

Belleville School District

Dec 1, 2025 thru Dec 19, 2025 Spreadsheet - Portion Values
Lunch Grades K-8

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Nov 17, 2025

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 12/01/2025									
Lunch Grades K-8	Total								
Pepperoni Pizza nardones	1 each	343	595	0	0.05	19.42	29.28	16.82	8.13
Mini Corn Dogs WG Chicken	6 each	180	320	0	0.00	6.00	20.00	8.00	2.50
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Frozen Juice Cup	1 each	90	0	0	60.00	0.00	22.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		658	924	2396	102.09	34.45	83.61	21.52	8.74
% of Calories						20.9%	50.8%	29.4%	12.0%

Tue - 12/02/2025									
Lunch Grades K-8	Total								
Croissant w/sausage,egg&chs	1 each	381	851	507	0.00	16.78	32.03	21.99	8.69
Chicken Parmesan Sandwich	sandwich	421	1071	808	6.35	29.12	48.87	13.12	3.10
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
Applesauce Unsw Cups-USDA 17-1	1/2 cup	51	2	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		616	1493	1597	7.86	29.61	77.73	21.73	7.97
% of Calories						19.2%	50.5%	31.7%	11.6%

Wed - 12/03/2025									
Lunch Grades K-8	Total								
Bacon & Chs Brd Chicken Sand	1 each	406	1085	375	0.00	29.84	43.08	13.87	3.61
Cheese Quesadilla (Gillard)	1 each	330	830	0	0.00	16.00	40.00	12.00	3.50
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Baked beans-Bush's	3/4 cup	210	555	0	0.00	7.50	45.00	0.00	0.00
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		757	1681	913	1.93	41.50	115.63	14.72	4.01
% of Calories						21.9%	61.1%	17.5%	4.8%

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Dec 1, 2025 thru Dec 19, 2025 Spreadsheet - Portion Values Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 12/04/2025									
Lunch Grades K-8	Total								
Chicken Nuggets, Pierce	6.0 each	216	731	0	0.00	17.97	13.18	10.78	1.20
MACARONI AND CHEESE	1/2 CUP	379	903	778	0.00	18.77	26.00	22.11	13.68
Sloppy Joe on Bun	.33 cups	472	950	668	10.18	32.97	46.24	17.98	6.21
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
SWEETPOTATOES,CANNED IN SYRUP,	.75 cup	346	80	10928	14.55	2.62	84.59	0.44	0.10
Mixed Fruit-Mission Pride	1/2 cup	80	5	200	1.20	1.00	18.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		991	1629	10093	15.75	43.03	138.11	30.25	12.96
% of Calories						17.4%	55.8%	27.5%	11.8%

Fri - 12/05/2025									
Lunch Grades K-8	Total								
CHILI DOG	1 each	306	983	116	1.42	15.85	35.22	11.36	3.01
HOT DOG ON A BUN:TURK FRANK	1 each	270	890	0	0.00	13.00	35.00	10.00	2.50
Fish Nuggets & Cornbread Muffi	serving	430	995	0	2.40	18.00	50.00	18.00	3.00
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CORN: frozen, yellow	3/4 CUP	100	1	245	4.31	3.14	23.74	0.82	0.12
APPLES,Fresh	1 EACH	72	1	75	6.35	0.36	19.06	0.23	0.03
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		636	1197	1093	12.97	28.06	98.96	16.72	4.09
% of Calories						17.7%	62.3%	23.7%	5.8%

Mon - 12/08/2025									
Lunch Grades K-8	Total								
Bacon Cheeseburger	1 each	426	779	436	0.00	22.82	37.53	21.27	7.97
Turkey & Cheese on Croissant	1 each	310	815	307	0.00	18.44	31.34	13.60	5.84
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Potato Rounds McCain	8 each	107	122	0	0.00	0.98	16.61	3.91	0.49
Mixed Fruit-Mission Pride	1/2 cup	80	5	200	1.20	1.00	18.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		629	999	1042	3.11	28.08	82.65	20.91	6.88
% of Calories						17.9%	52.6%	29.9%	9.8%

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Tue - 12/09/2025									
Lunch Grades K-8	Total								
Chicken Strips w/g	svg (3 ea)	171	398	128	1.00	15.00	9.00	8.00	2.00
Mini waffles & Syrup	1 each	279	220	1000	0.00	4.00	55.44	5.00	1.50
TOASTED CHEESE SANDWICH	Sandwich	545	1936	1088	0.00	29.08	25.81	36.38	22.29
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CARROTS:frozen, boiled	3/4 CUP	41	65	18205	2.52	0.64	8.46	0.74	0.13
Peaches, dliced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		663	984	19614	9.01	30.45	92.83	18.93	6.77
% of Calories						18.4%	56.0%	25.7%	9.2%

Wed - 12/10/2025									
Lunch Grades K-8	Total								
TACOS, TWO SOFT	2 EACH	523	978	1467	6.68	41.19	38.45	22.71	10.32
FISH SANDWICH	1 each	295	481	0	0.00	15.26	44.47	7.05	0.84
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Fiesta Black Beans	1/2 cup	110	470	0	0.00	5.00	20.00	1.00	0.00
Blue Raspberry Applesauce	1 each	60	0	0	0.00	0.00	15.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		729	1407	1640	6.61	45.42	90.37	20.58	8.16
% of Calories						24.9%	49.6%	25.4%	10.1%

