

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

Elementary School LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/01/2024		
Elementary School LUNCH	Total	
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	30.0
Chicken, Drumstick Breaded	1 EACH	6.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
Veggie Cup with Ranch	1 EACH	7.04
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		123.12
% of Calories		48.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Elementary School LUNCH	Total	
Beef Patty, Chicken Fried, JTM	1 Each	6.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
FISH SHAPES	4 EACH	20.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
POTATOES, MASHED	1/2 CUP	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
CORN: Frozen, Seasoned	1/2 cup	17.4
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
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		182.96
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/03/2024		
Elementary School LUNCH	Total	
CHEF SALAD, HAM*GF	1 each	12.45
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
MEATBALL SUB with Cheese, EL/MS	1 EACH	46.51
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
Oranges Mandarin, Canned	1/2 Cup	18.96
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
Weighted Daily Average		237.24
% of Calories		48.8%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

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Elementary School LUNCH

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	Portion Size	Carb (g)
Mon - 05/06/2024		
Elementary School LUNCH	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
Cheese Stuffed Sticks, Beacon	2 Sticks	28.0
Ravioli: Chef Boyardee	1 cup	35.74
Texas Toast	1 Each	14.05
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
Veggie Cup with Ranch	1 EACH	7.04
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		184.53
% of Calories		49.3%
Nutrient Guideline		

Tue - 05/07/2024		
Elementary School LUNCH	Total	
TACOS, SOFT - BEEF GROUND	2 Tacos	33.77
ENCHILADAS, Beef, Elementary	2 each	38.85
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
Mango, Frozen Chunks	1/2 cup	16.99
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		115.03
% of Calories		65.6%
Nutrient Guideline		

Wed - 05/08/2024		
Elementary School LUNCH	Total	
STEAK FINGERS: 4	SERVING	19.28
Popcorn Chicken	SERVING (12)	15.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
POTATOES, MASHED	1/2 CUP	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
Green Beans: Canned, Seasoned	1/2 CUP	4.27
APPLESAUCE	1/2 cup	14.61
Oranges Mandarin, Canned	1/2 Cup	18.96
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
KETCHUP PPI, Low Na #1	1 PACKET	2.0

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	Portion Size	Carb (g)
Weighted Daily Average		100.12
% of Calories		51.2%
Nutrient Guideline		

Thu - 05/09/2024		
Elementary School LUNCH	Total	
HAMBURGER (2.5) on Wheat Bun	SERVING	32.0
CHEESEBURGER on Wheat Bun	1 each	35.0
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	30.0
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	22.0
CORN: Can Season 1/2 Cup*	1/2 cup	15.65
BLUEBERRIES W/ TOPPING:frz 1/2	1/2 CUP	14.72
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
MUSTARD, PREPARED - PPI*	PACKET	0.23
Weighted Daily Average		102.04
% of Calories		56.6%
Nutrient Guideline		

Fri - 05/10/2024		
Elementary School LUNCH	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
Pizza Pasta	1 Cup	42.3
BREAD STICK, GARLIC, WG 7"	1 EACH	25.0
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
Veggie Cup with Ranch	1 EACH	7.04
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		255.01
% of Calories		47.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/13/2024		
Elementary School LUNCH	Total	
SLOPPY JOE ON WHEAT BUN	SERVINGS	42.0
CHICKEN FILET, BRD ON WG BUN	Sandwich	48.01
POTATO SMILES 1/2C	5 pieces	25.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		201.36
% of Calories		61.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/14/2024		
Elementary School LUNCH	Total	
NACHOS: BEEFY CHEESE, ELEM/MS	SERV	17.66
ENCHILADAS, Beef, Elementary	2 each	38.85
RICE, SPANISH BROWN	1/2 CUP	57.57
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
CUCUMBER SLICES*	1/2 CUP	1.89
Ranch, Cup Light 1 oz.	1 Each	1.0
TROPICAL FRUIT	1/2 cup serve	20.4
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
Milk, 1% White	Half Pint	12.0
MILK, CHOCOLATE FF	Half Pint	19.0
Weighted Daily Average		170.99
% of Calories		57.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/15/2024		
Elementary School LUNCH	Total	
Mac & Cheese, Cheeseburger	2/3 cup	31.68
Cornbread- Super Star	1 Each	23.0
Croissant, Turkey & American	1 EACH	32.01
SANDWICH FIXINGS, Condiment	1 Each	2.5
CORN: Frozen, Seasoned	1/2 cup	17.4
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
Milk, 1% White	Half Pint	12.0
MILK, CHOCOLATE FF	Half Pint	19.0
KETCHUP PPI, Low Na #1	1 PACKET	2.0
MUSTARD, PREPARED - PPI*	PACKET	0.23
MAYO SALAD DRESSING, 9G*	1 EACH	1.0

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	Portion Size	Carb (g)
Weighted Daily Average		198.50
% of Calories		58.2%
Nutrient Guideline		

Thu - 05/16/2024		
Elementary School LUNCH	Total	
CHICKEN NUGGETS (5)*	5 PIECES	13.0
Chicken, Drumstick Breaded	1 EACH	6.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
Veggie Cup with Ranch	1 EACH	7.04
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		135.12
% of Calories		49.2%
Nutrient Guideline		

Fri - 05/17/2024		
Elementary School LUNCH	Total	
CHEF SALAD, HAM*GF	1 each	12.45
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
MEATBALL SUB with Cheese,EL/MS	1 EACH	46.51
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
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
Weighted Daily Average		241.28
% of Calories		49.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Elementary School LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/20/2024		
Elementary School LUNCH	Total	
Chicken, Drumstick Breaded	1 EACH	6.0
CHICKEN NUGGETS (5)*	5 PIECES	13.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
POTATOES, MASHED	1/2 CUP	14.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
CORN: Frozen, Seasoned	1/2 cup	17.4
APPLESAUCE	1/2 cup	14.61
APPLE: Whole	Apple	8.0
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
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		92.09
% of Calories		57.9%
Nutrient Guideline		

Tue - 05/21/2024		
Elementary School LUNCH	Total	
Tamale, Beef*GF	2 each	44.0
Frito Pie *GF	Servings	21.34
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
TROPICAL FRUIT	1/2 cup serve	20.4
APPLE: Whole (1 cup) Cut*	1 CUP	19.06
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		169.91
% of Calories		50.3%
Nutrient Guideline		

Wed - 05/22/2024		
Elementary School 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
Weighted Daily Average		107.91
% of Calories		53.1%
Nutrient Guideline		

Weighted Average		163.58
		52.8%

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Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	163.58	52.76%						

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