

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

Middle School BREAKFAST

Portion Values - Detailed

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Generated on: 4/30/2024 2:56:00 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Pancakes, Mini WG, Blueberry*	Pouch	35.0
Pancakes, Mini WG, Confetti*	Pouch	36.0
SYRUP PC	1 Each	30.0
APPLE: Whole	Apple	8.0
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		110.62
% of Calories		79.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Middle School BREAKFAST	Total	
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Frosted Flakes	1 EACH	24.0
Muffin; Apple Cinnamon Daves	1 Each	19.5
Muffin; Banana Daves*	1 Each	20.0
BREAKFAST TACO-POT ELEM*	1 Each	26.54
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
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		219.79
% of Calories		71.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/03/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
TOAST: Cinnamon	SLICE	17.59
FRENCH TOAST STIX, WG*	4 Sticks	38.3
SYRUP PC	1 Each	30.0
APPLE: Whole	Apple	8.0
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		220.53
% of Calories		75.4%
Nutrient Guideline		

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Belton ISD

Base Menu Spreadsheet Portion Values - Detailed

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Middle School BREAKFAST

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	Portion Size	Carb (g)
Mon - 05/06/2024		
Middle School BREAKFAST	Total	
Cereal, Trix*GF	1 EACH	24.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
BISCUIT, HAM & CHEESE*	SERVINGS	25.71
JELLY -GRAPE	PACKET	9.19
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		182.00
% of Calories		68.0%
Nutrient Guideline		

Tue - 05/07/2024		
Middle School BREAKFAST	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Muffin; Banana Daves*	1 Each	20.0
Muffin; Apple Cinnamon Daves	1 Each	19.5
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
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
Weighted Daily Average		93.64
% of Calories		74.2%
Nutrient Guideline		

Wed - 05/08/2024		
Middle School BREAKFAST	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
EGG & SAUSAGE BISCUIT	SERVINGS	25.52
TOAST: Cinnamon	SLICE	17.59
JELLY -GRAPE	PACKET	9.19
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		129.39
% of Calories		54.8%
Nutrient Guideline		

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/09/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Parfaits, Blueberry & Yogurt	1 Each	28.91
Parfaits, Strawberry & Yogurt	1 Each	74.27
Grahams, Goldfish, Honey Oat	1 Each	19.0
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		137.02
% of Calories		81.3%
Nutrient Guideline		

Fri - 05/10/2024		
Middle School BREAKFAST	Total	
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
Cereal, Cheerios*GF	1 EACH	21.0
Donut Holes*	5 Donut Holes	27.58
Muffin; Chocolate*	1 Each	20.5
APPLE: Whole	Apple	8.0
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
Weighted Daily Average		84.58
% of Calories		62.8%
Nutrient Guideline		

Mon - 05/13/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
TOAST: Cinnamon	SLICE	17.59
JELLY ASSORTMENT	1 EACH	9.0
Pancakes, Mini WG, Blueberry*	Pouch	35.0
Pancakes, Mini WG, Confetti*	Pouch	36.0
SYRUP PC	1 Each	30.0
APPLE: Whole	Apple	8.0
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		137.21
% of Calories		79.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2024		
Middle School BREAKFAST	Total	
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Lucky Charms*GF	1 EACH	23.0
CEREAL, APPLE JACKS	1 EACH	24.0
Muffin; Apple Cinnamon Daves	1 Each	19.5
Muffin; Banana Daves*	1 Each	20.0
BREAKFAST TACO-POT ELEM*	1 Each	26.54
Salsa Cup, Red Gold	3 oz.	6.0
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		220.79
% of Calories		71.2%
Nutrient Guideline		

Wed - 05/15/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
TOAST: Cinnamon	SLICE	17.59
JELLY -GRAPE	PACKET	9.19
FRENCH TOAST STIX, WG*	4 Sticks	38.3
SYRUP PC	1 Each	30.0
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLESAUCE	1/2 cup	14.61
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		243.22
% of Calories		76.9%
Nutrient Guideline		

Thu - 05/16/2024		
Middle School BREAKFAST	Total	
Cereal, Trix*GF	1 EACH	24.0
Cereal, Frosted Flakes	1 EACH	24.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
TOAST: Cinnamon	SLICE	17.59
BISCUIT, HAM & CHEESE*	SERVINGS	25.71
JELLY -GRAPE	PACKET	9.19
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

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	Portion Size	Carb (g)
Weighted Daily Average		199.59
% of Calories		68.2%
Nutrient Guideline		

Fri - 05/17/2024		
Middle School BREAKFAST	Total	
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
BISCUIT, CHICKEN Elem/Middle*	1 EACH	35.05
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
Weighted Daily Average		208.68
% of Calories		67.3%
Nutrient Guideline		

Mon - 05/20/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cocoa Puffs	1 EACH	25.0
Cereal, Lucky Charms*GF	1 EACH	23.0
TOAST: Cinnamon	SLICE	17.59
KOLACHE, WG, 2OZ.	1 EACH	17.0
KOLACHE WITH CHEESE, DSM	1 EACH	18.0
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
JELLY ASSORTMENT	1 EACH	9.0
Weighted Daily Average		77.89
% of Calories		66.1%
Nutrient Guideline		

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Middle School BREAKFAST

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	Portion Size	Carb (g)
Tue - 05/21/2024		
Middle School BREAKFAST	Total	
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cinnamon Toast Crunch	1 EACH	22.0
Cereal, Cocoa Puffs	1 EACH	25.0
BREAKFAST TACO-ELEM*	1 Each	18.91
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Muffin; Apple Cinnamon Daves	1 Each	19.5
Muffin; Banana Daves*	1 Each	20.0
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
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
Weighted Daily Average		93.64
% of Calories		74.2%
Nutrient Guideline		

Wed - 05/22/2024		
Middle School BREAKFAST	Total	
CEREAL, APPLE JACKS	1 EACH	24.0
Cereal, Cheerios*GF	1 EACH	21.0
Cereal, Cocoa Puffs	1 EACH	25.0
Parfaits, Blueberry & Yogurt	1 Each	28.91
Parfaits, Strawberry & Yogurt	1 Each	74.27
Grahams, Goldfish, Honey Oat	1 Each	19.0
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		129.89
% of Calories		80.9%
Nutrient Guideline		

Weighted Average		155.53
		71.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	155.53	71.55%						

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