Thu - 12/11/2025									
Lunch Grades K-8	Total								
Orange Chicken with Fried Rice	serving	285	505	1750	2.40	14.00	46.50	4.75	0.75
Corn Dog-Whole Grain Chicken	1 each	240	470	0	0.00	9.00	30.00	9.00	2.50
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING,Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Craisins	pkg	110	0	0	0.00	0.00	27.00	0.00	0.00
Fortune cookie	1 each	35	15	0	0.00	1.00	7.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		575	700	3394	53.59	26.08	101.44	7.44	1.69
% of Calories						18.2%	70.6%	11.7%	2.6%

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Fri - 12/12/2025									
Lunch Grades K-8	Total								
Mozzarella Sticks-Gilardis-WG	1 ea	300	780	0	0.00	20.00	32.00	14.00	5.00
PIZZA SAUCE	2 oz	16	407	179	3.49	0.68	3.74	0.13	0.02
Grilled Chicken Sandwich	1 each	330	843	0	0.00	20.86	33.12	13.67	2.65
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
ORANGE	1 EACH	62	0	295	69.69	1.23	15.39	0.16	0.01
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		402	1114	1290	62.72	22.37	59.73	9.55	2.83
% of Calories						22.3%	59.4%	21.4%	6.3%

Mon - 12/15/2025									
Lunch Grades K-8	Total								
French toast sticks w/ Sausage	4 pieces	421	666	31	0.00	17.20	36.00	24.48	8.32
SUB SANDWICH	1 each	315	1090	279	1.21	19.70	28.73	14.34	6.55
Popcorn Chic Salad w/ Bosco St	salad	547	931	3211	12.84	37.84	46.04	23.99	9.22
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CARROTS: frozen, boiled	3/4 CUP	41	65	18205	2.52	0.64	8.46	0.74	0.13
Strawberry Cup	1 cup	80	1	0	0.00	0.00	21.00	0.00	0.00
Go-gurt yogurt	1 Each	70	30	300	0.00	2.00	13.00	0.50	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		691	1107	18347	4.87	29.30	95.91	22.13	7.82
% of Calories						17.0%	55.5%	28.8%	10.2%

Tue - 12/16/2025									
Lunch Grades K-8	Total								
Pop Chix Snowman Pretz & Chs	svg	465	1063	0	1.20	23.00	53.97	17.47	3.99
BBQ RIB SANDWICH	1 each	355	1150	100	1.20	18.00	47.00	12.00	3.50
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING, Assorted	1 TBSP	11	116	43	0.00	0.00	2.64	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
BROCCOLI: frozen, boiled	3/4 CUP	39	15	1543	55.34	4.28	7.38	0.17	0.01
Applesauce Unsw Cups-USDA 17-1	1/2 cup	51	2	0	0.00	0.00	14.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20

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Lunch Grades K-8

	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Weighted Daily Average		627	1156	1799	47.24	31.72	86.63	18.46	4.43
% of Calories						20.2%	55.3%	26.5%	6.4%

Wed - 12/17/2025									
Lunch Grades K-8	Total								
Cheese Pizza Nardones	slice each	310	470	0	0.00	18.00	29.00	14.00	7.00
HAMBURGER on a BUN	1 each	328	315	61	0.00	16.64	36.37	13.52	4.25
CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
CORN: frozen, yellow	3/4 CUP	100	1	245	4.31	3.14	23.74	0.82	0.12
Frozen Juice Cup	1 each	90	0	0	60.00	0.00	22.00	0.00	0.00
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		580	681	1230	49.49	27.27	85.06	16.23	6.44
% of Calories						18.8%	58.6%	25.2%	10.0%

Thu - 12/18/2025									
Lunch Grades K-8	Total								
SPAGHETTI & MEAT SAUCE	3/4 CUP	285	907	992	15.31	16.04	36.14	9.13	3.09
Bosco Stick	1 each	210	270	200	0.00	12.00	26.00	7.00	3.00
HAM & CHEESE SANDWICH	1 each	260	951	136	0.00	16.49	32.35	7.65	3.17
Italian salad-Bosco Sti	1 each	358	715	3051	11.38	24.12	29.10	16.64	7.65
SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
Green Beans Blue lake	3/4 cup	36	435	450	4.91	1.66	5.96	0.01	0.00
Peaches, diced usda comm 16-17	1/2 cup	60	5	0	0.00	0.00	14.00	0.00	0.00
Holiday Cookie GoodSource	1 each	172	78	50	0.00	1.70	27.00	6.70	1.80
MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
Weighted Daily Average		800	1611	1917	15.57	34.64	115.28	22.49	7.48
% of Calories						17.3%	57.7%	25.3%	8.4%

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	Portion Size	Cals	mg Sodm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	
Fri - 12/19/2025										
Lunch Grades K-8										
	Total									
	Mini Corn Dogs WG Chicken	6 each	180	320	0	0.00	6.00	20.00	8.00	2.50
	Hot & Spicy Chix Sand-Goldkist	1 each	337	638	0	0.00	22.00	38.47	11.00	2.32
	CHEF SALAD W/ Bosco Stick	SALAD	337	818	3211	12.84	25.15	30.45	13.30	6.59
	SALAD DRESSING, Assorted	2 TBSP	22	232	86	0.00	0.00	5.28	0.00	0.00
	PEANUT BUTTER & JELLY SANDWICH	1 EACH	524	521	0	4.25	16.40	51.17	29.35	5.32
	Baked beans-Bush's	3/4 cup	210	555	0	0.00	7.50	45.00	0.00	0.00
	Mixed Fruit-Mission Pride	1/2 cup	80	5	200	1.20	1.00	18.00	0.00	0.00
	MILK - Variety	HALF PINT	125	171	500	1.20	8.01	22.06	0.32	0.20
	Weighted Daily Average		634	1171	1255	5.03	28.10	102.26	12.07	3.73
	% of Calories					17.7%	64.5%	17.1%		5.3%