

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

Elementary School BREAKFAST

Generated on: 2/28/2024 2:13:20 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Chocolate*	1 Each	123	20.5
Muffin; Blueberry Daves*	1 Each	118	19.5
PANCAKES: WG 2 each w/Sausage	Serving	334	28.83
SYRUP PC	1 Each	120	30.0
APPLESAUCE	1/2 cup	63	14.61
ORANGE: WHOLE, Cut	1 EACH	62	15.39
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1462	250.97
% of Calories			68.7%
Nutrient Guideline		350-500	

Mon - 03/04/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
GRAHAMS, CHOCOLATE,ELF	1 EACH	121	21.26
YOGURT & GRAHAMS	SER	180	35.06
Cheese, String	1 oz IW	91	0.0
Apple, Slices In a Bag*	1 Each	30	6.96
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1306	240.41
% of Calories			73.7%
Nutrient Guideline		350-500	

Tue - 03/05/2024			
Elementary School BREAKF	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Banana Daves*	1 Each	120	20.0
Muffin; Blueberry Daves*	1 Each	118	19.5
BREAKFAST TACO-ELEM*	1 Each	244	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Apple, Slices In a Bag*	1 Each	30	6.96
ORANGE: WHOLE, Cut	1 EACH	62	15.39
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1401	239.90 68.5%
Nutrient Guideline		350-500	

Wed - 03/06/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY ASSORTMENT	1 EACH	35	9.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
Apple, Slices In a Bag*	1 Each	30	6.96
Oranges Mandarin, Canned	1/2 Cup	80	18.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1208	225.65 74.7%
Nutrient Guideline		350-500	

Thu - 03/07/2024			
Elementary School BREAKF	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Grahams, Apple Cinnamon Bear	1 Each	0	0.0
EGG & SAUSAGE BISCUIT	SERVINGS	396	25.52
ORANGE: WHOLE, Cut	1 EACH	62	15.39
Apple, Slices In a Bag*	1 Each	30	6.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
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 % of Calories		1300	204.01 62.8%
Nutrient Guideline		350-500	

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Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/08/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Blueberry Daves*	1 Each	118	19.5
Muffin; Chocolate*	1 Each	123	20.5
Donut Holes*	5 Donut Holes	240	27.58
Apple, Slices In a Bag*	1 Each	30	6.96
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1339	239.18
% of Calories			71.5%
Nutrient Guideline		350-500	

Mon - 03/18/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Blueberry Daves*	1 Each	118	19.5
Muffin; Chocolate*	1 Each	123	20.5
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Apple, Slices In a Bag*	1 Each	30	6.96
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1238	240.51
% of Calories			77.7%
Nutrient Guideline		350-500	

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Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/19/2024			
Elementary School BREAKF	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Banana Daves*	1 Each	120	20.0
Muffin; Blueberry Daves*	1 Each	118	19.5
BREAKFAST TACO-ELEM*	1 Each	244	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
Apple, Slices In a Bag*	1 Each	30	6.96
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1401	239.90
% of Calories			68.5%
Nutrient Guideline		350-500	

Wed - 03/20/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY ASSORTMENT	1 EACH	35	9.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
Apple, Slices In a Bag*	1 Each	30	6.96
Oranges Mandarin, Canned	1/2 Cup	80	18.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1208	225.65
% of Calories			74.7%
Nutrient Guideline		350-500	

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Mar 1, 2024 thru Mar 31, 2024

Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/21/2024			
Elementary School BREAKF	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Grahams, Apple Cinnamon Bear	1 Each	0	0.0
EGG & SAUSAGE BISCUIT	SERVINGS	396	25.52
ORANGE: WHOLE, Cut	1 EACH	62	15.39
Apple, Slices In a Bag*	1 Each	30	6.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
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		1300	204.01
% of Calories			62.8%
Nutrient Guideline		350-500	

Fri - 03/22/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Blueberry Daves*	1 Each	118	19.5
Muffin; Chocolate*	1 Each	123	20.5
Donut Holes*	5 Donut Holes	240	27.58
Apple, Slices In a Bag*	1 Each	30	6.96
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1339	239.18
% of Calories			71.5%
Nutrient Guideline		350-500	

Mon - 03/25/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
GRAHAMS, CHOCOLATE,ELF	1 EACH	121	21.26
YOGURT & GRAHAMS	SER	180	35.06
Cheese, String	1 oz IW	91	0.0
Apple, Slices In a Bag*	1 Each	30	6.96
ORANGE: WHOLE, Cut	1 EACH	62	15.39
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1277	234.81 73.5%
Nutrient Guideline		350-500	

Tue - 03/26/2024			
Elementary School BREAKF	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Banana Daves*	1 Each	120	20.0
Muffin; Blueberry Daves*	1 Each	118	19.5
BREAKFAST TACO-ELEM*	1 Each	244	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Apple, Slices In a Bag*	1 Each	30	6.96
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1430	245.51 68.7%
Nutrient Guideline		350-500	

Wed - 03/27/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY ASSORTMENT	1 EACH	35	9.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
Apple, Slices In a Bag*	1 Each	30	6.96
Oranges Mandarin, Canned	1/2 Cup	80	18.96
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1208	225.65 74.7%
Nutrient Guideline		350-500	

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Elementary School BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/28/2024			
Elementary School BREAKF	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Lucky Charms*GF	1 EACH	110	23.0
Muffin; Blueberry Daves*	1 Each	118	19.5
Muffin; Chocolate*	1 Each	123	20.5
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Apple, Slices In a Bag*	1 Each	30	6.96
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
JUICE, ORANGE, OAK FARMS	CARTON	50	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1238	240.51
% of Calories			77.7%
Nutrient Guideline		350-500	

Weighted Average		1310	233.06
			71.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1310		350 - 500	262%			810	
Carbohydrate (g)	233.06	71.15%						Correction Required - Calories too High

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