

Rialto Unified School District

Aug 5, 2024 thru Aug 9, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/5/2024 5:17:20 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/05/2024																
Middle School Lunch	Total	3199														
Pull Apart Bread 2024	Serving	600	346	30	1059	2.38	11.36	277.8	898	13.54	*3	17.44	41.36	14.38	5.05	*0.00
Sauce, Marinara '22	Servings (4oz)	600	56	0	429	2.38	1.65	34.8	761	13.06	*2	2.45	12.39	0.4	0.05	*0.00
FRUIT SALAD,FRESH	1 CUP	200	84	0	4	2.14	0.26	19.7	334	46.05	*N/A*	0.86	21.27	0.4	0.07	*N/A*
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1100	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	775	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			682	54	1322	3868.1	4.99	678.0	5359	41.74	*48	31.66	104.39	15.98	5.03	*0.03
% of Calories											*27.9%	18.6%	61.2%	21.1%	6.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 5, 2024 thru Aug 9, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/06/2024																
Middle School Lunch	Total	3199														
Penne, Alfredo, Chicken '23	3/4 CUP	600	203	79	411	6.29	1.47	108.8	86	1.73	*2	15.8	20.12	5.55	1.49	*0.04
BROCCOLI: fresh, boiled	serving	600	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
Chicken, teriyaki, Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1100	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	775	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			650	63	1132	3869.2	3.01	650.3	5496	53.18	*47	31.54	98.85	14.34	4.37	*0.04
% of Calories											*29.2%	19.4%	60.8%	19.8%	6.0%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 5, 2024 thru Aug 9, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/5/2024 5:17:21 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/07/2024																
Middle School Lunch	<b>Total</b>	2895														
ENCHILADA,SCRATCH,beef24c t '22	1 Ser(25 ct	600	247	48	390	1.40	1.22	231.1	564	1.58	*1	13.82	15.68	14.37	6.80	*0.17
SALAD,CHEF	1 EACH	200	549	172	1422	3.03	3.73	218.7	2224	27.19	*14	29.17	36.39	35.02	8.89	*0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	500	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			610	61	1249	11639.	2.65	455.7	5049	29.21	*39	26.41	86.73	18.34	5.29	*0.08
% of Calories											*25.5%	17.3%	56.9%	27.1%	7.8%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 5, 2024 thru Aug 9, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/08/2024																
Middle School Lunch	Total	3195														
SANDWICH, CHX PARM '23	1 EACH	600	437	48	910	6.19	4.80	317.4	676	93.53	*4	29.73	48.7	14.45	5.03	*0.00
Chicken, teriyaki, Fried R.2017	serving	295	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	600	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	600	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	200	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	1195	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	3000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			655	56	1208	10548.	3.59	589.8	4328	49.78	*38	31.95	96.29	17.97	5.86	*0.04
% of Calories											*23.0%	19.5%	58.8%	24.7%	8.1%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 5, 2024 thru Aug 9, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 8/5/2024 5:17:21 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/09/2024																
Middle School Lunch	Total	3199														
BURRITO,WET TKY COMBO-2021	SERVING	600	465	32	911	11.81	*3.63	*350.0	1140	*1.58	*4	23.57	60.58	14.86	4.60	*0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	522	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
CHEESEBURGER,W/ HIVE '23	1 EACH	300	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	522	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	467	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	342	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% HOLLANDIA 2017	1 EACH	3000	120	15	150	0.00	0.00	350.0	500	2.4	14	11.0	16.0	2.5	1.50	0.00
MILK,NF Chocolate HOLL.2017	1 EACH	2000	110	2	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	2226	28	5	85	11222.0	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2- HS/MS	OUNCE	825	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1122	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	422	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	775	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			760	59	1253	7820.2	*3.98	*771.3	5128	*39.95	*48	36.34	115.07	19.90	6.07	*0.04
% of Calories											*25.2%	19.1%	60.5%	23.6%	7.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Weighted Average			672	59	1233	7549.1	*3.64	*629.0	5072	*42.77	*44	31.58	100.27	17.31	5.32	*0.05
											*58.8%	18.8%	59.7%	23.2%	7.1%	*0.1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/12/2024 3:33:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/12/2024																
Middle School Lunch	Total	2895														
CHICKEN FAJITA / W/RICE 2022	SERVING	500	356	40	609	7.21	4.94	109.3	718	2.89	*0	20.61	51.52	7.74	1.17	*0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	200	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken, Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
