

Belton ISD

Base Menu Spreadsheet Portion Values - Detailed

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May 1, 2024 thru May 22, 2024

Tiger's Den / Country Cookin'

Generated on: 4/30/2024 3:19:55 PM

	Portion Size	Carb (g)
Wed - 05/01/2024		
Tiger's Den / Country Cookin'	Total	
STEAK FINGERS: 4	SERVING	19.28
Popcorn Chicken	SERVING (12)	15.0
POTATOES, MASHED	1/2 CUP	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
PINEAPPLE : Canned Tidbits	1/2 CUP	8.5
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	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
Weighted Daily Average		116.16
% of Calories		41.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Tiger's Den / Country Cookin'	Total	
SLOPPY JOE ON GF BUN*	SERVINGS	54.0
SLOPPY JOE ON WHEAT BUN	SERVINGS	42.0
CHICKEN NUGGETS (5)*	5 PIECES	13.0
POTATO, SEASONED SWEET FRIES	3 OZ	24.0
CORN: Frozen, Seasoned	1/2 cup	17.4
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Oranges Mandarin, Canned	1/2 Cup	18.96
Mango, Frozen Chunks	1/2 cup	16.99
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		176.14
% of Calories		61.5%
Nutrient Guideline		

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Tiger's Den / Country Cookin'

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	Portion Size	Carb (g)
Fri - 05/03/2024		
Tiger's Den / Country Cookin'	Total	
Beef Patty, Chicken Fried, JTM	1 Each	6.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
Chicken and Cheese Rotini Bake	1/2 CUP	27.79
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
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
SIDEKICK, CHERRY	1 EACH	23.0
ORANGE: WHOLE	1 EACH	21.62
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
Weighted Daily Average		193.30
% of Calories		43.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/06/2024		
Tiger's Den / Country Cookin'	Total	
Chicken Wings Spicy	Serv 5	11.24
Chicken, Wings, Boneless	Serving-5 wings	1.0
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	15.03
BREAD STICKS: WITH GARLIC H.S	2 EACH	34.0
POTATO FRIES, CRINKLE CUT 1/4	7 EACH	10.13
Veggie Cup with Ranch	1 EACH	7.04
Oranges Mandarin, Canned	1/2 Cup	18.96
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		165.15
% of Calories		49.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/07/2024		
Tiger's Den / Country Cookin'	Total	
Popcorn Chicken	SERVING (12)	15.0
Chicken, Drumstick Breaded	1 EACH	6.0
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
CORN: Can Season 1/2 Cup*	1/2 cup	15.65
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLE: Whole	1 CUP	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

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	Portion Size	Carb (g)
Weighted Daily Average		85.27
% of Calories		53.3%
Nutrient Guideline		

Wed - 05/08/2024		
Tiger's Den / Country Cookin'	Total	
STEAK FINGERS: 4	SERVING	19.28
Chicken Alfredo Rotini	1/2 CUP	34.32
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
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
APPLESAUCE, 1/2 cup, Watermelon	1/2 cup	22.0
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
ORANGE: WHOLE	1 EACH	21.62
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		207.66
% of Calories		31.7%
Nutrient Guideline		

Thu - 05/09/2024		
Tiger's Den / Country Cookin'	Total	
Chili CheeseTater Tots* GF	9 EACH	3.55
CHICKEN NUGGETS (5)*	5 PIECES	13.0
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	34.0
Salad, Green (Side)	1 cup srgv	7.72
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
Carrots, Baby*	1 Each	8.0
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		27.44
% of Calories		55.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/10/2024		
Tiger's Den / Country Cookin'	Total	
CHICKEN, BBQ PULLED ON SLIDERS	2 EACH	39.16
Popcorn Chicken	SERVING (12)	15.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	34.0
POTATO SMILES 1/2C	5 pieces	25.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Salad, Green (Side)	1 cup srvg	7.72
Ranch, Cup Light 1 oz.	1 Each	1.0
Dressing, Italian, 1oz	1 oz.	1.89
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
SIDEKICKS, STRAWBERRY-MANGO	1 EACH	23.0
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		241.40
% of Calories		56.6%
Nutrient Guideline		

