

Belton ISD

Mar 1, 2024 thru Mar 31, 2024

Base Menu Spreadsheet

New Tech Lunch

Portion Values - Detailed

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Generated on: 2/28/2024 2:46:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
New Tech Lunch	Total		
Pizza, Deep Dish Tonys Cheese	1 each	340	39.0
Pizza, Deep Dish Tonys Pepperoni	1 each	340	39.0
Salad, Green (Side)	1 cup srvg	37	7.72
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Dressing, Italian, 1oz	1 oz.	113	1.89
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
Oranges Mandarin, Canned	1/2 Cup	80	18.96
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1430	188.38
% of Calories			52.7%
Nutrient Guideline		750-850	

Mon - 03/04/2024			
New Tech Lunch	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
Wrap, Ranch CK Faji 9"tortilla	9" wrap	435	36.05
Corn Dog: Mini Turkey	Serv (6)	160	16.0
CARROTS: FROZEN	1/2 CUP	55	13.06
POTATO, SEASONED SWEET FRIES	3 OZ	160	24.0
APPLESAUCE	1/2 cup	63	14.61
Oranges Mandarin, Canned	1/2 Cup	80	18.96
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
Weighted Daily Average		1576	192.49
% of Calories			48.8%
Nutrient Guideline		750-850	

Tue - 03/05/2024			
New Tech Lunch	Total		
TACO SOFT, PULLED PORK	2 EACH	282	31.91
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	44	1.0
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CORN, STREET	1/2 CUP	144	51.28
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
TACO FIXINGS, Condiment	1 Each	9	2.02
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
Mango, Frozen Chunks	1/2 cup	73	16.99
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1038	195.31
% of Calories			75.3%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/06/2024			
New Tech Lunch	Total		
Chicken, Drumstick Breaded	1 EACH	220	6.0
Chicken, Drumstick Hot & Spicy	Drumstick	210	7.0
FISH, BREADED POLLACK STICKS	4 PIECES	210	19.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
PINEAPPLE :Canned Chunks	1/2 CUP	73	19.05
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
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		1366	169.03
% of Calories			49.5%
Nutrient Guideline		750-850	

Thu - 03/07/2024			
New Tech Lunch	Total		
POTATO, Baked w/BBQ & Chs-JTM	1 EACH	633	78.16
Chicken Wings Spicy	Serv 5	271	11.24
Mac & Cheese - Southwest 1/2C	1/2 CUP	183	25.58
Carrots, Baby*	1 Each	35	8.0
CUCUMBER SLICES*	1/2 CUP	8	1.89
Ranch, Cup Light 1 oz.	1 Each	70	1.0
ROASTED FIESTA BLEND	1/2 C	44	7.11
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1639	204.50
% of Calories			49.9%
Nutrient Guideline		750-850	

Fri - 03/08/2024			
New Tech Lunch	Total		
Pizza Pasta	1 Cup	361	42.3
Pizza, Deep Dish Tonys Cheese	1 each	340	39.0
Pizza, Deep Dish Tonys Pepperoni	1 each	340	39.0
Salad, Green (Side)	1 cup srvg	37	7.72
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Dressing, Italian, 1oz	1 oz.	113	1.89
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
Oranges Mandarin, Canned	1/2 Cup	80	18.96
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1758	223.28 50.8%
Nutrient Guideline		750-850	

Mon - 03/18/2024			
New Tech Lunch	Total		
CHEF SALAD, HAM*GF	1 each	263	12.45
CHICKEN FILET, BRD ON WG BUN	Sandwich	400	48.01
CHICKEN FILET, BRD Spicy WGBun	Sandwiches	430	49.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
CARROTS: FROZEN	1/2 CUP	55	13.06
BLUEBERRIES	1/2 CUP	56	13.72
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
MUSTARD, PREPARED - PPI*	PACKET	4	0.23
Weighted Daily Average % of Calories		872	125.84 57.7%
Nutrient Guideline		750-850	

