

# Belton ISD

## Base Menu Spreadsheet Portion Values - Detailed

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# May 1, 2024 thru May 22, 2024

## High School (ALL) Breakfast

Generated on: 4/30/2024 3:02:34 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
High School (ALL) Breakfast	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Parfaits, Blueberry & Yogurt	1 Each	28.91
Parfaits, Strawberry & Yogurt	1 Each	74.27
Graham Crackers	1 EACH	9.66
Muffin; Chocolate*	1 Each	20.5
ORANGE: WHOLE	1 EACH	21.62
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		270.09
% of Calories		79.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Trix*GF	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO, Bacon	1 each	16.42
BREAKFAST TACO-ELEM*	1 Each	18.91
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Pico de Gallo	1/4 c	1.36
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Weighted Daily Average		196.82
% of Calories		59.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/03/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Chocolate*	1 Each	20.5
SANDWICH, WAFFLE & HAM	SERVINGS	31.07
Oranges Mandarin, Canned	1/2 Cup	18.96
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, STRAWBERRY, OAK FARMS	CARTON	21.03
SYRUP PC	1 Each	30.0

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Base Menu Spreadsheet

High School (ALL) Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		127.74
% of Calories		70.5%
Nutrient Guideline		

Mon - 05/06/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
TOAST: Cinnamon	SLICE	17.59
JELLY PC ASSORTMENT	PACKET	9.3
FRENCH TOAST STIX, WG*	4 Sticks	38.3
SYRUP PC	1 Each	30.0
APPLE: Whole	Apple	8.0
Oranges Mandarin, Canned	1/2 Cup	18.96
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		240.29
% of Calories		75.6%
Nutrient Guideline		

Tue - 05/07/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Trix*GF	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO, Bacon	1 each	16.42
BREAKFAST TACO-ELEM*	1 Each	18.91
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Pico de Gallo	1/4 c	1.36
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Weighted Daily Average		194.82
% of Calories		59.2%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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May 1, 2024 thru May 22, 2024

High School (ALL) Breakfast

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	Portion Size	Carb (g)
Wed - 05/08/2024		
High School (ALL) Breakfast	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Parfaits, Blueberry & Yogurt	1 Each	28.91
Parfaits, Strawberry & Yogurt	1 Each	74.27
Graham Crackers	1 EACH	9.66
Muffin; Chocolate*	1 Each	20.5
ORANGE: WHOLE	1 EACH	21.62
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		272.09
% of Calories		79.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/09/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
CEREAL, APPLE JACKS	1 EACH	24.0
CEREAL, FROOT LOOP	BOWL	24.0
KOLACHE WITH CHEESE, DSM	1 EACH	18.0
KOLACHE, WG, 2OZ.	1 EACH	17.0
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	17.06
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole	Apple	8.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
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		198.15
% of Calories		69.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
Muffin; Banana Daves*	1 Each	20.0
CINNAMON ROLL: WG FRZ 2oz	1 EACH	39.13
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	Apple	8.0
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		228.38
% of Calories		78.3%
Nutrient Guideline		

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# Belton ISD

## Base Menu Spreadsheet Portion Values - Detailed

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May 1, 2024 thru May 22, 2024

High School (ALL) Breakfast

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	Portion Size	Carb (g)
<b>Mon - 05/13/2024</b>		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
CEREAL, FROOT LOOP	BOWL	24.0
TOAST: Cinnamon	SLICE	17.59
BREAKFAST PIZZA*	1 each	26.95
APPLE: Whole	Apple	8.0
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
JELLY PC ASSORTMENT	PACKET	9.3
Weighted Daily Average		49.25
% of Calories		55.3%
Nutrient Guideline		

<b>Tue - 05/14/2024</b>		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Trix*GF	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO, Bacon	1 each	16.42
BREAKFAST TACO-POT ELEM*	1 Each	26.54
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Salsa Cup, Red Gold	3 oz.	6.0
Salsa- Kicked Up	1 OZ	1.74
Pico de Gallo	1/4 c	1.36
Weighted Daily Average		45.13
% of Calories		81.4%
Nutrient Guideline		

<b>Wed - 05/15/2024</b>		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
CEREAL, APPLE JACKS	1 EACH	24.0
CEREAL, FROOT LOOP	BOWL	24.0
TOAST: Cinnamon	SLICE	17.59
KOLACHE WITH CHEESE, DSM	1 EACH	18.0
KOLACHE, WG, 2OZ.	1 EACH	17.0
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	17.06
ORANGE: WHOLE	1 EACH	21.62
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
JELLY PC ASSORTMENT	PACKET	9.3
KETCHUP PPI, Low Na #1	1 PACKET	2.0

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# Belton ISD

Base Menu Spreadsheet  
Portion Values - Detailed

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May 1, 2024 thru May 22, 2024

High School (ALL) Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		108.68
% of Calories		71.6%
Nutrient Guideline		

Thu - 05/16/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Chocolate*	1 Each	20.5
BISCUIT, CHICKEN*	1 EACH	29.05
Oranges Mandarin, Canned	1/2 Cup	18.96
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, STRAWBERRY, OAK FARMS	CARTON	21.03
SYRUP PC	1 Each	30.0
Weighted Daily Average		125.71
% of Calories		65.8%
Nutrient Guideline		

Fri - 05/17/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Apple Cinnamon Daves	1 Each	19.5
Muffin; Chocolate*	1 Each	20.5
PANCAKES	2 EACH	26.0
SYRUP PC	1 Each	30.0
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, STRAWBERRY, OAK FARMS	CARTON	21.03
Weighted Daily Average		140.16
% of Calories		78.2%
Nutrient Guideline		

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May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

High School (ALL) Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/20/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
CEREAL, APPLE JACKS	1 EACH	24.0
CEREAL, FROOT LOOP	BOWL	24.0
CINNAMON, MINI, WG (IW)SUB	1 EACH	39.0
KOLACHE WITH CHEESE, DSM	1 EACH	18.0
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole	Apple	8.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
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		220.15
% of Calories		72.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/21/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Trix*GF	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
BREAKFAST TACO, Bacon	1 each	16.42
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
JUICE, ORANGE, OAK FARMS	CARTON	13.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Pico de Gallo	1/4 c	1.36
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Weighted Daily Average		175.91
% of Calories		65.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/22/2024		
High School (ALL) Breakfast	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Blueberry Daves*	1 Each	19.5
Muffin; Banana Daves*	1 Each	20.0
FRENCH TOAST STIX, WG*	4 Sticks	38.3
SYRUP PC	1 Each	30.0
ORANGE: WHOLE	1 EACH	21.62
FRUIT COCKTAIL: 1/2 cup	1/2 cup	17.63
JUICE, APPLE, OAK FARMS	CARTON	15.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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# Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

High School (ALL) Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		267.18 76.8%
Nutrient Guideline		

Weighted Average		178.79 71.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	178.79	71.43%						

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