

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2024 thru Oct 4, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 9/30/2024 8:39:38 AM

	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 ¹ (g)
Tue - 10/01/2024																
ELEMENTARY LUNCH, CH	Total	9000														
Popcorn Chicken-W/h.Grain 2021	Serving	5000	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
Cracker, Cheez-It Wh.Gr.-2013	pkg	5000	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	3.5	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BEANS, BLACK SEASONED-2012	1/2 CUP	5000	126	0	323	9.50	2.68	52.0	48	4.15	*0	8.32	22.99	0.43	0.11	*0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BANANAS	1 EACH	4000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	4000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			629	40	1032	10.04	4.25	698.0	2641	9.59	*45	25.26	97.25	15.33	3.29	*0.00
% of Calories											*28.7%	16.1%	61.8%	21.9%	4.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/02/2024																
ELEMENTARY LUNCH, CH	Total	7500														
BURRITO, TKY BEAN & CHSE-2 022	SERVING	4000	502	42	990	13.05	4.36	362.3	328	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	700	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	700	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	700	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	700	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	700	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CUCUMBER, SLICED 2021	servings	4000	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
GRAPES, Fresh	servings	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	3000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	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	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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

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Rialto Unified School District

Oct 1, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

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	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 ¹ (g)
Weighted Daily Average			655	35	1101	9.65	4.57	731.8	2739	11.80	*49	26.28	101.72	16.82	5.23	*0.00
% of Calories											*29.8%	16.0%	62.1%	23.1%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 10/03/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Green Chicken 2022	14 oz	3000	255	70	1519	2.26	1.52	147.5	154	15.97	*5	19.2	27.77	6.64	2.83	*0.00
TORTILLA CHIPS-2021	SERVING.	3000	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	900	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	900	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	900	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	900	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	900	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
CABBAGE, SHREDDED	Serving	7500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
LEMON WEDGES	Quarter	7500	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	0.00
JICAMA STICKS	Serving	5500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	serving	4000	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
MILK, 1% DW 2024	1 EACH	2500	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	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			665	39	1122	11.35	5.32	726.0	1173	65.64	*54	23.69	114.11	12.14	3.05	*0.00
% of Calories											*32.6%	14.2%	68.6%	16.4%	4.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 1, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

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	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 ¹ (g)
Fri - 10/04/2024																
ELEMENTARY LUNCH, CH																
	Total	7000														
	MACARONI AND CHEESE '22	3000	304	45	1252	0.47	0.50	693.6	2239	0.53	*5	25.1	20.89	13.87	9.08	*0.00
	Roll, dinner,wh.wheat Galassos	3000	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
	Yogurt,Vanilla w/crack-DW '24	SERVING	800	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
	Yogurt, Straw w/crack-DW '24	SERVING	800	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
	Yogurt,Cher-Van w/crack-DW '24	SERVING	800	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
	Yogurt,Peach w/crack-DW '24	SERVING	800	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
	Yogurt, Str-Ban w/crack-DW '24	SERVING	800	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
	SALAD 3/WAY, '23	servings	5500	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
	CARROT, sticks '22	Serving	5500	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	APPLES,Fresh	1 EACH	5000	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
	Pears, In Extra Light Syrup	serving	5500	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
	DRESSING, RANCH 1oz. '23	ounces	2000	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
	MILK,1% DW 2024	1 EACH	1000	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	6000	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
	Weighted Daily Average		641	30	1074	7.10	3.22	890.8	4344	9.03	*65	25.59	109.32	12.52	5.07	*0.00
	% of Calories										*40.6%	16.0%	68.2%	17.6%	7.1%	*0.0%
	Nutrient Guideline		550-650		1230									<=30.0	<10.00	
	Weighted Average		648	36	1082	9.54	4.34	761.6	2724	24.02	*53	25.21	105.60	14.20	4.16	*0.00
											*74.1%	15.6%	65.2%	19.7%	5.8%	*0.0%

