

# Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

Middle School LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/01/2024		
Middle School LUNCH	Total	
Popcorn Chicken	SERVING (12)	15.0
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	15.03
POTATO, Baked w/BBQ & Chs-JTM	1 EACH	78.16
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
ORANGE: WHOLE	1 EACH	21.62
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		124.00
% of Calories		49.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Middle School LUNCH	Total	
HAMBURGER (2.5) on GF Bun*	SERVING	44.0
HAMBURGER (2.5) on Wheat Bun	SERVING	32.0
CHEESEBURGER on GF Bun*	1 each	47.0
CHEESEBURGER on Wheat Bun	1 each	35.0
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	30.0
POTATO WEDGES	1/2 cup	19.0
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	17.63
APPLE: Whole	Apple	8.0
ORANGE: WHOLE	1 EACH	21.62
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		103.77
% of Calories		53.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/03/2024		
Middle School LUNCH	Total	
CHEF SALAD, HAM*GF	1 each	12.45
CHEF SALAD, HAM w/Goldfish*	1 each	26.63
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
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
SIDEKICK, KIWI-STRAWBERRY	1 EACH	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	23.0
ORANGE: WHOLE	1 EACH	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		198.09
% of Calories		42.8%
Nutrient Guideline		

Mon - 05/06/2024		
Middle School LUNCH	Total	
Wrap, Ranch Chicken 9"tortilla	9" wrap	49.05
ROTINI (WG) WITH MEATBALLS	Serving	56.85
Texas Toast	1 Each	14.05
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
PEACHES,Canned Slices	1/2 cup	14.49
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		130.75
% of Calories		57.9%
Nutrient Guideline		

Tue - 05/07/2024		
Middle School LUNCH	Total	
BURRITO, LOS CABO BEAN&CHEESE*	1 EACH	40.95
CHILI topping	1 OUNCE	1.57
Tamale, Beef*GF	2 each	44.0
CORN: Frozen, Seasoned	1/2 cup	17.4
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
PEARS :cnd 1/2cup	1/2 CUP	16.08
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	Apple	8.0
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
Weighted Daily Average		129.85
% of Calories		70.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
<b>Wed - 05/08/2024</b>		
Middle 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
APPLE: Whole	Apple	8.0
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
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		101.83
% of Calories		55.3%
Nutrient Guideline		

<b>Thu - 05/09/2024</b>		
Middle School LUNCH	Total	
Sandwich, Belton Club GF*	1 Each	16.39
Sandwich, Toasted Belton Club	1 Each	33.68
MEATBALL SUB with Cheese,EL/MS	1 EACH	46.51
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
FRUIT COCKTAIL: 1/2 cup	1/2 cup	17.63
Strawberries, Frozen, 1/2 Cup IW	1 Each	21.0
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MAYONNAISE, PACKET	PACKET	0.0
KETCHUP PPI, Low Na #1	1 PACKET	2.0
Weighted Daily Average		158.21
% of Calories		53.0%
Nutrient Guideline		

<b>Fri - 05/10/2024</b>		
Middle School LUNCH	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
CHEF SALAD, Turkey w/Goldfish	1 each	24.23
Pizza, French Bread Tonys, Pep*	1 Each	33.0
Pizza, French Bread Tonys*	1 Each	33.0
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
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	23.0
APPLE: Whole	Apple	8.0
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		83.32
% of Calories		51.1%
Nutrient Guideline		

Mon - 05/13/2024		
Middle School LUNCH	Total	
CHICKEN FILET, BRD ON WG BUN	Sandwich	48.01
CHICKEN FILET, BRD Spicy WGBun	Sandwiches	49.0
Croissant, Turkey & American	1 EACH	32.01
POTATO, WEDGES, SEASONED	3 OZ SERVING	21.0
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
Peaches, Frozen, Cup 1/2 cup	1 Each	21.0
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLE: Whole	Apple	8.0
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
MAYONNAISE PACKET	1 EACH	3.0
Weighted Daily Average		245.78
% of Calories		53.0%
Nutrient Guideline		