E&SHORE																
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
LA 2024																
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1000	28	5	85	1122.2	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	550	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 8/12/2024 3:33:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			693	56	1229	3888.2	3.46	495.5	4946	28.09	*41	30.72	100.52	19.45	5.73	*0.01
% of Calories											*23.5%	17.7%	58.0%	25.3%	7.4%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 08/13/2024																
Middle School Lunch	Total	3199														
PRETZEL DOG 2013 WG	1 EACH	700	300	35	780	5.00	5.00	132.0	55	0.0	6	20.0	41.0	6.5	2.00	0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki, Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Chicken, Tangerine Sec-'23	SERV	400	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1100	28	5	85	11222.00	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	775	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/12/2024 3:33:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			675	59	1205	3868.5	3.91	542.0	4730	33.10	*45	31.50	100.23	16.68	4.86	*0.01
% of Calories											*26.4%	18.7%	59.4%	22.2%	6.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 08/14/2024																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Middle School Lunch	Total	2895														
CHEESEBURGER,W/ HIVE '23	1 EACH	400	285	14	870	4.12	2.39	248.2	2880	11.15	*11	11.74	42.94	10.05	3.69	*0.16
Wrap, CRUNCHY CHICKEN '23	1 EACH	200	589	96	1346	8.54	3.05	477.4	6123	10.06	*7	29.52	50.04	31.96	10.28	*0.00
Chicken, teriyaki, Fried R.2017	serving	200	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Chicken,Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	700	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	1300	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1000	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	1300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	2000	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	3000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			713	56	1267	3890.4	3.16	635.6	5215	84.55	*51	31.36	109.19	18.79	5.97	*0.04
% of Calories											*28.6%	17.6%	61.3%	23.7%	7.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/12/2024 3:33:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/15/2024																
Middle School Lunch	Total	3195														
Chile Verde-2022	3 oz	700	389	100	650	1.85	2.46	123.5	991	11.98	*1	36.68	34.04	12.01	2.71	*0.00
POTATO FROZEN,FRNCH-2017	SERVING	700	80	0	27	0.67	0.48	0.0	0	0.0	0	1.33	13.33	2.33	0.33	0.00
Chef Salad 2017	1 EACH	400	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Chicken,Tangerine Sec-23	SERV	500	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1195	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			678	80	1178	2468.8	3.12	476.5	4696	33.18	*40	33.55	97.90	17.62	4.87	*0.01
% of Calories											*23.5%	19.8%	57.7%	23.4%	6.5%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 8/12/2024 3:33:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/16/2024																
Middle School Lunch	Total	2895														
Cheesy Nachos W/SAUCE- 2021	SERVING	600	265	8	427	3.25	2.28	215.1	356	1.14	*5	7.89	31.38	11.69	3.97	*0.00
TACO SALAD, Meal Deal	SERVING	500	494	97	751	3.66	3.77	303.6	1405	7.62	*3	26.01	29.38	30.18	13.23	*0.23
Chicken, Tangerine Sec-'23	SERV	500	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	300	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	215	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	550	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1250	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	524	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	635	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1100	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	225	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			673	61	1163	4856.2	3.61	487.6	3415	27.84	*40	29.86	96.48	19.08	6.30	*0.06
% of Calories											*24.0%	17.7%	57.3%	25.5%	8.4%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 12, 2024 thru Aug 16, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 8/12/2024 3:33:55 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			687	62	1208	3794.4	3.45	527.4	4601	41.35	*43 *56.7%	31.40 18.3%	100.86 58.8%	18.32 24.0%	5.54 7.3%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	687		600 - 700	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	1208		1360	89%				
Sodium 1a (mg)	1208		1225	99%				
Fiber (g)	3794.48							
Iron (mg)	3.45							
Calcium (mg)	527.4							
Vitamin A (IU)	4601							
Sugars (g)	43	25.21%			Missing			
Vitamin C (mg)	41.35							
Protein (g)	31.40	18.29%						
Carbohydrate (g)	100.86	58.76%						
Total Fat (g)	18.32	24.02%	<=30.00%					
