

Belton ISD

Base Menu Spreadsheet
Portion Values - Detailed

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May 1, 2024 thru May 22, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Wed - 05/01/2024		
Tigo's Hideaway / Broncocin	Total	
Potato, Baked w/ Chili/Chs *GF	1 EACH	72.45
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
ROLL, Gluten Free	1 EACH	25.56
TACO, GROUND BEEF*GF	2 TACO	27.59
TACO FIXINGS, Condiment	1 Each	2.02
Salsa Cup, Red Gold	3 oz.	6.0
Sour Cream, 1 oz package	1 each	1.0
Onion, Scallions	1 Tbsp	0.46
Butter	2 pats	0.01
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Veggie Cup with Ranch	1 EACH	7.04
APPLESAUCE, 1/2 cup, Strawberry	1/2 cup	17.06
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
Weighted Daily Average		257.20
% of Calories		49.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2024		
Tigo's Hideaway / Broncocin	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
ROLL, Gluten Free	1 EACH	25.56
Chicken, Sweet & Sour	1 Cup	39.93
Rice Asian Stir Fried	1/2 cups	33.8
EGG ROLL, CHICKEN	1 EACH	20.0
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
CARROTS: FROZEN	1/2 CUP	13.06
PINEAPPLE :Canned Tidbits	1/2 CUP	8.5
APPLE: Whole	1 CUP	8.0
APPLESAUCE	1/2 cup	14.61
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		210.20
% of Calories		55.2%
Nutrient Guideline		

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Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Fri - 05/03/2024		
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	1.74
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
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
Weighted Daily Average		202.88
% of Calories		46.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/06/2024		
Tigo's Hideaway / Broncocin	Total	
TACO, GROUND BEEF*GF	2 TACO	27.59
TACOS, SOFT - BEEF GROUND	2 Tacos	33.77
Soft Tacos, Chicken Fajita	2 EACH	34.4
TACO FIXINGS, Condiment	1 Each	2.02
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
RICE, SPANISH BROWN	1/2 CUP	57.57
Celery Sticks	1/2 Cup	2.69
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
Salsa Cup, Red Gold	3 oz.	6.0
Sour Cream, 1 oz package	1 each	1.0
Pico de Gallo	1/4 c	1.36
JALAPENO SLICES 1 OZ.	1 OZ.	0.62
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
ORANGE: WHOLE	1 EACH	21.62
PEACHES :Can Slices (1/2 cup)	1/2 CUP	14.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		273.20
% of Calories		53.3%
Nutrient Guideline		

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Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Tue - 05/07/2024		
Tigo's Hideaway / Broncocin	Total	
BURRITO, LOS CABO BEAN&CHEESE*	1 EACH	40.95
BURRITO: HS w chili and cheese	1 each	42.52
FIESTADA 5" TACO PIZZA*	1 EACH	43.0
CORN: Frozen, Seasoned	1/2 cup	17.4
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
Sour Cream, 1 oz package	1 each	1.0
JALAPENO SLICES 1 OZ.	1 OZ.	0.62
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
Mango, Frozen Chunks	1/2 cup	16.99
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
Weighted Daily Average		95.62
% of Calories		60.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/08/2024		
Tigo's Hideaway / Broncocin	Total	
Cheese Quesadilla (HS)	1 each	16.57
Frito Pie, Beef, HS *GF	Servings	34.13
BEANS, CHARRO, Homemade	1/2 CUP	23.44
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
CARROT STICKS: 1/2C*	1/2 CUP	8.35
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
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
Weighted Daily Average		155.75
% of Calories		48.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/09/2024		
Tigo's Hideaway / Broncocin	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
ROLL, Gluten Free	1 EACH	25.56
Chicken, Sweet & Sour	1 Cup	39.93
Rice Asian Stir Fried	1/2 cups	33.8
EGG ROLL, CHICKEN	1 EACH	20.0
BROCCOLI: 1/2c- Frozen*	1/2 cup	2.78
CARROTS: FROZEN	1/2 CUP	13.06
TROPICAL FRUIT	1/2 cup serve	20.4
APPLE: Whole	1 CUP	8.0
APPLESAUCE	1/2 cup	14.61
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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May 1, 2024 thru May 22, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Weighted Daily Average		222.10
% of Calories		56.4%
Nutrient Guideline		

Fri - 05/10/2024		
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	1.74
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
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
Weighted Daily Average		202.88
% of Calories		46.2%
Nutrient Guideline		

Mon - 05/13/2024		
Tigo's Hideaway / Broncocin	Total	
TACO, GROUND BEEF*GF	2 TACO	27.59
TACOS, SOFT - BEEF GROUND	2 Tacos	33.77
Soft Tacos, Chicken Fajita	2 EACH	34.4
TACO FIXINGS, Condiment	1 Each	2.02
BEANS, CHARRO, Homemade Canned	1/2 CUP	9.37
RICE, SPANISH BROWN	1/2 CUP	57.57
Celery Sticks	1/2 Cup	2.69
Carrots, Baby*	1 Each	8.0
Ranch, Cup Light 1 oz. PPI*	1 Each	1.0
Salsa Cup, Red Gold	3 oz.	6.0
Sour Cream, 1 oz package	1 each	1.0
Pico de Gallo	1/4 c	1.36
JALAPENO SLICES 1 OZ.	1 OZ.	0.62
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
APPLE: Whole	1 CUP	8.0
ORANGE: WHOLE	1 EACH	21.62
Oranges Mandarin, Canned	1/2 Cup	18.96
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		286.16
% of Calories		54.5%
Nutrient Guideline		

