

Belton ISD

May 1, 2024 thru May 22, 2024

Base Menu Spreadsheet

New Tech Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/01/2024		
New Tech Lunch	Total	
Chicken, Drumstick Breaded	1 EACH	6.0
Chicken, Drumstick Hot & Spicy	Drumstick	7.0
CHICKEN NUGGETS (5)*	5 PIECES	13.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
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
BBQ- 1 oz cup	Portion Cup	11.67
Weighted Daily Average		148.19
% of Calories		46.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
New Tech Lunch	Total	
Potato, Baked w/ Chili/Chs *GF	1 EACH	72.45
Popcorn Chicken	SERVING (12)	15.0
Egg Roll, Minh, 1.5 oz	1 Each	12.01
Rice Asian Stir Fried	1/2 cups	33.8
SAUCE, SWEET & SOUR	1 OZ. PORTION	14.0
Sauce, Teriyaki, Mihn, Low Na	2 Tbsp	10.85
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	Apple	8.0
TROPICAL FRUIT	1/2 cup serve	20.4
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		131.16
% of Calories		56.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/03/2024		
New Tech Lunch	Total	
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
MEATBALL SUB with Cheese,HS	1 EACH	45.67
Salad, Green (Side)	1 cup srvg	7.72
Ranch, Cup Light 1 oz.	1 Each	1.0
Dressing, Italian, 1oz	1 oz.	1.89
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICK, KIWI-STRAWBERRY	1 EACH	23.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
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
Weighted Daily Average		96.90
% of Calories		44.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/06/2024		
New Tech Lunch	Total	
HAMBURGER (2.5) on Wheat Bun	SERVING	32.0
CHEESEBURGER on Wheat Bun-HS	1 each	33.34
SANDWICH FIXINGS	1 CUP	4.59
Corn Dog: Mini Turkey	Serv (6)	16.0
CARROTS: FROZEN	1/2 CUP	13.06
POTATO, SEASONED SWEET FRIES	3 OZ	24.0
APPLESAUCE	1/2 cup	14.61
Oranges Mandarin, Canned	1/2 Cup	18.96
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		217.54
% of Calories		53.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/07/2024		
New Tech Lunch	Total	
TACO SOFT, PULLED PORK	2 EACH	31.91
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	1.0
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CORN: Frozen, Seasoned	1/2 cup	17.4
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
TACO FIXINGS, Condiment	1 Each	2.02
Strawberries,Frozen,1/2 Cup IW	1 Each	21.0
Mango, Frozen Chunks	1/2 cup	16.99
ORANGE: WHOLE	1 EACH	21.62
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		161.44
% of Calories		66.8%
Nutrient Guideline		

Wed - 05/08/2024		
New Tech Lunch	Total	
STEAK FINGERS: 4	SERVING	19.28
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	15.03
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
APPLESAUCE	1/2 cup	14.61
APPLE: Whole	Apple	8.0
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		60.87
% of Calories		68.9%
Nutrient Guideline		