Saturated Fat (g)	5.54	7.27%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.03%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/12/2024 3:34:17 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/19/2024																
Middle School Lunch	Total	2895														
CHEESEBURGER MINIS-2023	SERVING	500	272	31	475	2.39	3.09	114.2	79	10.3	3	19.7	29.82	9.16	3.00	0.00
PROTEIN BOX MIDDLE SCHO	1 EACH	200	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
OL 2017																
Chicken, Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
E&SHORE																
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
LA 2024																
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1400	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	550	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			679	54	1205	3887.4	3.14	496.3	4836	29.37	*41	30.57	96.77	19.70	6.04	*0.01
% of Calories											*24.3%	18.0%	57.0%	26.1%	8.0%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 08/20/2024																
Middle School Lunch	Total	3199														
Wings & Mac '23	SERVING	500	786	230	2159	0.47	1.04	711.4	2314	0.53	*20	51.85	39.43	46.57	18.00	*0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki, Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Chicken, Tangerine Sec-'23	SERV	400	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES, Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1199	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	500	28	5	85	11222.0	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/12/2024 3:34:17 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			680	83	1259	1762.4	2.85	569.0	4825	32.82	*41	32.50	90.51	21.10	7.00	*0.01
% of Calories											*24.3%	19.1%	53.2%	27.9%	9.3%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 08/21/2024																
Middle School Lunch	Total	2895														
Chicken, teriyaki, Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Wrap, CRUNCHY CHICKEN '23	1 EACH	300	589	96	1346	8.54	3.05	477.4	6123	10.06	*7	29.52	50.04	31.96	10.28	*0.00
Chicken, Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	200	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	1300	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1000	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	1300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	2000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1000	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			642	58	1233	3888.4	2.84	532.3	5271	58.26	*45	29.51	92.13	18.55	5.60	*0.01
% of Calories											*28.3%	18.4%	57.4%	26.0%	7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/12/2024 3:34:18 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/22/2024																
Middle School Lunch	Total	3195														
TACO SALAD	SERVINGS	700	288	42	410	2.57	2.30	113.0	595	5.0	*2	17.08	21.54	15.18	4.68	*0.70
Chef Salad 2017	1 EACH	400	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	500	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Chicken, Tangerine Sec-'23	SERV	500	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1195	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.0	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			665	71	1173	2469.2	3.19	480.0	4779	32.74	*41	30.36	95.63	18.67	5.37	*0.16
% of Calories											*24.5%	18.3%	57.5%	25.2%	7.3%	*0.2%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 8/12/2024 3:34:18 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/23/2024																
Middle School Lunch	Total	2895														
Chicken & Waffles, WG 2024	Serving	500	395	34	635	4.00	3.08	40.0	182	87.0	20	19.0	60.06	10.0	2.00	0.00
TACO SALAD, Meal Deal	SERVING	400	494	97	751	3.66	3.77	303.6	1405	7.62	*3	26.01	29.38	30.18	13.23	*0.23
Chicken, Tangerine Sec-'23	SERV	500	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki, Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	500	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	300	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	215	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	550	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	524	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	635	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	225	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			692	65	1182	2724.5	3.80	455.4	3332	42.80	*43	32.18	102.34	17.90	5.53	*0.04
% of Calories											*24.6%	18.6%	59.1%	23.3%	7.2%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Rialto Unified School District

Aug 19, 2024 thru Aug 23, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 8/12/2024 3:34:18 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat' (g)
Weighted Average			672	66	1211	2946.4	3.17	506.6	4609	39.20	*42 *56.6%	31.02 18.5%	95.48 56.9%	19.19 25.7%	5.91 7.9%	*0.05 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	672		600 - 700	100%				
Cholesterol (mg)	66							
Sodium 1 (mg)	1211		1360	89%				
Sodium 1a (mg)	1211		1225	99%				
Fiber (g)	2946.41							
Iron (mg)	3.17							
Calcium (mg)	506.6							
Vitamin A (IU)	4609							
Sugars (g)	42	25.16%			Missing			
Vitamin C (mg)	39.20							
