

# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

Generated on: 2/28/2024 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Frosted Flakes	1 EACH	100	24.0
Muffin; Banana Daves*	1 Each	120	20.0
SANDWICH EGG, SAUSAGE,PANCAKE	1 EACH	306	28.01
SYRUP PC	1 Each	120	30.0
ORANGE: WHOLE	1 EACH	86	21.62
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
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		1307	235.39
% of Calories			72.0%
Nutrient Guideline		450-600	

Mon - 03/04/2024			
High School (ALL) Breakfast	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
TOAST: Cinnamon	SLICE	100	17.59
JELLY PC ASSORTMENT	PACKET	37	9.3
FRENCH TOAST STIX, WG*	4 Sticks	262	38.3
SYRUP PC	1 Each	120	30.0
APPLESAUCE	1/2 cup	63	14.61
Oranges Mandarin, Canned	1/2 Cup	80	18.96
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		1294	244.90
% of Calories			75.7%
Nutrient Guideline		450-600	

Tue - 03/05/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Frosted Flakes	1 EACH	100	24.0
Cereal, Trix*GF	1 EACH	110	24.0
Muffin; Blueberry Daves*	1 Each	118	19.5
BREAKFAST TACO, Bacon	1 each	255	16.42
BREAKFAST TACO-ELEM*	1 Each	244	18.91
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Pico de Gallo	1/4 c	7	1.36
APPLE: Whole	Apple	29	8.0
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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## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1316	194.82 59.2%
Nutrient Guideline		450-600	

Wed - 03/06/2024			
High School (ALL) Breakfast	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Parfaits, Strawberry & Yogurt	1 Each	335	74.27
Muffin; Chocolate*	1 Each	123	20.5
ORANGE: WHOLE	1 EACH	86	21.62
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		1306	260.43 79.7%
Nutrient Guideline		450-600	

Thu - 03/07/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
CEREAL, APPLE JACKS	1 EACH	110	24.0
CEREAL, FROOT LOOP	BOWL	110	24.0
KOLACHE WITH CHEESE, DSM	1 EACH	170	18.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
Oranges Mandarin, Canned	1/2 Cup	80	18.96
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
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		1123	192.15 68.4%
Nutrient Guideline		450-600	

Fri - 03/08/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cocoa Puffs	1 EACH	120	25.0
Cereal, Frosted Flakes	1 EACH	100	24.0
Muffin; Banana Daves*	1 Each	120	20.0
SANDWICH EGG, SAUSAGE,PANCAKE	1 EACH	306	28.01
SYRUP PC	1 Each	120	30.0
ORANGE: WHOLE	1 EACH	86	21.62
FRUIT COCKTAIL: 1/2 cup	1/2 cup	62	17.63
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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# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1307	235.39 72.0%
Nutrient Guideline		450-600	

Mon - 03/18/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
CEREAL, FROOT LOOP	BOWL	110	24.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY PC ASSORTMENT	PACKET	37	9.3
BREAKFAST PIZZA*	1 each	210	26.95
APPLE: Whole	Apple	29	8.0
PEACHES :Can Slices (1/2 cup)	1/2 CUP	60	14.0
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		356	49.25 55.3%
Nutrient Guideline		450-600	

Tue - 03/19/2024			
High School (ALL) Breakfast	Total		
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; Apple Cinnamon Daves*	1 Each	117	19.5
BREAKFAST TACO, Bacon	1 each	255	16.42
BREAKFAST TACO-POT ELEM*	1 Each	216	26.54
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Pico de Gallo	1/4 c	7	1.36
Oranges Mandarin, Canned	1/2 Cup	80	18.96
APPLE: Whole	Apple	29	8.0
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		255	43.00 67.5%
Nutrient Guideline		450-600	

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# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

