

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

BECS LUNCH

Generated on: 2/28/2024 2:05:26 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
BECS LUNCH	Total		
Pizza Pasta	1 Cup	361	42.3
BREAD STICK, GARLIC, WG 7"	1 EACH	170	25.0
BROCCOLI :1/4c	1/4 cup	11	1.42
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
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		961	136.72
% of Calories			56.9%
Nutrient Guideline		517	

Mon - 03/04/2024			
BECS LUNCH	Total		
Mac & Cheese - Southwest 1/2C	1/2 CUP	183	25.58
Cornbread- Super Star	1 Each	148	23.0
CARROTS: COINS FROZEN 1/4 c	1/4 CUP	34	8.17
BLUEBERRIES:frz 1/4	1/4 CUP	38	9.16
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		733	110.91
% of Calories			60.5%
Nutrient Guideline		517	

Tue - 03/05/2024			
BECS LUNCH	Total		
Frito Pie *GF	Servings	312	21.34
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CUCUMBER SLICES, 1/4 cup	1/4 cup	5	1.33
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
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		778	98.03
% of Calories			50.4%
Nutrient Guideline		517	

Wed - 03/06/2024			
BECS LUNCH	Total		
FISH SHAPES	4 EACH	230	20.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
MASHED POTATOES PRE-K*GF	1/4 CUP	35	7.0
CORN: Frozen (1/4 cup)	1/4 cup	40	9.3
APPLESAUCE	1/2 cup	63	14.61
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
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0

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Page 2

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BECS LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		867	126.90 58.5%
Nutrient Guideline		517	

Thu - 03/07/2024			
BECS LUNCH	Total		
Croissant, Turkey & American	1 EACH	333	32.01
POTATO SMILES 1/4C	3 pieces	80	12.5
Carrots, Baby*	1 Each	35	8.0
FRUIT COCKTAIL: Canned 1/4 cup	SERVING	30	8.45
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
MAYONNAISE PACKET	1 EACH	10	3.0
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		828	110.96 53.6%
Nutrient Guideline		517	

Fri - 03/08/2024			
BECS LUNCH	Total		
Pizza, French Bread Tonys*	1 Each	335	33.0
Grahams, Goldfish WG .75 oz.	Package	100	14.0
BROCCOLI :1/4c	1/4 cup	11	1.42
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
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 % of Calories		866	116.42 53.8%
Nutrient Guideline		517	

Mon - 03/18/2024			
BECS LUNCH	Total		
Chicken Popcorn*Pre-K	SERVING (6)	125	7.5
Cornbread- Super Star	1 Each	148	23.0
CARROTS: COINS FROZEN 1/4 c	1/4 CUP	34	8.17
PINEAPPLE: Tidbit,Can, 1/4 cup	1/4 cup	31	8.07
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
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		678	93.74 55.3%
Nutrient Guideline		517	

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Page 3

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/19/2024			
BECS LUNCH	Total		
TACO: soft Pre K	1 EACH	167	15.28
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CUCUMBER SLICES, 1/4 cup	1/4 cup	5	1.33
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
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		633	91.98
% of Calories			58.1%
Nutrient Guideline		517	

Wed - 03/20/2024			
BECS LUNCH	Total		
STEAK FINGERS, Harvest WG Pre K	3 Each	235	14.38
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
MASHED POTATOES PRE-K*GF	1/4 CUP	35	7.0
CORN: Frozen (1/4 cup)	1/4 cup	40	9.3
APPLESAUCE	1/2 cup	63	14.61
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
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		872	121.28
% of Calories			55.6%
Nutrient Guideline		517	

Thu - 03/21/2024			
BECS LUNCH	Total		
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	270	30.0
POTATO SMILES 1/4C	3 pieces	80	12.5
Carrots, Baby*	1 Each	35	8.0
FRUIT COCKTAIL: Canned 1/4 cup	SERVING	30	8.45
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
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		765	107.95
% of Calories			56.5%
Nutrient Guideline		517	

Fri - 03/22/2024			
BECS LUNCH	Total		
PIZZA, PEPPERONI 4X6 NARDONS	SLICES	351	30.0
Grahams, Goldfish WG .75 oz.	Package	100	14.0
BROCCOLI :1/4c	1/4 cup	11	1.42
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
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

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Page 4

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BECS LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		882	113.42 51.5%
Nutrient Guideline		517	

Mon - 03/25/2024			
BECS LUNCH	Total		
Croissant, Turkey & American	1 EACH	333	32.01
POTATO SMILES 1/4C	3 pieces	80	12.5
Carrots, Baby*	1 Each	35	8.0
FRUIT COCKTAIL: Canned 1/4 cup	SERVING	30	8.45
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
MAYONNAISE PACKET	1 EACH	10	3.0
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		828	110.96 53.6%
Nutrient Guideline		517	

Tue - 03/26/2024			
BECS LUNCH	Total		
Frito Pie *GF	Servings	312	21.34
CORN: Frozen (1/4 cup)	1/4 cup	40	9.3
CUCUMBER SLICES, 1/4 cup	1/4 cup	5	1.33
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
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 % of Calories		767	97.96 51.1%
Nutrient Guideline		517	

Wed - 03/27/2024			
BECS LUNCH	Total		
HAMBURGER (2.5) on Wheat Bun	SERVING	326	32.0
POTATO, TATER TOTS, ORE-IDA PK	8 PIECES	110	14.0
GREEN BEANS: Canned, Seasoned	1/4 CUP	10	2.13
PEACHES :Can Slices (1/4 cup)	1/4 CUP	30	7.0
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
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		826	104.13 50.4%
Nutrient Guideline		517	

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Page 5

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BECS LUNCH

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/28/2024			
BECS LUNCH	Total		
Pizza, French Bread Tonys*	1 Each	335	33.0
Grahams, Goldfish WG .75 oz.	Package	100	14.0
BROCCOLI :1/4c	1/4 cup	11	1.42
SIDEKICKS, BANANA/CHERRY	1 EACH	90	23.0
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		866	116.42
% of Calories			53.8%
Nutrient Guideline		517	

Weighted Average		810	110.52
			54.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	810		517	157%				
Carbohydrate (g)	110.52	54.57%						

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