Protein (g)	31.02	18.47%						
Carbohydrate (g)	95.48	56.86%						
Total Fat (g)	19.19	25.71%	<=30.00%					
Saturated Fat (g)	5.91	7.92%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.05	0.06%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \*- denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/26/2024																
Middle School Lunch	Total	2895														
QUESADILLA,Spicy, Chicken 2020	1 EACH	500	311	45	546	3.00	1.67	325.1	334	2.13	*1	16.97	29.7	13.55	6.33	*0.00
PROTEIN BOX MIDDLE SCHOOL 2017	1 EACH	200	568	27	804	5.21	1.35	269.4	902	8.87	*16	17.63	46.84	37.41	9.42	*0.00
Chicken,Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANOLA 2024	serving	220	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibblets MS/HS	package	700	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.00	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	1000	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	550	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			675	56	1182	2724.1	2.90	532.6	3636	27.96	*40	30.08	94.84	20.24	6.58	*0.01
% of Calories											*23.5%	17.8%	56.2%	27.0%	8.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Tue - 08/27/2024																
Middle School Lunch	Total	3199														
TACO GRANDE,TURKEY-2022	1 EACH	700	381	55	508	2.00	*1.80	*100.0	12	*0.0	*2	21.38	33.49	18.93	7.24	0.00
Salad, TACO '22	1 each	200	739	91	1106	6.73	4.17	496.0	1787	9.91	*6	28.08	49.18	50.31	14.66	*0.00
Chicken, teriyaki,Fried R.2017	serving	400	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Chicken,Tangerine Sec-'23	SERV	400	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	400	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2023	serving	325	381	12	184	3.33	1.47	443.4	455	48.69	*5	14.24	72.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	500	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	467	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	67	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	467	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	216	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
GRAPES,Fresh PKG '23	serving	365	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
Asian Pears, Fresh 2017	serving	100	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	2000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1199	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	775	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	325	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	1000	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			689	63	1123	2464.5	*3.21	*534.8	4720	*33.10	*44	31.78	98.29	19.14	5.96	*0.01
% of Calories											*25.3%	18.4%	57.1%	25.0%	7.8%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

Wed - 08/28/2024																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Middle School Lunch	Total	2895														
TACO Walkin,Beef,- '24	1.5 oz	500	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	10.17	*0.00
Wrap, CRUNCHY CHICKEN '23	1 EACH	300	589	96	1346	8.54	3.05	477.4	6123	10.06	*7	29.52	50.04	31.96	10.28	*0.00
Chicken, teriyaki,Fried R.2017	serving	200	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Chicken,Tangerine Sec-'23	SERV	200	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
PEPRONI PIZZA WEDGE ROS E&SHORE	1 EACH	700	350	35	590	4.00	1.44	350.0	500	3.6	4	18.0	31.0	17.0	8.00	0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	200	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
GARDEN SALAD-2014	1 EACH	1300	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Beans, Great North, Seas-'24	1/2 CUP	315	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbles MS/HS	package	1000	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	1300	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	2000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.0	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	550	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			680	59	1267	2725.8	3.04	536.9	5038	57.67	*44	31.19	92.44	21.63	6.95	*0.01
% of Calories											*26.2%	18.4%	54.4%	28.6%	9.2%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2024																
Middle School Lunch	Total	3195														
Chicken, Kung Pao, Yangs '24	serving	700	127	44	363	0.00	5.22	0.0	500	8.4	5	14.0	11.0	3.0	1.00	0.00
Chef Salad 2017	1 EACH	400	502	134	975	4.26	1.60	195.6	1519	8.97	*19	18.01	47.66	28.54	7.37	*0.00
Chicken, teriyaki, Fried R.2017	serving	500	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	400	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Chicken, Tangerine Sec-23	SERV	500	296	45	575	3.51	2.89	0.0	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Burrito Chicken Grande 2017	1 each	300	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	400	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
Peach Cup, Froz. 2017	1 each	100	53	0	11	1.25	0.37	6.3	336	3.74	12	0.5	13.99	0.0	0.00	0.00
Mixed Berry, Froz. 2019	1 each	150	90	0	0	2.00	0.00	0.0	80	0.0	16	0.0	20.0	0.0	0.00	0.00
