

Belton ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2024 thru Mar 31, 2024

Tigo's Hideaway / Broncocina

Generated on: 2/28/2024 2:51:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2024			
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	9	1.74
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
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
Weighted Daily Average		1623	180.75
% of Calories			44.6%
Nutrient Guideline		750-850	

Mon - 03/04/2024			
Tigo's Hideaway / Broncocin	Total		
TACO, GROUND BEEF*GF	2 TACO	520	19.61
S. TACOS, CHICKEN w/ FAJITA	2 EACH	320	34.4
TACO FIXINGS, Condiment	1 Each	9	2.02
BEANS, refried: Santiago*	1/2 CUP	154	24.4
Celery Sticks	1/2 Cup	13	2.69
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	70	1.0
Salsa- Kicked Up	1 OZ	9	1.74
Sour Cream, 1 oz package	1 each	60	1.0
Pico de Gallo	1/4 c	7	1.36
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
ORANGE: WHOLE	1 EACH	86	21.62
PEARS :cnd 1/2cup	1/2 CUP	60	16.08
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
Weighted Daily Average		1688	194.73
% of Calories			46.1%
Nutrient Guideline		750-850	

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Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/05/2024			
Tigo's Hideaway / Broncocin	Total		
ENCHILADAS, CHEESE	2 each	372	25.7
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	44	1.0
Tamale, Beef*GF	2 each	508	44.0
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
CORN, STREET	1/2 CUP	144	51.28
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Salsa- Kicked Up	1 OZ	9	1.74
Salsa- 3 oz. Red Gold	1 Each	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	1 CUP	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		1546	215.68
% of Calories			55.8%
Nutrient Guideline		750-850	

Wed - 03/06/2024			
Tigo's Hideaway / Broncocin	Total		
POTATO, Baked w/ Chili & Chz*	1 EACH	623	72.45
TACO, GROUND BEEF*GF	2 TACO	520	19.61
TACO FIXINGS, Condiment	1 Each	9	2.02
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
ROLL, Gluten Free	1 EACH	189	25.56
Sour Cream, 1 oz package	1 each	60	1.0
Onion, Scallions	1 Tbsp	2	0.46
Butter	2 pats	72	0.01
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Veggie Cup with Ranch	1 EACH	98	7.04
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
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
Weighted Daily Average		2182	243.22
% of Calories			44.6%
Nutrient Guideline		750-850	

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Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/07/2024			
Tigo's Hideaway / Broncocin	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
ROLL, Gluten Free	1 EACH	189	25.56
Chicken, Sweet & Sour	1 Cup	293	40.4
Rice Asian Stir Fried	1/2 cups	179	33.8
EGG ROLL, CHICKEN	1 EACH	150	20.0
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
CARROTS: FROZEN	1/2 CUP	55	13.06
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole	1 CUP	29	8.0
APPLESAUCE	1/2 cup	63	14.61
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1571	223.17
% of Calories			56.8%
Nutrient Guideline		750-850	

Fri - 03/08/2024			
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	9	1.74
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
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
Weighted Daily Average		1756	202.88
% of Calories			46.2%
Nutrient Guideline		750-850	

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Mar 1, 2024 thru Mar 31, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/18/2024			
Tigo's Hideaway / Broncocin	Total		
TACO, GROUND BEEF*GF	2 TACO	520	19.61
S. TACOS, CHICKEN w/ FAJITA	2 EACH	320	34.4
TACO FIXINGS, Condiment	1 Each	9	2.02
RICE, SPANISH BROWN	1/2 CUP	281	57.57
BEANS, refried: Santiago*	1/2 CUP	154	24.4
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	70	1.0
Salsa- Kicked Up	1 OZ	9	1.74
Sour Cream, 1 oz package	1 each	60	1.0
Pico de Gallo	1/4 c	7	1.36
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
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
Weighted Daily Average		1208	149.66
% of Calories			49.6%
Nutrient Guideline		750-850	

Tue - 03/19/2024			
Tigo's Hideaway / Broncocin	Total		
ENCHILADAS, CHEESE	2 each	372	25.7
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	44	1.0
Tamale, Beef*GF	2 each	508	44.0
BEANS, refried: Santiago*	1/2 CUP	154	24.4
RICE, SPANISH BROWN	1/2 CUP	281	57.57
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
CORN: Frozen, Seasoned	1/2 cup	73	17.4
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Salsa- Kicked Up	1 OZ	9	1.74
Salsa - 3 oz. Red Gold	1 Each	25	5.0
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
Oranges Mandarin, Canned	1/2 Cup	80	18.96
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
Weighted Daily Average		1153	174.43
% of Calories			60.5%
Nutrient Guideline		750-850	

