

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2024 thru Mar 31, 2024

Tiger's Den / Country Cookin'

Generated on: 2/28/2024 2:59:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN, BBQ PULLED ON SLIDERS	2 EACH	279	39.16
FISH, BREADED POLLACK STICKS	4 PIECES	210	19.0
POTATO, SEASONED CRINKLE CUT	3 OZ EACH	130	22.0
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
ROASTED FIESTA BLEND	1/2 C	44	7.11
SIDEKICKS, BLUERASP-LEMON	1 EACH	88	21.61
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
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		1441	211.24
% of Calories			58.7%
Nutrient Guideline		750-850	

Mon - 03/04/2024			
Tiger's Den / Country Cookin'	Total		
STEAK FINGERS: 4	SERVING	315	19.28
ALFREDO CHICKEN OVER PASTA*	1/2 CUP	1485	34.32
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
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	60	17.06
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
MILK, CHOCOLATE FF	HALF PINT	110	19.0
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		2525	189.53
% of Calories			30.0%
Nutrient Guideline		750-850	

Tue - 03/05/2024			
Tiger's Den / Country Cookin'	Total		
Chicken Popcorn*	SERVING (12)	250	15.0
Chicken, Wings, Boneless	Serving-5 wings	220	1.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	220	34.0
CORN: Frozen, Seasoned	1/2 cup	73	17.4
CUCUMBER SLICES*	1/2 CUP	8	1.89
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
Mango, Frozen Chunks	1/2 cup	73	16.99
APPLE: Whole	1 CUP	29	8.0
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		1286	155.41 48.3%
Nutrient Guideline		750-850	

Wed - 03/06/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN NUGGETS (5)*	5 PIECES	200	13.0
WAFFLE, WG, MAPLE (SUB)	1 EACH	100	14.0
Chicken, Drumstick Breaded	1 EACH	220	6.0
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
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	70	17.06
APPLE: Whole	1 CUP	29	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
SYRUP PC	1 Each	120	30.0
KETCHUP PPI, Low Na #1	1 PACKET	10	2.0
Weighted Daily Average % of Calories		1367	197.41 57.7%
Nutrient Guideline		750-850	

Thu - 03/07/2024			
Tiger's Den / Country Cookin'	Total		
Pork, BBQ Pork on Bun (JTM)	Sandwich	421	39.2
Pork, BBQ Pork on Bun (JTM)*GF	Sandwich	501	51.2
Chicken Popcorn*	SERVING (12)	250	15.0
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	240	15.03
Mac & Cheese - Southwest 1/2C	1/2 CUP	183	25.58
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
BEANS, BAKED scratch, Canned	1/2 cup	175	35.49
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
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 % of Calories		2279	274.71 48.2%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/08/2024			
Tiger's Den / Country Cookin'	Total		
Chicken Popcorn*	SERVING	250	15.0
Chicken, Drumstick Breaded	Drumstick	220	6.0
Chicken, Drumstick Hot & Spicy	Drumstick	210	7.0
Texas Toast	1 Each	100	14.05
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	35	3.96
CAULIFLOWER, SOUTHWEST	1/2 C	19	2.98
CUCUMBER SLICES*	1/2 CUP	8	1.89
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Oranges Mandarin, Canned	1/2 Cup	80	18.96
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	70	17.06
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		3	0.35
% of Calories			40.4%
Nutrient Guideline		750-850	

Mon - 03/18/2024			
Tiger's Den / Country Cookin'	Total		
Chicken Popcorn*	SERVING (12)	250	15.0
Chicken, Wings, Boneless	Serving-5 wings	220	1.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	220	34.0
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
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		1404	169.02
% of Calories			48.2%
Nutrient Guideline		750-850	

Tue - 03/19/2024			
Tiger's Den / Country Cookin'	Total		
STEAK FINGERS: 4	SERVING	315	19.28
Beef Patty, Chicken Fried, JTM	1 Each	246	6.0
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
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
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

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Mar 1, 2024 thru Mar 31, 2024

Tiger's Den / Country Cookin'

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		430	35.24 32.8%
Nutrient Guideline		750-850	

Wed - 03/20/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN POPCORN BOWL*	1 EACH	499	52.39
CHICKEN NUGGETS: (5) TYSON	SERV (5 each)	241	14.04
Cornbread- Super Star	Each	148	23.0
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	35	3.96
CORN: Frozen, Seasoned	1/2 cup	73	17.4
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
APPLESAUCE, 1/2C Super Sour*	1/2 cup	60	17.0
APPLE: Whole	1 CUP	29	8.0
MILK, CHOCOLATE FF	HALF PINT	110	19.0
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		273	52.71 77.2%
Nutrient Guideline		750-850	