Tue - 05/14/2024		
Middle School LUNCH	Total	
Frito Pie *GF	Servings	21.34
TACO, PULLED PORK	2 EACH	33.02
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
Mango, Frozen Chunks	1/2 cup	16.99
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Weighted Daily Average		66.56
% of Calories		48.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/15/2024		
Middle School LUNCH	Total	
Chicken, Drumstick Breaded	1 EACH	6.0
FISH, BREADED POLLACK STICKS	4 PIECES	19.0
POTATOES, MASHED	1/2 CUP	14.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
CORN: Frozen, Seasoned	1/2 cup	17.4
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLESAUCE	1/2 cup	14.61
APPLE: Whole	Apple	8.0
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		97.97
% of Calories		53.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/16/2024		
Middle School LUNCH	Total	
HOT DOG W/ CHILI, Elem/Middle	SERVING	21.94
CHICKEN NUGGETS (5)*	5 PIECES	13.0
POTATO, FRIES, WEDGE CUT	8 PIECES	19.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
PEACHES, Canned Slices	1/2 cup	14.49
FRUIT COCKTAIL: 1/2 cup	1/2 cup	17.63
ORANGE: WHOLE	1 EACH	21.62
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		81.51
% of Calories		83.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/17/2024		
Middle School LUNCH	Total	
CHEF SALAD, HAM*GF	1 each	12.45
CHEF SALAD, HAM w/Goldfish*	1 each	26.63
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
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
SIDEKICK, KIWI-STRAWBERRY	1 EACH	23.0
SIDEKICKS, BANANA/CHERRY	1 EACH	23.0
ORANGE: WHOLE	1 EACH	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		198.09
% of Calories		42.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
<b>Mon - 05/20/2024</b>		
Middle School LUNCH	Total	
CORN DOG, MINI CHICKEN WG(6)	SERVINGS	30.0
Sandwich, Toasted Belton Club	1 Each	33.68
Sandwich, Belton Club GF*	1 Each	16.39
POTATO, SEASONED SWEET FRIES	3 OZ	24.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
FRUIT COCKTAIL: 1/2 cup	1/2 cup	17.63
APPLE: Whole	Apple	8.0
ORANGE: WHOLE	1 EACH	21.62
Milk, 1% White	Half Pint	12.0
MILK, CHOCOLATE FF	Half Pint	19.0
MAYONNAISE, PACKET	PACKET	0.0
MUSTARD, PREPARED - PPI*	PACKET	0.23
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		190.81
% of Calories		44.6%
Nutrient Guideline		

<b>Tue - 05/21/2024</b>		
Middle School LUNCH	Total	
NACHOS: BEEFY CHEESE, ELEM/MS	SERV	17.66
Chicken, Fajita Street Tacos	2 each	37.1
TACO FIXINGS, Condiment	1 Each	2.02
BEANS, refried: Santiago*	1/2 CUP	24.4
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole	Apple	8.0
ORANGE: WHOLE	1 EACH	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		170.12
% of Calories		49.5%
Nutrient Guideline		

<b>Wed - 05/22/2024</b>		
Middle School LUNCH	Total	
CHEF SALAD, Turkey w/Goldfish	1 each	24.23
CHEF SALAD, Turkey*GF	1 each	8.83
Pizza, French Bread Tonys*	1 Each	33.0
Pizza, French Bread Tonys,Pep*	1 Each	33.0
Carrots, Baby*	1 Each	8.0
Celery Sticks	1/2 Cup	2.69
Ranch, Cup Light 1 oz.	1 Each	1.0
SIDEKICKS, BANANA/CHERRY	1 EACH	23.0
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	Apple	8.0
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 % of Calories		197.51 45.3%
Nutrient Guideline		

Weighted Average		142.39 50.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	142.39	50.44%						

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