

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

BECS Breakfast

Portion Values - Detailed

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Generated on: 4/30/2024 2:19:23 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
BECS Breakfast	Total	
Cereal, Lucky Charms*GF	1 EACH	23.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		83.00
% of Calories		66.4%
Nutrient Guideline		

Thu - 05/02/2024		
BECS Breakfast	Total	
Bagels, Strawberry Cream*	1 Each	42.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		100.00
% of Calories		65.6%
Nutrient Guideline		

Fri - 05/03/2024		
BECS Breakfast	Total	
YOGURT & GRAHAMS	SER	35.06
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		95.06
% of Calories		66.7%
Nutrient Guideline		

Mon - 05/06/2024		
BECS Breakfast	Total	
KOLACHE, WG, 2OZ.	1 EACH	17.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		75.00
% of Calories		54.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/07/2024		
BECS Breakfast	Total	
Frudel, Apple*	1 Each	41.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		99.00
% of Calories		64.9%
Nutrient Guideline		

Wed - 05/08/2024		
BECS Breakfast	Total	
FRENCH TOAST BITES, CHOC CHIP	POUCH	35.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		95.00
% of Calories		65.5%
Nutrient Guideline		

Thu - 05/09/2024		
BECS Breakfast	Total	
BISCUIT, CHICKEN Elem/Middle*	1 EACH	35.05
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		93.05
% of Calories		53.8%
Nutrient Guideline		

Fri - 05/10/2024		
BECS Breakfast	Total	
Pancakes, Mini WG, Maple*	Pouch	35.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		95.00
% of Calories		63.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/13/2024		
BECS Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		81.00
% of Calories		66.1%
Nutrient Guideline		

Tue - 05/14/2024		
BECS Breakfast	Total	
Bagels, Strawberry Cream*	1 Each	42.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		100.00
% of Calories		65.6%
Nutrient Guideline		

Wed - 05/15/2024		
BECS Breakfast	Total	
YOGURT & GRAHAMS	SER	35.06
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		95.06
% of Calories		66.7%
Nutrient Guideline		

Thu - 05/16/2024		
BECS Breakfast	Total	
KOLACHE, WG, 2OZ.	1 EACH	17.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		75.00
% of Calories		54.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2024		
BECS Breakfast	Total	
Pancake & Sausage Stix, WG,IW	SERV(Each)	16.04
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		74.04
% of Calories		56.9%
Nutrient Guideline		

Mon - 05/20/2024		
BECS Breakfast	Total	
Cereal, Lucky Charms*GF	1 EACH	23.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		83.00
% of Calories		66.4%
Nutrient Guideline		

Tue - 05/21/2024		
BECS Breakfast	Total	
Frudel, Apple*	1 Each	41.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		99.00
% of Calories		64.9%
Nutrient Guideline		

Wed - 05/22/2024		
BECS Breakfast	Total	
FRENCH TOAST BITES, CHOC CHIP	POUCH	35.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		95.00
% of Calories		65.5%
Nutrient Guideline		

Weighted Average		89.83
		62.9%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	89.83	62.88%						

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