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Mar 1, 2024 thru Mar 31, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2024			
Tigo's Hideaway / Broncocin	Total		
CHEF SALAD, Turkey*GF	1 each	270	8.83
ROLL, Gluten Free	1 EACH	189	25.56
Chicken, Sweet & Sour	1 Cup	293	40.4
CHICKEN CHUNK WHITE, WG -TYSON	5 EACH	200	13.0
Rice Asian Stir Fried	1/2 cups	179	33.8
EGG ROLL, CHICKEN	1 EACH	150	20.0
BROCCOLI:1/2c- Frozen*	1/2 cup	21	2.78
CARROTS: FROZEN	1/2 CUP	55	13.06
Strawberries,Frozen,1/2 Cup IW	1 Each	80	21.0
APPLE: Whole	1 CUP	29	8.0
ORANGE: WHOLE	1 EACH	86	21.62
APPLESAUCE	1/2 cup	63	14.61
MILK, 1% WHITE, OAK FARMS	CARTON	110	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	133	22.13
Weighted Daily Average		1087	157.04
% of Calories			57.8%
Nutrient Guideline		750-850	

Thu - 03/21/2024			
Tigo's Hideaway / Broncocin	Total		
FIESTADA 5" TACO PIZZA*	1 EACH	360	43.0
QUESADILLA CHEESE HS	1 each	229	16.57
Frito Pie *GF	1 each	312	21.34
RICE, SPANISH BROWN	1/2 CUP	281	57.57
BEANS, CHARRO, Homemade	1/2 CUP	90	23.44
TACO FIXINGS, Condiment	1 Each	9	2.02
Carrots, Baby*	1 Each	35	8.0
Ranch, Cup Light 1 oz.	1 Each	70	1.0
Salsa- Kicked Up	1 OZ	9	1.74
Sour Cream, 1 oz package	1 each	60	1.0
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
PINEAPPLE :Canned Tidbits	1/2 CUP	35	8.5
SLUSH, TROPICAL BLUE RASP*	1 EACH	60	15.0
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
Weighted Daily Average		294	42.36
% of Calories			57.7%
Nutrient Guideline		750-850	

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Mar 1, 2024 thru Mar 31, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/22/2024			
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	9	1.74
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	1 CUP	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		1536	159.13
% of Calories			41.4%
Nutrient Guideline		750-850	

Mon - 03/25/2024			
Tigo's Hideaway / Broncocin	Total		
POTATO, Baked w/ Chili & Chz*	1 EACH	623	72.45
TACO, GROUND BEEF*GF	2 TACO	520	19.61
TACO FIXINGS, Condiment	1 Each	9	2.02
ROLL, WHEAT FROZEN DOUGH	1 EACH	160	29.0
ROLL, Gluten Free	1 EACH	189	25.56
Sour Cream, 1 oz package	1 each	60	1.0
Onion, Scallions	1 Tbsp	2	0.46
Butter	2 pats	72	0.01
GREEN BEANS: Canned, Seasoned	1/2 CUP	21	4.27
Veggie Cup with Ranch	1 EACH	98	7.04
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	70	17.06
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
Weighted Daily Average		915	84.61
% of Calories			37.0%
Nutrient Guideline		750-850	

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Mar 1, 2024 thru Mar 31, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/26/2024			
Tigo's Hideaway / Broncocin	Total		
ENCHILADAS, CHEESE	2 each	372	25.7
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	44	1.0
Tamale, Beef*GF	2 each	508	44.0
RICE, SPANISH BROWN	1/2 CUP	281	57.57
BEANS, refried: Santiago*	1/2 CUP	154	24.4
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Salsa- Kicked Up	1 OZ	9	1.74
Salsa - 3 oz. Red Gold	1 Each	25	5.0
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		1092	167.79
% of Calories			61.5%
Nutrient Guideline		750-850	

Wed - 03/27/2024			
Tigo's Hideaway / Broncocin	Total		
BURRITO, LOS CABO BEAN&CHEESE*	1 EACH	291	40.95
BURRITO: HS w chili and cheese	1 each	332	42.52
FIESTADA 5" TACO PIZZA*	1 EACH	360	43.0
CORN, STREET	1/2 CUP	144	51.28
CUCUMBER SLICES w/ LIME*	1/2 CUP	16	5.23
Salsa- Kicked Up	1 OZ	9	1.74
Sour Cream, 1 oz package	1 each	60	1.0
JALAPENO SLICES 1 OZ.	1 OZ.	4	0.62
Salsa - 3 oz. Red Gold	1-3oz. cup	25	5.0
Mango, Frozen Chunks	1/2 cup	73	16.99
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
Weighted Daily Average		219	35.21
% of Calories			64.4%
Nutrient Guideline		750-850	

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Thu - 03/28/2024			
Tigo's Hideaway / Broncocin	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
Dressing, Italian, 1oz	1 oz.	113	1.89
Ranch, Cup Light 1 oz.	1 Each	70	1.0
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- Kicked Up	1 OZ	9	1.74
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
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	90	23.0
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
Weighted Daily Average		1016	85.29
% of Calories			33.6%
Nutrient Guideline		750-850	

Weighted Average		1259	154.40
			49.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1259		750 - 850	148%			409	
Carbohydrate (g)	154.40	49.05%						Correction Required - Calories too High

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