Tue - 03/19/2024			
New Tech Lunch	Total		
TACO, GROUND BEEF*GF	2 TACO	520	19.61
Tamale, Beef*GF	2 each	508	44.0
BEANS, CHARRO, Homemade Canned	1/2 CUP	51	9.37
CORN, STREET	1/2 CUP	144	51.28
TACO FIXINGS, Condiment	1 Each	9	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
Mango, Frozen Chunks	1/2 cup	73	16.99
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average % of Calories		1035	147.40 56.9%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
New Tech Lunch	Total		
Chicken, Drumstick Breaded	1 EACH	220	6.0
Chicken Popcorn*	SERVING (12)	250	15.0
Chicken Popcorn SPICY	Servings (12)	250	16.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Mango, Frozen Chunks	1/2 cup	73	16.99
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
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		591	68.27
% of Calories			46.2%
Nutrient Guideline		750-850	

Thu - 03/21/2024			
New Tech Lunch	Total		
Pork, BBQ Pork on Bun (JTM)	Sandwich	421	39.2
Pork, BBQ Pork on Bun (JTM)*GF	Sandwich	501	51.2
POTATO, Baked w/BBQ & Chs-JTM	1 EACH	633	78.16
Mac & Cheese - Southwest 1/2C	1/2 CUP	183	25.58
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
CORN: Frozen, Seasoned	1/2 cup	73	17.4
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1150	154.74
% of Calories			53.8%
Nutrient Guideline		750-850	

Fri - 03/22/2024			
New Tech Lunch	Total		
MEATBALL SUB with Cheese, HS	1 EACH	373	45.67
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
Salad, Green (Side)	1 cup srvg	37	7.72
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Dressing, Italian, 1oz	1 oz.	113	1.89
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	88	21.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13

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New Tech Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		875	96.90 44.3%
Nutrient Guideline		750-850	

Mon - 03/25/2024			
New Tech Lunch	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
Wrap, Ranch CK Faji 9"tortilla	9" wrap	435	36.05
SLOPPY JOE ON WHEAT BUN	SERVINGS	301	42.0
POTATO, SEASONED SWEET FRIES	3 OZ	160	24.0
Carrots, Baby*	1 Each	35	8.0
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Ranch, Cup Light 1 oz.	1 Each	70	1.0
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
Oranges Mandarin, Canned	1/2 Cup	80	18.96
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		782	114.29 58.4%
Nutrient Guideline		750-850	

Tue - 03/26/2024			
New Tech Lunch	Total		
STEAK FINGERS: 4	SERVING	315	19.28
CHICKEN NUGGETS (5)*	5 PIECES	200	13.0
FISH, BREADED POLLACK STICKS	4 PIECES	210	19.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	35	3.96
APPLESAUCE	1/2 cup	63	14.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE, Cut	1 EACH	62	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		647	93.57 57.8%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/27/2024			
New Tech Lunch	Total		
Nachos: Beef and Cheese HS	Servings	489	31.35
Nachos: Chicken Fajita (GF)	1/2 cup Scoops	361	34.74
Salad, Green (Side)	1 cup srvg	37	7.72
Ranch, Cup Light 1 oz. PPI*	1 Each	70	1.0
Dressing, Italian, 1oz	1 oz.	113	1.89
ROASTED FIESTA BLEND	1/2 C	44	7.11
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Sour Cream, 1 oz package	1 each	60	1.0
Pico de Gallo	1/4 c	7	1.36
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	88	21.61
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
APPLE: Whole	Apple	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1660	179.52
% of Calories			43.2%
Nutrient Guideline		750-850	

Thu - 03/28/2024			
New Tech Lunch	Total		
MEATBALL SUB with Cheese,HS	1 EACH	373	45.67
Pizza, Big Daddy- Pepperoni	slice 1/8	370	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	380	36.96
Salad, Green (Side)	1 cup srvg	37	7.72
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Dressing, Italian, 1oz	1 oz.	113	1.89
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
SIDEKICK, KIWI-STRAWBERRY	1 EACH	90	23.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	88	21.61
APPLE: Whole	Apple	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		875	96.90
% of Calories			44.3%
Nutrient Guideline		750-850	

Weighted Average		1153	150.03
			52.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1153		750 - 850	136%			303	
Carbohydrate (g)	150.03	52.05%						Correction Required - Calories too High

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