Mon - 05/13/2024		
Tiger's Den / Country Cookin'	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, 1/2 cup, Watermelon	1/2 cup	22.0
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		49.07
% of Calories		75.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2024		
Tiger's Den / Country Cookin'	Total	
Chicken, Drumstick Hot & Spicy	Drumstick	7.0
Chicken, Drumstick Breaded	1 EACH	6.0
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
ROLL, Gluten Free	1 EACH	25.56
POTATO, TATER TOTS, ORE-IDA	9 PIECES	0.0
Green Beans: Canned, Seasoned	1/2 CUP	4.27
CORN: Can Season 1/2 Cup*	1/2 cup	15.65
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		91.09
% of Calories		51.4%
Nutrient Guideline		

Wed - 05/15/2024		
Tiger's Den / Country Cookin'	Total	
STEAK FINGERS: 4	SERVING	19.28
Popcorn Chicken	SERVING (12)	15.0
POTATOES, MASHED	1/2 CUP	14.0
GRAVY, CREAM LOWFAT/Na, 1/4 cup	1/4 CUP	3.96
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
Oranges Mandarin, Canned	1/2 Cup	18.96
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		104.49
% of Calories		40.2%
Nutrient Guideline		

Thu - 05/16/2024		
Tiger's Den / Country Cookin'	Total	
SLOPPY JOE ON GF BUN*	SERVINGS	54.0
SLOPPY JOE ON WHEAT BUN	SERVINGS	42.0
CHICKEN NUGGETS (5)*	5 PIECES	13.0
POTATO, SEASONED SWEET FRIES	3 OZ	24.0
CORN: Frozen, Seasoned	1/2 cup	17.4
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
TROPICAL FRUIT	1/2 cup serve	20.4
Mango, Frozen Chunks	1/2 cup	16.99
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0

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	Portion Size	Carb (g)
Weighted Daily Average		177.59
% of Calories		61.6%
Nutrient Guideline		

Fri - 05/17/2024		
Tiger's Den / Country Cookin'	Total	
Beef Patty, Chicken Fried, JTM	1 Each	6.0
GRAVY, CREAM LOWFAT/Na , 1/4 cup	1/4 CUP	3.96
Chicken and Cheese Rotini Bake	1/2 CUP	27.79
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
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. PPI*	1 Each	1.0
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	Apple	8.0
ORANGE: WHOLE	1 EACH	21.62
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
Weighted Daily Average		174.24
% of Calories		40.1%
Nutrient Guideline		

Mon - 05/20/2024		
Tiger's Den / Country Cookin'	Total	
Chicken Wings Spicy	Serv 5	11.24
CHICKEN NUGGETS (5)*	5 PIECES	13.0
BREAD STICKS: WITH GARLIC H.S	2 EACH	34.0
POTATO SMILES 1/2C	5 pieces	25.0
Veggie Cup with Ranch	1 EACH	7.04
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
Oranges Mandarin, Canned	1/2 Cup	18.96
APPLE: Whole	1 CUP	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		173.43
% of Calories		50.2%
Nutrient Guideline		

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Tiger's Den / Country Cookin'

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	Portion Size	Carb (g)
Tue - 05/21/2024		
Tiger's Den / Country Cookin'	Total	
Popcorn Chicken	SERVING (12)	15.0
Chicken, Drumstick Breaded	1 EACH	6.0
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
CORN: Can Season 1/2 Cup*	1/2 cup	15.65
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
ORANGE: WHOLE, Cut	1 EACH	15.39
APPLE: Whole	1 CUP	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
Weighted Daily Average		81.00
% of Calories		52.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/22/2024		
Tiger's Den / Country Cookin'	Total	
STEAK FINGERS: 4	SERVING	19.28
CHICKEN NUGGET, MINI HOT-TYSON	10 EACH	15.03
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
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
Sauce, Cheese Low fat	1.5 OZ	4.5
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	Apple	8.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
KETCHUP PPI, Low Na #2	2 PACKETS	4.0
Weighted Daily Average		174.37
% of Calories		53.1%
Nutrient Guideline		

Weighted Average		139.86
		47.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	139.86	47.65%						

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