

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

BECS BREAKFAST

Generated on: 2/28/2024 1:50:32 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
BECS BREAKFAST	Total		
Pancakes, Mini WG, Maple*	Pouch	210	35.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		600	95.00
% of Calories			63.3%
Nutrient Guideline		350-500	

Mon - 03/04/2024			
BECS BREAKFAST	Total		
Cereal, Lucky Charms*GF	1 EACH	110	23.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		500	83.00
% of Calories			66.4%
Nutrient Guideline		350-500	

Tue - 03/05/2024			
BECS BREAKFAST	Total		
Bagels, Strawberry Cream*	1 Each	230	42.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		610	100.00
% of Calories			65.6%
Nutrient Guideline		350-500	

Wed - 03/06/2024			
BECS BREAKFAST	Total		
YOGURT & GRAHAMS	SER	180	35.06
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		570	95.06
% of Calories			66.7%
Nutrient Guideline		350-500	

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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BECS BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/07/2024			
BECS BREAKFAST	Total		
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		550	75.00
% of Calories			54.5%
Nutrient Guideline		350-500	

Fri - 03/08/2024			
BECS BREAKFAST	Total		
Pancake & Sausage Stix, WG,IW	SERV(Each)	140	16.04
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, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		555	82.54
% of Calories			59.5%
Nutrient Guideline		350-500	

Mon - 03/18/2024			
BECS BREAKFAST	Total		
Cereal, Lucky Charms*GF	1 EACH	110	23.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		500	83.00
% of Calories			66.4%
Nutrient Guideline		350-500	

Tue - 03/19/2024			
BECS BREAKFAST	Total		
Frudel, Apple*	1 Each	230	41.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		610	99.00
% of Calories			64.9%
Nutrient Guideline		350-500	

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BECS BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
BECS BREAKFAST	Total		
YOGURT & GRAHAMS	SER	180	35.06
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		570	95.06
% of Calories			66.7%
Nutrient Guideline		350-500	

Thu - 03/21/2024			
BECS BREAKFAST	Total		
BISCUIT, CHICKEN Elem/Middle*	1 EACH	312	35.05
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		692	93.05
% of Calories			53.8%
Nutrient Guideline		350-500	

Fri - 03/22/2024			
BECS BREAKFAST	Total		
Pancakes, Mini WG, Maple*	Pouch	210	35.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		600	95.00
% of Calories			63.3%
Nutrient Guideline		350-500	

Mon - 03/25/2024			
BECS BREAKFAST	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		490	81.00
% of Calories			66.1%
Nutrient Guideline		350-500	

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Mar 1, 2024 thru Mar 31, 2024

BECS BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/26/2024			
BECS BREAKFAST	Total		
Bagels, Strawberry Cream*	1 Each	230	42.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		610	100.00
% of Calories			65.6%
Nutrient Guideline		350-500	

Wed - 03/27/2024			
BECS BREAKFAST	Total		
YOGURT & GRAHAMS	SER	180	35.06
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		570	95.06
% of Calories			66.7%
Nutrient Guideline		350-500	

Thu - 03/28/2024			
BECS BREAKFAST	Total		
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, FAT FREE LACTOSE	CARTON	90	13.0
Soy Milk, 8.25 oz.	carton	130	19.0
Weighted Daily Average		550	75.00
% of Calories			54.5%
Nutrient Guideline		350-500	

Weighted Average		572	89.78
			62.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	572		350 - 500	114%			72	
Carbohydrate (g)	89.78	62.80%						Correction Required - Calories too High

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