

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

Elementary School BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Chocolate*	1 Each	20.5
Pancakes, Mini WG, Confetti*	Pouch	36.0
SYRUP PC	1 Each	30.0
Apple, Slices In a Bag*	1 Each	6.96
PEACHES, Canned Slices	1/2 cup	14.49
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		249.08
% of Calories		77.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Banana Daves*	1 Each	20.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		239.00
% of Calories		68.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/03/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
TOAST: Cinnamon	SLICE	17.59
JELLY ASSORTMENT	1 EACH	9.0
KOLACHE, WG, 2OZ.	1 EACH	17.0
Apple, Slices In a Bag*	1 Each	6.96
Oranges Mandarin, Canned	1/2 Cup	18.96
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

Base Menu Spreadsheet
Portion Values - Detailed

Page 2

May 1, 2024 thru May 22, 2024

Elementary School BREAKFAST

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Weighted Daily Average		210.65
% of Calories		73.4%
Nutrient Guideline		

Mon - 05/06/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Grahams, Apple Cinnamon Bear	1 Each	0.0
EGG & SAUSAGE BISCUIT	SERVINGS	25.52
ORANGE: WHOLE, Cut	1 EACH	15.39
Apple, Slices In a Bag*	1 Each	6.96
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #1	1 PACKET	2.0
Weighted Daily Average		191.01
% of Calories		61.1%
Nutrient Guideline		

Tue - 05/07/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Banana Daves*	1 Each	20.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		240.56
% of Calories		68.7%
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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

Base Menu Spreadsheet Portion Values - Detailed

Page 3

May 1, 2024 thru May 22, 2024

Elementary School BREAKFAST

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Wed - 05/08/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Trix*GF	1 EACH	24.0
TOAST: Cinnamon	SLICE	17.59
JELLY ASSORTMENT	1 EACH	9.0
Frudel, Apple*	1 Each	41.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		245.17
% of Calories		79.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/09/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Blueberry Daves*	1 Each	19.5
Muffin; Chocolate*	1 Each	20.5
Parfaits, Blueberry & Yogurt	1 Each	28.91
Apple, Slices In a Bag*	1 Each	6.96
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		225.51
% of Calories		76.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Trix*GF	1 EACH	24.0
Muffin; Chocolate*	1 Each	20.5
Muffin; Blueberry Daves*	1 Each	19.5
PANCAKES: WG 2 each w/Sausage	Serving	28.83
SYRUP PC	1 Each	30.0
APPLESAUCE	1/2 cup	14.61
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

Base Menu Spreadsheet Portion Values - Detailed

Page 4

May 1, 2024 thru May 22, 2024

Elementary School BREAKFAST

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Weighted Daily Average		274.97
% of Calories		70.0%
Nutrient Guideline		

Mon - 05/13/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
GRAHAMS, CHOCOLATE,ELF	1 EACH	21.26
YOGURT & GRAHAMS	SER	35.06
Cheese, String	1 oz IW	0.0
Apple, Slices In a Bag*	1 Each	6.96
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		219.81
% of Calories		72.2%
Nutrient Guideline		

Tue - 05/14/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Banana Daves*	1 Each	20.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
PEACHES,Canned Slices	1/2 cup	14.49
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		238.09
% of Calories		68.7%
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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

Elementary School BREAKFAST

Portion Values - Detailed

Page 5

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Wed - 05/15/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Trix*GF	1 EACH	24.0
TOAST: Cinnamon	SLICE	17.59
JELLY ASSORTMENT	1 EACH	9.0
Frudel, Apple*	1 Each	41.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		245.17
% of Calories		79.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/16/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Grahams, Apple Cinnamon Bear	1 Each	0.0
EGG & SAUSAGE BISCUIT	SERVINGS	25.52
ORANGE: WHOLE, Cut	1 EACH	15.39
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #1	1 PACKET	2.0
Weighted Daily Average		192.54
% of Calories		61.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/17/2024		
Elementary School BREAKF	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Blueberry Daves*	1 Each	19.5
Muffin; Chocolate*	1 Each	20.5
Donut Holes*	5 Donut Holes	27.58
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

Base Menu Spreadsheet Portion Values - Detailed

Page 6

May 1, 2024 thru May 22, 2024

Elementary School BREAKFAST

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		243.16 72.2%
Nutrient Guideline		

Mon - 05/20/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Cocoa Puffs	1 EACH	25.0
GRAHAMS, CHOCOLATE,ELF	1 EACH	21.26
BISCUIT, HAM & CHEESE*	SERVINGS	25.71
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average % of Calories		226.13 68.6%
Nutrient Guideline		

Tue - 05/21/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Muffin; Banana Daves*	1 Each	20.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Apple, Slices In a Bag*	1 Each	6.96
ORANGE: WHOLE, Cut	1 EACH	15.39
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average % of Calories		224.90 67.1%
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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Belton ISD

Base Menu Spreadsheet
Portion Values - Detailed

Page 7

May 1, 2024 thru May 22, 2024

Elementary School BREAKFAST

Generated on: 4/30/2024 2:26:22 PM

	Portion Size	Carb (g)
Wed - 05/22/2024		
Elementary School BREAKF	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Trix*GF	1 EACH	24.0
Bagels, Strawberry Cream*	1 Each	42.0
Frudel, Apple*	1 Each	41.0
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		253.69
% of Calories		77.5%
Nutrient Guideline		

Weighted Average		232.47
		71.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	232.47	71.25%						

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.