APRICOT CUP	1 EACH	100	61	0	2	1.34	0.51	6.3	522	5.65	*N/A*	0.41	15.62	0.1	0.00	*N/A*
Strawberry Cup, Froz. - 2017	1 each	150	81	0	9	2.46	0.88	18.8	53	48.36	15	0.5	20.88	0.0	0.00	0.00
Beans, Great North, Seas-'24	1/2 CUP	100	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Carrot Nibbles MS/HS	package	1300	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES, Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK, 1% DW 2024	1 EACH	2000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK, NF Chocolate DW 2024	1 EACH	1195	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	1000	28	5	85	11222.0	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
Tajin, Chamoy 2022	PKG	700	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
DRESSING, RANCH#2-HS/MS	OUNCE	500	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	700	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	1000	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	800	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Weighted Daily Average			621	70	1155	3522.2	3.71	451.9	4756	33.14	*41	29.04	92.22	15.76	4.53	*0.01
% of Calories											*26.6%	18.7%	59.4%	22.8%	6.6%	*0.0%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/30/2024																
Middle School Lunch	Total	2895														
Grinder, turkey&cheese-EI-'24	1 EACH	500	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
TACO SALAD, Meal Deal	SERVING	500	494	97	751	3.66	3.77	303.6	1405	7.62	*3	26.01	29.38	30.18	13.23	*0.23
Chicken,Tangerine Sec-'23	500	296	45	575	3.51	2.89	0.0	65	65	0.0	13	16.45	39.32	8.78	2.52	0.00
Chicken, teriyaki,Fried R.2017	serving	300	484	53	1028	5.74	2.87	74.6	5347	23.93	*16	23.63	66.3	13.8	2.43	*0.00
Spicy Chicken Sandwich WG-2013	1 EACH	500	366	62	670	5.00	3.80	109.0	88	11.0	*3	21.0	42.0	14.0	2.00	0.00
Burrito Chicken Grande 2017	1 each	500	445	54	708	10.87	3.99	360.0	186	1.58	*3	25.09	57.08	13.52	4.73	*0.00
YOGURT PARFAIT W/ GRANO LA 2024	serving	300	351	12	179	3.33	1.47	443.4	305	48.09	*5	14.24	65.41	4.7	2.15	*0.00
SLUSH, PARADISE PUNCH '23	container s, 4oz	100	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, KIWI STRAWBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	150	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
GARDEN SALAD-2014	1 EACH	750	17	0	6	1.03	0.34	14.1	1348	9.5	2	0.77	3.86	0.14	0.03	0.00
Potato Wedges, seasoned	SERVING	800	165	0	45	3.00	0.54	0.0	0	3.6	*N/A*	3.0	30.0	3.0	1.50	*N/A*
Beans, Great North, Seas-'24	1/2 CUP	215	31	0	278	1.29	0.52	21.0	145	1.99	*0	1.87	5.79	0.14	0.03	*0.00
Carrot Nibbiets MS/HS	package	550	35	0	65	2.00	0.00	0.0	6000	0.0	5	0.0	8.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	734	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Asian Pears, Fresh 2017	serving	1502	51	0	0	4.39	0.00	4.9	0	4.64	9	0.61	12.99	0.28	0.01	0.00
BANANAS	1 EACH	367	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
GRAPES,Fresh PKG '23	serving	367	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	0.00
ORANGE WEDGES '23	1 EACH	367	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
MILK,1% DW 2024	1 EACH	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
MILK,NF Chocolate DW 2024	1 EACH	1895	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Ketchup, 2017	PKG	1000	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
MUSTARD	PKG	200	3	0	53	0.14	0.08	3.6	7	0.21	0	0.18	0.41	0.16	0.01	0.00
MAYONNAISE / PKGS	9 GRAMS	700	28	5	85	11222.	0.04	1.2	7	0.01	1	0.09	2.08	2.07	0.35	0.03
DRESSING, RANCH#2-HS/MS	OUNCE	524	65	6	134	0.03	0.02	17.8	1	0.15	*1	0.51	1.98	7.1	1.19	*0.00
Tajin 2022	PKG	635	2	0	127	0.00	0.00	0.0	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Sauce, Taco, Tapatio 2017	1 each	700	1	0	54	0.03	0.00	0.0	0	0.0	*N/A*	0.04	0.15	0.01	0.00	0.01
SOY SAUCE, LOW SODIUM	PACKETT	675	10	0	575	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
Tajin, Chamoy 2022	PKG	225	0	0	190	0.00	0.10	1.6	0	5.4	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			704	76	1280	2724.4	3.82	501.8	3380	28.04	*40	35.76	98.63	19.41	6.32	*0.08
% of Calories											*22.6%	20.3%	56.0%	24.8%	8.1%	*0.1%
Nutrient Guideline			600-700		1360									<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Rialto Unified School District

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 8/12/2024 3:34:39 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average			674	65	1201	2832.2	*3.34	*511.6	4306	*35.98	*42 *55.8%	31.57 18.7%	95.28 56.6%	19.24 25.7%	6.07 8.1%	*0.02 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	674		600 - 700	100%				
Cholesterol (mg)	65							
Sodium 1 (mg)	1201		1360	88%				
Sodium 1a (mg)	1201		1225	98%				
Fiber (g)	2832.26							
Iron (mg)	3.34				Missing			
Calcium (mg)	511.6				Missing			
Vitamin A (IU)	4306							
Sugars (g)	42	24.79%			Missing			
Vitamin C (mg)	35.98				Missing			
Protein (g)	31.57	18.74%						
Carbohydrate (g)	95.28	56.55%						
Total Fat (g)	19.24	25.69%	<=30.00%					
Saturated Fat (g)	6.07	8.11%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.02	0.03%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.