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Rialto Unified School District

Oct 1, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	648		550 - 650		100%												
Cholesterol (mg)	36																
Sodium 1 (mg)	1082		1230		88%												
Sodium 1a (mg)	1082		1110		97%												
Fiber (g)	9.54																
Iron (mg)	4.34																
Calcium (mg)	761.6																
Vitamin A (IU)	2724																
Sugars (g)	53	32.93%				Missing											
Vitamin C (mg)	24.02																
Protein (g)	25.21	15.57%															
Carbohydrate (g)	105.60	65.23%															
Total Fat (g)	14.20	19.74%	<=30.00%														
Saturated Fat (g)	4.16	5.78%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 7, 2024 thru Oct 11, 2024

ELEMENTARY LUNCH, CHOICES

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	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 ¹ (g)
Mon - 10/07/2024																
ELEMENTARY LUNCH, CH	Total	6400														
Chicken, Curried '24	SERVINGS	4000	122	45	532	1.46	0.32	39.8	3382	2.51	*3	13.19	6.26	4.83	1.56	*0.00
Rice, Brown, Steamed '24	1 cup	4000	232	1	226	2.13	0.77	11.7	1	0.65	*0	4.69	45.5	3.24	0.50	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
STRAWBERRIES: frozen unswtnd.	serving	4000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	1 EACH	1200	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	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			601	40	891	7.47	2.95	509.2	4964	37.08	*49	23.48	101.97	11.57	2.57	*0.00
% of Calories											*32.4%	15.6%	67.9%	17.3%	3.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/08/2024																
ELEMENTARY LUNCH, CH	Total	7000														
ITALIAN PASTA BAKE 2018	servings	4000	297	44	843	11.12	3.77	186.1	900	13.71	*6	19.88	33.36	9.22	3.86	*0.00
bread, stick '23	1 each	4000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
TOMATOES, GRAPE-2023	1/2 CUP	5500	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	4000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			615	37	935	11.47	5.21	594.2	4108	25.48	*48	24.46	98.89	13.89	3.99	*0.00
% of Calories											*31.1%	15.9%	64.3%	20.3%	5.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Wed - 10/09/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Chicken Tenders, WG 2017	SERVING	6000	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
Cracker, Cheez-It Wh.Gr.-2013	pkg	6000	100	0	150	1.00	1.00	100.0	500	0.0	0	0.0	14.0	3.5	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BARBECUE BEANS -2012	1/2 CUP	3000	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
CELERY STICKS 2021	serving	5500	16	0	89	1.78	0.22	44.6	500	3.45	1	0.77	3.31	0.19	0.05	0.00
GRAPES, Fresh	serving	7500	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			656	42	1224	8.29	4.63	546.8	4091	79.64	*47	27.18	96.41	19.41	4.46	*0.00
% of Calories											*28.5%	16.6%	58.8%	26.6%	6.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 10/10/2024																
ELEMENTARY LUNCH, CH	Total	6500														
Grinder, turkey&cheese-El-'24	1 EACH	2500	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
Yogurt, Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	3500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
FRUIT MIX, Extra Light Syrup	serving	3500	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
Blueberries, Frozen	Serving	3500	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
JICAMA STICKS	Serving	3000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
SANDWICH SPREAD (GOOP), 5 0oz	serving	3000	6	1	11	0.00	0.00	0.0	0	0.0	0	0.0	0.14	0.67	0.11	*0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	4500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Oct 7, 2024 thru Oct 11, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

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 ¹ (g)
Weighted Daily Average			624	44	910	6.84	3.77	718.9	2668	9.55	57	27.24	99.74	13.45	3.27	*0.06
% of Calories											36.3%	17.5%	63.9%	19.4%	4.7%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/11/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Nacho Delx W/ 3bnCHILI, chz2023	SERVING	5500	461	30	520	9.22	5.07	311.5	802	3.57	*2	14.75	51.05	21.82	8.04	*0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	4000	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	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	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			657	34	940	9.78	5.00	642.4	3089	11.94	*39	21.99	91.81	22.47	7.27	*0.00
% of Calories											*23.9%	13.4%	55.9%	30.8%	10.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			630	40	980	8.77	4.31	602.3	3784	32.74	*48	24.87	97.76	16.16	4.31	*0.01
											*68.2%	15.8%	62.0%	23.1%	6.2%	*0.0%