Thu - 05/09/2024		
New Tech Lunch	Total	
Popcorn Chicken Bowl	1 EACH	52.39
CHICKEN NUGGETS: (5) TYSON	SERV (5 each)	14.04
Cornbread- Super Star	Each	23.0
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
PEACHES, Canned Slices	1/2 cup	14.49
APPLESAUCE, 1/2C Super Sour*	1/2 cup	17.0
APPLE: Whole	1 CUP	8.0
MILK, CHOCOLATE FF	HALF PINT	19.0
Milk, 1% White	Half Pint	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		49.45
% of Calories		77.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/10/2024		
New Tech Lunch	Total	
Pizza, French Bread Tonys*	1 Each	33.0
Pizza, French Bread Tonys,Pep*	1 Each	33.0
PASTA, SPAGHETTI WG	1 CUP SERVING	104.13
Salad, Green (Side)	1 cup srvg	7.72
Ranch, Cup Light 1 oz.	1 Each	1.0
Dressing, Italian, 1oz	1 oz.	1.89
BROCCOLI:1/2c	1/2 cup	10.47
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	23.0
ORANGE: WHOLE, Cut	1 EACH	15.39
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		102.32
% of Calories		49.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/13/2024		
New Tech Lunch	Total	
CHEF SALAD, HAM*GF	1 each	12.45
CHICKEN FILET, BRD ON WG BUN	Sandwich	48.01
CHICKEN FILET, BRD Spicy WGBun	Sandwiches	49.0
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	22.0
CARROTS: FROZEN	1/2 CUP	13.06
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
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
BBQ- 1 oz cup	Portion Cup	11.67
Weighted Daily Average		148.75
% of Calories		63.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2024		
New Tech Lunch	Total	
Nachos-Beef and Cheese HS *GF	Servings	31.35
Nachos-Chicken Fajita *GF	1/2 cup Scoops	34.74
Salad, Green (Side)	1 cup srvg	7.72
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
Dressing, Italian, 1oz	1 oz.	1.89
ROASTED FIESTA BLEND	1/2 C	7.11
JALAPENO SLICES 1 OZ.	1 OZ.	0.62
Sour Cream, 1 oz package	1 each	1.0
Pico de Gallo	1/4 c	1.36
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
SIDEKICKS, SOURCHERRY-LEMON	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
Weighted Daily Average		179.52
% of Calories		43.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/15/2024		
New Tech Lunch	Total	
Chicken, Drumstick Breaded	1 EACH	6.0
Chicken, Drumstick Hot & Spicy	Drumstick	7.0
STEAK FINGERS: 4	SERVING	19.28
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
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
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		158.76
% of Calories		44.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/16/2024		
New Tech Lunch	Total	
POTATO, Baked w/BBQ & Chs-JTM	1 EACH	78.16
Chicken Wings Spicy	Serv 5	11.24
Mac & Cheese - Southwest 1/2C	1/2 CUP	25.58
BREAD STICK, GARLIC, WG 7"	1 EACH	25.0
Carrots, Baby*	1 Each	8.0
CUCUMBER SLICES*	1/2 CUP	1.89
Ranch, Cup Light 1 oz.	1 Each	1.0
PEACHES,Canned Slices	1/2 cup	14.49
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		230.10
% of Calories		51.6%
Nutrient Guideline		

Fri - 05/17/2024		
New Tech Lunch	Total	
PIZZA, BIG DADDY PRIMO 4-CH	1/8 SLICE	35.0
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
ROTINI (WG) WITH MEATBALLS	Serving	56.85
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz.	1 Each	1.0
APPLESAUCE	1/2 cup	14.61
APPLESAUCE, 1/2 cup,Watermleon	1/2 cup	22.0
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		75.88
% of Calories		46.1%
Nutrient Guideline		

Mon - 05/20/2024		
New Tech Lunch	Total	
CHEF SALAD, HAM*GF	1 each	12.45
HAMBURGER (2.5) on Wheat Bun	SERVING	32.0
CHEESEBURGER on Wheat Bun-HS	1 each	33.34
SANDWICH FIXINGS	1 CUP	4.59
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	22.0
CARROTS: FROZEN	1/2 CUP	13.06
SIDEKICK, CHERRY	1 EACH	23.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		140.63
% of Calories		49.7%
Nutrient Guideline		

Tue - 05/21/2024		
New Tech Lunch	Total	
TACO, GROUND BEEF*GF	2 TACO	27.59
Tamale, Beef*GF	2 each	44.0
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
CORN: Frozen, Seasoned	1/2 cup	17.4
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Oranges Mandarin, Canned	1/2 Cup	18.96
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		110.97
% of Calories		56.3%
Nutrient Guideline		

Wed - 05/22/2024		
New Tech Lunch	Total	
Pizza, Big Daddy- Pepperoni	slice 1/8	35.01
Pizza, Big Daddy- Cheese	1/8 Slices	36.96
MEATBALL SUB with Cheese,HS	1 EACH	45.67
Salad, Green (Side)	1 cup srvg	7.72
Ranch, Cup Light 1 oz.	1 Each	1.0
Dressing, Italian, 1oz	1 oz.	1.89
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
SIDEKICK, KIWI-STRAWBERRY	1 EACH	23.0
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
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
Weighted Daily Average		96.90
% of Calories		44.3%
Nutrient Guideline		

Weighted Average		131.84
		51.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	131.84	51.52%						

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