Thu - 03/21/2024			
Tiger's Den / Country Cookin'	Total		
Chicken Popcorn*	SERVING	250	15.0
Chicken, Drumstick Breaded	Drumstick	220	6.0
Chicken, Drumstick Hot & Spicy	Drumstick	210	7.0
Texas Toast	1 Each	100	14.05
POTATO, TATER TOTS, ORE-IDA	9 PIECES	130	16.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Oranges Mandarin, Canned	1/2 Cup	80	18.96
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	70	17.06
ORANGE: WHOLE	1 EACH	86	21.62
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average % of Calories		4	0.36 41.3%
Nutrient Guideline		750-850	

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Tiger's Den / Country Cookin'

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/22/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN, BBQ PULLED ON SLIDERS	2 EACH	279	39.16
FISH, BREADED POLLACK STICKS	4 PIECES	210	19.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	220	34.0
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
ROASTED FIESTA BLEND	1/2 C	44	7.11
SIDEKICKS, BLUERASP-LEMON	1 EACH	88	21.61
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	90	23.0
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	90	23.0
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 #1	1 PACKET	10	2.0
Weighted Daily Average		1557	230.01
% of Calories			59.1%
Nutrient Guideline		750-850	

Mon - 03/25/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	240	15.03
CHICKEN NUGGETS (5)*	5 PIECES	200	13.0
POTATO FRIES, CRINKLE CUT 1/4	7 EACH	61	10.13
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	70	1.0
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	Apple	29	8.0
MILK, CHOCOLATE FF	HALF PINT	110	19.0
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		596	77.39
% of Calories			52.0%
Nutrient Guideline		750-850	

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Tiger's Den / Country Cookin'

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/26/2024			
Tiger's Den / Country Cookin'	Total		
STEAK FINGERS: 4	SERVING	315	19.28
ALFREDO CHICKEN OVER PASTA*	1/2 CUP	1485	34.32
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
BROCCOLI: 1/2c- Frozen*	1/2 cup	21	2.78
Sauce, Cheese Low fat	1.5 OZ	34	4.5
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	60	17.06
APPLESAUCE, 1/2 cup, Watermelon	1/2 cup	90	22.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
Milk, 1% White	Half Pint	100	12.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		2638	214.66
% of Calories			32.6%
Nutrient Guideline		750-850	

Wed - 03/27/2024			
Tiger's Den / Country Cookin'	Total		
CHICKEN POPCORN BOWL*	1 EACH	499	52.39
Chicken Popcorn*	SERVING (12)	250	15.0
WAFFLE, WG, MAPLE (SUB)	1 EACH	100	14.0
POTATO FRIES, CRINKLE CUT 1/4	7 EACH	61	10.13
CORN: Frozen, Seasoned	1/2 cup	73	17.4
Peaches, Frozen, Cup 1/2 cup	1 Each	90	21.0
APPLESAUCE, 1/2 cup, Blue Rasp*	1/2 cup	70	17.06
APPLESAUCE, 1/2C Super Sour*	1/2 cup	60	17.0
ORANGE: WHOLE	1 EACH	86	21.62
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Milk, 1% White	Half Pint	100	12.0
KETCHUP PPI, Low Na #2	2 PACKETS	20	4.0
Weighted Daily Average		9023	1719.7
% of Calories			76.2%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/28/2024			
Tiger's Den / Country Cookin'	Total		
Pork, BBQ Pork on Bun (JTM)	Sandwich	421	39.2
Pork, BBQ Pork on Bun (JTM)*GF	Sandwich	501	51.2
Chicken Popcorn*	SERVING (12)	250	15.0
Chicken Popcorn SPICY	Servings (12)	250	16.0
Mac & Cheese - Southwest 1/2C	1/2 CUP	183	25.58
POTATOES, MASHED	1/2 CUP	70	14.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	35	3.96
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Strawberries, Frozen, 1/2 Cup IW	1 Each	80	21.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLE: Whole	1 CUP	29	8.0
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		841	121.38
% of Calories			57.8%
Nutrient Guideline		750-850	

Weighted Average		1711	243.28
			56.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1711		750 - 850	201%			861	
Carbohydrate (g)	243.28	56.88%						Correction Required - Calories too High

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