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Rialto Unified School District

Oct 7, 2024 thru Oct 11, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	630		550 - 650		100%												
Cholesterol (mg)	40																
Sodium 1 (mg)	980		1230		80%												
Sodium 1a (mg)	980		1110		88%												
Fiber (g)	8.77																
Iron (mg)	4.31																
Calcium (mg)	602.3																
Vitamin A (IU)	3784																
Sugars (g)	48	30.32%				Missing											
Vitamin C (mg)	32.74																
Protein (g)	24.87	15.78%															
Carbohydrate (g)	97.76	62.02%															
Total Fat (g)	16.16	23.06%	<=30.00%														
Saturated Fat (g)	4.31	6.16%	<10.00%														
Trans Fat ¹ (g)	0.01	0.02%				Missing											

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Rialto Unified School District

Oct 14, 2024 thru Oct 18, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

Generated on: 9/30/2024 8:40:30 AM

	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 ¹ (g)
Mon - 10/14/2024																
ELEMENTARY LUNCH, CH	Total	7000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	6000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	200	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
POTATO FROZEN, FRNCH-2021	SERVING	4000	120	0	40	1.00	0.72	0.0	0	0.0	0	2.0	20.0	3.5	0.50	0.00
Carrot Nibbles 2022	1/2 Cup	4000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLES, Fresh	1 EACH	3200	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	4500	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			543	58	812	6.46	2.58	386.4	9219	9.62	37	27.09	82.39	12.06	1.83	*0.00
											27.6%	19.9%	60.6%	20.0%	3.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/15/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Meatball, Beef w/marinara	Serving(5 piece)	6000	140	50	200	0.00	1.50	15.0	1	0.0	*0	14.7	1.6	7.9	3.20	*0.00
Roll, dinner, whte. wht Galassos	1 each	6000	150	0	270	3.00	1.80	80.0	15	0.0	3	7.0	29.0	2.0	0.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	300	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Green Beans, Can-Season-2014	1/2 cup	5000	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CUCUMBER, SLICED 2021	serving	5500	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
BANANAS	1 EACH	7500	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Oct 14, 2024 thru Oct 18, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 9/30/2024 8:40:30 AM

	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 ¹ (g)
Weighted Daily Average			627	55	958	7.94	4.77	492.5	3520	17.73	*43	30.63	92.12	17.89	4.60	*0.00
% of Calories											*27.5%	19.5%	58.7%	25.7%	6.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/16/2024																
ELEMENTARY LUNCH, CH	Total	7500														
CORN DOG, CHX '22	1 EACH	5500	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	7500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	3000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
GRAPES, Fresh	serving	7000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
APPLESAUCE, UNSWEETNED	serving	5000	26	0	1	0.67	0.14	2.4	18	0.61	6	0.1	6.87	0.06	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	1000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	4500	17	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.34	0.0	0.00	*N/A*
MUSTARD	.5 oz	1000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	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	6500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			542	38	1016	5.83	3.20	430.4	4099	9.03	*54	22.14	91.34	10.28	2.61	*0.00
% of Calories											*39.5%	16.3%	67.4%	17.1%	4.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 14, 2024 thru Oct 18, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