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May 1, 2024 thru May 22, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Tue - 05/14/2024		
Tigo's Hideaway / Broncocin	Total	
ENCHILADAS, CHEESE	2 each	25.7
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	1.0
Tamale, Beef*GF	2 each	44.0
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
CORN: Frozen, Seasoned	1/2 cup	17.4
PINEAPPLE :Canned Chunks	1/2 CUP	19.05
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
Weighted Daily Average		89.51
% of Calories		53.7%
Nutrient Guideline		

Wed - 05/15/2024		
Tigo's Hideaway / Broncocin	Total	
Potato, Baked w/ Chili/Chs *GF	1 EACH	72.45
TACO, GROUND BEEF*GF	2 TACO	27.59
TACO FIXINGS, Condiment	1 Each	2.02
ROLL, WHEAT FROZEN DOUGH	1 EACH	29.0
ROLL, Gluten Free	1 EACH	25.56
Sour Cream, 1 oz package	1 each	1.0
Onion, Scallions	1 Tbsp	0.46
Butter	2 pats	0.01
Green Beans: Canned, Seasoned	1/2 CUP	4.27
Veggie Cup with Ranch	1 EACH	7.04
APPLESAUCE, 1/2 cup,Blue Rasp*	1/2 cup	17.06
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
Weighted Daily Average		251.20
% of Calories		49.2%
Nutrient Guideline		

Thu - 05/16/2024		
Tigo's Hideaway / Broncocin	Total	
CHEF SALAD, Turkey*GF	1 each	8.83
ROLL, Gluten Free	1 EACH	25.56
Chicken, Sweet & Sour	1 Cup	39.93
Rice Asian Stir Fried	1/2 cups	33.8
EGG ROLL, CHICKEN	1 EACH	20.0
BROCCOLI:1/2c- Frozen*	1/2 cup	2.78
CARROTS: FROZEN	1/2 CUP	13.06
ORANGE: WHOLE	1 EACH	21.62
APPLE: Whole	1 CUP	8.0
APPLESAUCE	1/2 cup	14.61
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13

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May 1, 2024 thru May 22, 2024

Tigo's Hideaway / Broncocina

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	Portion Size	Carb (g)
Weighted Daily Average		223.32
% of Calories		56.7%
Nutrient Guideline		

Fri - 05/17/2024		
Tigo's Hideaway / Broncocin	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
Salsa- Kicked Up	1 OZ	1.74
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
SIDEKICKS, BLUERASP-LEMON	1 EACH	21.61
SIDEKICKS, SOURCHERRY-LEMON	1 EACH	23.0
APPLE: Whole	1 CUP	8.0
MILK, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		176.26
% of Calories		42.9%
Nutrient Guideline		

Mon - 05/20/2024		
Tigo's Hideaway / Broncocin	Total	
TACO, GROUND BEEF*GF	2 TACO	27.59
TACOS, SOFT - BEEF GROUND	2 Tacos	33.77
Soft Tacos, Chicken Fajita	2 EACH	34.4
TACO FIXINGS, Condiment	1 Each	2.02
BEANS, refried: Santiago*	1/2 CUP	24.4
RICE, SPANISH BROWN	1/2 CUP	57.57
Veggie Cup with Ranch	1 EACH	7.04
Sour Cream, 1 oz package	1 each	1.0
Pico de Gallo	1/4 c	1.36
JALAPENO SLICES 1 OZ.	1 OZ.	0.62
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, 1% WHITE, OAK FARMS	CARTON	13.0
MILK, CHOC. FAT FREE, OAK FARM	CARTON	22.13
Weighted Daily Average		268.91
% of Calories		52.3%
Nutrient Guideline		

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Base Menu Spreadsheet

Tigo's Hideaway / Broncocina

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/21/2024		
Tigo's Hideaway / Broncocin	Total	
ENCHILADAS, CHEESE	2 each	25.7
ENCHILADAS, BEEF, 2.50 MID/HS	2 EACH	1.0
Tamale, Beef*GF	2 each	44.0
CUCUMBER SLICES w/ LIME*	1/2 CUP	5.23
CORN: Can Season 1/2 Cup*	1/2 cup	15.65
PINEAPPLE :Canned Chunks	1/2 CUP	19.05
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
Weighted Daily Average		87.75
% of Calories		52.7%
Nutrient Guideline		

Wed - 05/22/2024		
Tigo's Hideaway / Broncocin	Total	
Chicken & Cheese Quesadilla HS	1 each	61.86
Frito Pie, Beef, HS *GF	Servings	34.13
BEANS, CHARRO, Homemade	1/2 CUP	23.44
TACO FIXINGS, Condiment	1 Each	2.02
Salsa - 3 oz. Red Gold	1-3oz. cup	5.0
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
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
Weighted Daily Average		209.26
% of Calories		50.6%
Nutrient Guideline		

Weighted Average		200.76
		51.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	200.76	51.30%						

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