Generated on: 2/28/2024 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
High School (ALL) Breakfast	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Parfaits, Strawberry & Yogurt	1 Each	335	74.27
Muffin; Chocolate*	1 Each	123	20.5
ORANGE: WHOLE	1 EACH	86	21.62
PEARS:Sliced Cnd 1/2	1/2 cup	58	15.41
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		372	62.41
% of Calories			67.0%
Nutrient Guideline		450-600	

Thu - 03/21/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
CEREAL, APPLE JACKS	1 EACH	110	24.0
CEREAL, FROOT LOOP	BOWL	110	24.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY PC ASSORTMENT	PACKET	37	9.3
KOLACHE WITH CHEESE, DSM	1 EACH	170	18.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
APPLE: Whole	Apple	29	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average		389	69.06
% of Calories			71.0%
Nutrient Guideline		450-600	

Fri - 03/22/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Cereal, Frosted Flakes	1 EACH	100	24.0
Muffin; Chocolate*	1 Each	123	20.5
PANCAKES	2 EACH	140	26.0
SYRUP PC	1 Each	120	30.0
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
APPLE: Whole	Apple	29	8.0
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
MILK, STRAWBERRY, OAK FARMS	CARTON	122	21.03
Weighted Daily Average		610	122.66
% of Calories			80.5%
Nutrient Guideline		450-600	

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# Belton ISD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

Generated on: 2/28/2024 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/25/2024			
High School (ALL) Breakfast	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
TOAST: Cinnamon	SLICE	100	17.59
FRENCH TOAST STIX, WG*	4 Sticks	262	38.3
SYRUP PC	1 Each	120	30.0
JELLY PC ASSORTMENT	PACKET	37	9.3
APPLESAUCE	1/2 cup	63	14.61
Oranges Mandarin, Canned	1/2 Cup	80	18.96
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		657	124.00
% of Calories			75.5%
Nutrient Guideline		450-600	

Tue - 03/26/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Frosted Flakes	1 EACH	100	24.0
Cereal, Trix*GF	1 EACH	110	24.0
Muffin; Blueberry Daves*	1 Each	118	19.5
BREAKFAST TACO, Bacon	1 each	255	16.42
BREAKFAST TACO-ELEM*	1 Each	244	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Pico de Gallo	1/4 c	7	1.36
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
APPLE: Whole	Apple	29	8.0
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		162	30.13
% of Calories			74.5%
Nutrient Guideline		450-600	

Wed - 03/27/2024			
High School (ALL) Breakfast	Total		
CEREAL, APPLE JACKS	1 EACH	110	24.0
Cereal, Cheerios*GF	1 EACH	100	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	120	22.0
Parfaits, Blueberry & Yogurt	1 Each	139	28.91
Parfaits, Strawberry & Yogurt	1 Each	335	74.27
Muffin; Chocolate*	1 Each	123	20.5
ORANGE: WHOLE	1 EACH	86	21.62
PEARS:Sliced Cnd 1/2	1/2 cup	58	15.41
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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# Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

High School (ALL) Breakfast

Generated on: 2/28/2024 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		372	62.41 67.0%
Nutrient Guideline		450-600	

Thu - 03/28/2024			
High School (ALL) Breakfast	Total		
Cereal, Cheerios*GF	1 EACH	100	21.0
CEREAL, APPLE JACKS	1 EACH	110	24.0
CEREAL, FROOT LOOP	BOWL	110	24.0
TOAST: Cinnamon	SLICE	100	17.59
JELLY PC ASSORTMENT	PACKET	37	9.3
KOLACHE WITH CHEESE, DSM	1 EACH	170	18.0
KOLACHE, WG, 2OZ.	1 EACH	170	17.0
JUICE, APPLE, OAK FARMS	CARTON	60	15.0
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
Oranges Mandarin, Canned	1/2 Cup	80	18.96
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		550	93.02 67.6%
Nutrient Guideline		450-600	

Weighted Average		758	134.60 71.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	758		450 - 600	126%			158	
Carbohydrate (g)	134.60	70.98%						Correction Required - Calories too High

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