calories			43.3%
Nutrient Guideline		600-700	

Mon - 03/04/2024			
Middle School LUNCH	Total		
CHICKEN TENDERS AND PRETZEL	1 EACH	452	57.89
CHICKEN, BBQ PULLED ON SLIDERS	2 EACH	279	39.16
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Celery Sticks with Sunbutter	1/2 Cup	213	9.69
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		1405	194.37
% of Calories			55.3%
Nutrient Guideline		600-700	

Tue - 03/05/2024			
Middle School LUNCH	Total		
TACO, GROUND BEEF*GF	2 TACO	520	19.61
TACO FIXINGS, Condiment	1 Each	9	2.02
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	44	1.0
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1079	122.97
% of Calories			45.6%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/06/2024			
Middle School LUNCH	Total		
Chicken Popcorn*	SERVING (12)	250	15.0
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	240	15.03
POTATO, Baked w/BBQ & Chs-JTM	1 EACH	633	78.16
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
CORN: Frozen, Seasoned	1/2 cup	73	17.4
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		1893	253.91
% of Calories			53.7%
Nutrient Guideline		600-700	

Thu - 03/07/2024			
Middle School LUNCH	Total		
Sandwich, Belton Club GF*	1 Each	390	33.68
Sandwich, Toasted Belton Club	1 Each	390	33.68
HOT DOG, GF BUN	1 EACH	119	62.98
HOT DOG W/ CHILI, Elem/Middle	SERVING	141	21.94
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	130	22.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
Milk, 1% White	Half Pint	100	12.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
Weighted Daily Average		1711	268.89
% of Calories			62.9%
Nutrient Guideline		600-700	

Fri - 03/08/2024			
Middle School LUNCH	Total		
CHEF SALAD, HAM*GF	1 each	263	12.45
CHEF SALAD, HAM w/Goldfish*	1 each	364	26.63
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
Veggie Cup with Ranch	1 EACH	98	7.04
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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Middle School LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1851	198.09 42.8%
Nutrient Guideline		600-700	

Mon - 03/18/2024			
Middle School LUNCH	Total		
Wrap, Ranch Chicken 9"tortilla	9" wrap	685	49.05
ROTINI (WG) WITH MEATBALLS	Serving	448	56.85
Texas Toast	1 Each	100	14.05
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		904	130.75 57.9%
Nutrient Guideline		600-700	

Tue - 03/19/2024			
Middle School LUNCH	Total		
BURRITO, LOS CABO BEAN&CHEESE*	1 EACH	291	40.95
CHILI topping	1 OUNCE	41	1.57
Tamale, Beef*GF	2 each	508	44.0
CORN: Frozen, Seasoned	1/2 cup	73	17.4
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
PEARS :cnd 1/2cup	1/2 CUP	60	16.08
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
SALSA	1 OZ	10	2.4
Weighted Daily Average % of Calories		711	125.63 70.7%
Nutrient Guideline		600-700	

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

Middle School LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
Middle School LUNCH	Total		
STEAK FINGERS: 4	SERVING	315	19.28
Chicken Popcorn*	SERVING (12)	250	15.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
CORN: Frozen, Seasoned	1/2 cup	73	17.4
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		790	114.97
% of Calories			58.2%
Nutrient Guideline		600-700	

Thu - 03/21/2024			
Middle School LUNCH	Total		
Sandwich, Belton Club GF*	1 Each	390	33.68
MEATBALL SUB with Cheese, MS	1 EACH	374	46.51
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
MAYONNAISE, PACKET	PACKET	90	0.0
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		933	140.53
% of Calories			60.3%
Nutrient Guideline		600-700	

Fri - 03/22/2024			
Middle School LUNCH	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
CHEF SALAD, Turkey w/Goldfish	1 each	344	24.23
Pizza, French Bread Tonys, Pep*	1 Each	300	33.0
Pizza, French Bread Tonys*	1 Each	335	33.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
Veggie Cup with Ranch	1 EACH	98	7.04
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	90	23.0
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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Middle School LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		653	83.32 51.1%
Nutrient Guideline		600-700	

Mon - 03/25/2024			
Middle School LUNCH	Total		
CHICKEN FILET, BRD ON WG BUN	Sandwich	400	48.01
CHICKEN FILET, BRD Spicy WGBun	Sandwiches	430	49.0
Croissant, HAM & AMER.CHEESE	SERVINGS	316	35.25
POTATO, WEDGES, SEASONED	3 OZ SERVING	130	21.0
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
MAYONNAISE PACKET	1 EACH	10	3.0
Weighted Daily Average % of Calories		1839	249.01 54.2%
Nutrient Guideline		600-700	

Tue - 03/26/2024			
Middle School LUNCH	Total		
Frito Pie *GF	Servings	312	21.34
TACO, PULLED PORK	2 EACH	321	33.02
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
Mango, Frozen Chunks	1/2 cup	73	16.99
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
TACO FIXINGS, Condiment	1 Each	9	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Weighted Daily Average % of Calories		592	79.06 53.4%
Nutrient Guideline		600-700	

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Middle School LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/27/2024			
Middle School LUNCH	Total		
Chicken, Drumstick Breaded	1 EACH	220	6.0
CHICKEN, DRUMSTICK, GLAZED	1 DRUMSTICK	160	2.0
FISH, BREADED POLLACK STICKS	4 PIECES	210	19.0
POTATOES, MASHED	1/2 CUP	70	14.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
CORN: Frozen, Seasoned	1/2 cup	73	17.4
APPLESAUCE	1/2 cup	63	14.61
CRANBERRIES, DRIED, IW	1/2 CUP	110	28.0
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		731	97.97
% of Calories			53.6%
Nutrient Guideline		600-700	

Thu - 03/28/2024			
Middle School LUNCH	Total		
HOT DOG W/ CHILI, Elem/Middle	SERVING	141	21.94
HOT DOG, TWIST	1 EACH	199	17.98
CHICKEN FILET, BRD ON WG BUN	Sandwich	400	48.01
POTATO, FRIES, WEDGE CUT	8 PIECES	100	19.0
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
Weighted Daily Average		709	110.74
% of Calories			62.4%
Nutrient Guideline		600-700	

Weighted Average		1185	158.98
			53.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1185		600 - 700	169%			485	Correction Required -
Carbohydrate (g)	158.98	53.64%						Calories too High

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