

# Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

BECS LUNCH

Portion Values - Detailed

Page 1

Generated on: 4/30/2024 2:21:09 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
BECS LUNCH	Total	
STEAK FINGERS, Harvest WG Pre K	3 Each	14.38
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
MASHED POTATOES PRE-K*GF	1/4 CUP	7.0
CORN: Frozen (1/4 cup)	1/4 cup	9.3
APPLESAUCE 1/4 cup	1/4 cup	7.3
KETCHUP PPI, Low Na #1	1 PACKET	2.0
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		113.97
% of Calories		54.2%
Nutrient Guideline		

Thu - 05/02/2024		
BECS LUNCH	Total	
TACO: soft Pre K	1 EACH	15.28
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CUCUMBER SLICES, 1/4 cup	1/4 cup	1.33
Orange Wedges: 1/2 orange	1/4 CUP	7.7
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		78.67
% of Calories		53.9%
Nutrient Guideline		

Fri - 05/03/2024		
BECS LUNCH	Total	
PIZZA, PEPPERONI 4X6 NARDONS	SLICES	30.0
Grahams, Goldfish WG .75 oz.	Package	14.0
BROCCOLI :1/4c	1/4 cup	1.42
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
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		91.92
% of Calories		51.4%
Nutrient Guideline		

\*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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	Portion Size	Carb (g)
Mon - 05/06/2024		
BECS LUNCH	Total	
Chicken Popcorn*Pre-K	SERVING (6)	7.5
Cornbread- Super Star	1 Each	23.0
GREEN BEANS:Canned 1/4 cup	1/4 CUP	1.77
Mango, Frozen Chunks 1/4	1/4 cup	5.32
KETCHUP PPI, Low Na #1	1 PACKET	2.0
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		84.59
% of Calories		52.4%
Nutrient Guideline		

Tue - 05/07/2024		
BECS LUNCH	Total	
NACHOS: Cheddar CHEESE*GF	SERV	22.94
BEANS, refried: Santiago*1/4	1/4 CUP	12.2
CUCUMBER SLICES, 1/4 cup	1/4 cup	1.33
Orange Wedges: 1/2 orange	1/4 CUP	7.7
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		89.17
% of Calories		52.8%
Nutrient Guideline		

Wed - 05/08/2024		
BECS LUNCH	Total	
STEAK FINGERS,Harvest WG Pre K	3 Each	14.38
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
MASHED POTATOES PRE-K*GF	1/4 CUP	7.0
CORN: Frozen (1/4 cup)	1/4 cup	9.3
APPLESAUCE 1/4 cup	1/4 cup	7.3
KETCHUP PPI, Low Na #1	1 PACKET	2.0
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		113.97
% of Calories		54.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/09/2024		
BECS LUNCH	Total	
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	30.0
POTATO SMILES 1/4C	3 pieces	12.5
CARROTS: COINS FROZEN 1/4 c	1/4 CUP	8.17
APPLE, Fresh: 1/2	1/2 apple	9.79
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
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		109.46
% of Calories		56.8%
Nutrient Guideline		

Fri - 05/10/2024		
BECS LUNCH	Total	
Pizza, French Bread Tonys*	1 Each	33.0
Grahams, Goldfish WG .75 oz.	Package	14.0
BROCCOLI :1/4c	1/4 cup	1.42
Oranges Mandarin: Canned 1/4	1/4 cup	10.3
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		103.72
% of Calories		50.7%
Nutrient Guideline		

Mon - 05/13/2024		
BECS LUNCH	Total	
CHICKEN NUGGETS: 4 PRE-K	SERVING OF 4	10.46
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
MASHED POTATOES PRE-K*GF	1/4 CUP	7.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
CORN: Frozen (1/4 cup)	1/4 cup	9.3
APPLESAUCE 1/4 cup	1/4 cup	7.3
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
KETCHUP PPI, Low Na #1	1 PACKET	2.0
Weighted Daily Average		114.01
% of Calories		55.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2024		
BECS LUNCH	Total	
TACO: soft Pre K	1 EACH	15.28
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CUCUMBER SLICES, 1/4 cup	1/4 cup	1.33
PEACHES :Can Slices (1/4 cup)	1/4 CUP	7.0
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		77.98
% of Calories		53.5%
Nutrient Guideline		

Wed - 05/15/2024		
BECS LUNCH	Total	
HAMBURGER (2.5) on Wheat Bun	SERVING	32.0
POTATO, TATER TOTS, ORE-IDA PK	8 PIECES	14.0
Green Beans: Canned, Seasoned	1/4 CUP	2.13
Orange Wedges: 1/2 orange	1/4 CUP	7.7
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, FAT FREE	CARTON	13.0
Soy Milk, 8.25 oz.	carton	19.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		104.83
% of Calories		50.7%
Nutrient Guideline		

Thu - 05/16/2024		
BECS LUNCH	Total	
Beef Patty, Chicken Fried, JTM	1 Each	6.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
MASHED POTATOES PRE-K*GF	1/4 CUP	7.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
FRUIT COCKTAIL: Canned 1/4 cup	SERVING	8.45
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		83.36
% of Calories		40.9%
Nutrient Guideline		

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BECS LUNCH

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	Portion Size	Carb (g)
Fri - 05/17/2024		
BECS LUNCH	Total	
PIZZA, PEPPERONI 4X6 NARDONS	SLICES	30.0
Grahams, Goldfish WG .75 oz.	Package	14.0
BROCCOLI :1/4c	1/4 cup	1.42
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
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		91.92
% of Calories		51.4%
Nutrient Guideline		

Mon - 05/20/2024		
BECS LUNCH	Total	
Chicken Popcorn*Pre-K	SERVING (6)	7.5
Cornbread- Super Star	1 Each	23.0
GREEN BEANS:Canned 1/4 cup	1/4 CUP	1.77
Mango, Frozen Chunks 1/4	1/4 cup	5.32
KETCHUP PPI, Low Na #1	1 PACKET	2.0
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		84.59
% of Calories		52.4%
Nutrient Guideline		

Tue - 05/21/2024		
BECS LUNCH	Total	
NACHOS: Cheddar CHEESE*GF	SERV	22.94
BEANS, refried: Santiago*1/4	1/4 CUP	12.2
CUCUMBER SLICES, 1/4 cup	1/4 cup	1.33
Orange Wedges: 1/2 orange	1/4 CUP	7.7
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		89.17
% of Calories		52.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/22/2024		
BECS LUNCH	Total	
SANDWICH, GRAPE & BUTTER, IW	1 EACH	28.02
GOLDFISH, CHEDDAR, WG	1 POUCH	14.0
Celery Sticks	1/2 Cup	2.69
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Soy Milk, 8.25 oz.	carton	19.0
Weighted Daily Average		126.91
% of Calories		53.9%
Nutrient Guideline		

Weighted Average		97.39
		52.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.39	52.30%						

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