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	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 ¹ (g)
Thu - 10/17/2024																
ELEMENTARY LUNCH, CH	Total	6400														
CHEESEBURGER MINIS-2023	SERVING	4000	272	31	475	2.39	3.09	114.2	79	10.3	3	19.7	29.82	9.16	3.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	4000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
ORANGE WEDGES '23	SERVING	4000	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
SLUSH, BLUE RASPBERRY '23	container s, 4oz	4000	60	0	15	0.00	0.36	0.0	500	0.0	12	0.0	15.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	2000	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MUSTARD	.5 oz	2000	9	0	166	0.60	0.24	9.5	16	0.05	0	0.56	0.87	0.5	0.03	0.00
MILK, 1% DW 2024	1 EACH	1200	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	5200	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			570	32	821	6.72	4.18	559.9	3305	48.77	51	24.89	91.94	12.26	3.15	*0.00
Nutrient Guideline			550-650		1230						36.0%	17.5%	64.6%	19.4%	5.0%	*0.0%
														<=30.0	<10.00	

Fri - 10/18/2024																
ELEMENTARY LUNCH, CH	Total	8000														
Penne, Alfredo, Cheesy '23	1 CUP	6000	160	7	202	8.52	1.03	137.6	74	0.43	*1	7.03	26.26	2.73	1.06	*0.06
bread, stick '23	1 each	6000	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	6000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI, raw: fresh	Serving	6000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES, Fresh	1 EACH	6000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PINEAPPLE, IN JUICE	Serving	6000	54	0	1	1.18	0.25	14.5	45	8.51	13	0.46	14.08	0.1	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	6000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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

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Rialto Unified School District

Oct 14, 2024 thru Oct 18, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 4

Generated on: 9/30/2024 8:40:30 AM

	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 ¹ (g)
Weighted Daily Average			582	19	639	12.64	3.59	538.6	3464	45.15	*52	18.66	99.99	12.51	2.82	*0.04
% of Calories											*35.4%	12.8%	68.7%	19.3%	4.4%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			573	40	849	7.92	3.66	481.6	4722	26.06	*47	24.68	91.56	13.00	3.00	*0.01
											*74.4%	17.2%	63.9%	20.4%	4.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	573		550 - 650	100%				
Cholesterol (mg)	40							
Sodium 1 (mg)	849		1230	69%				
Sodium 1a (mg)	849		1110	76%				
Fiber (g)	7.92							
Iron (mg)	3.66							
Calcium (mg)	481.6							
Vitamin A (IU)	4722							
Sugars (g)	47	33.07%			Missing			
Vitamin C (mg)	26.06							
Protein (g)	24.68	17.23%						
Carbohydrate (g)	91.56	63.92%						
Total Fat (g)	13.00	20.42%	<=30.00%					
Saturated Fat (g)	3.00	4.71%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 21, 2024 thru Oct 25, 2024

ELEMENTARY LUNCH, CHOICES

Generated on: 9/30/2024 8:40:45 AM

	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 ¹ (g)
Mon - 10/21/2024																
ELEMENTARY LUNCH, CH	Total	9000														
TACO Walkin,Beef,- '24	1.5 oz	6000	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	10.17	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	600	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
LETTUCE, SHREDDED	Serving	4000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	0.00
TOMATOES, GRAPE-2023	1/2 CUP	4000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	7000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			663	34	1071	6.55	3.18	501.3	1915	15.56	*42	25.01	79.53	27.25	8.05	*0.00
% of Calories											*25.5%	15.1%	48.0%	37.0%	10.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/22/2024																
ELEMENTARY LUNCH, CH	Total	7000														
Chicken, Tangerine-2014	SERV	5000	190	45	380	2.00	1.44	0.0	65	0.0	13	14.0	25.0	4.0	1.00	0.00
Noodles, Chow Mein '23	1/2 Cup	5000	108	1	554	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI, raw: fresh	Serving	5000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
BANANAS	1 EACH	5000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Pears, In Extra Light Syrup	servings	5000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			604	45	1052	8.73	3.42	458.9	3332	45.66	*58	25.53	104.62	11.17	2.45	*0.00
% of Calories											*38.7%	16.9%	69.3%	16.6%	3.7%	*0.0%
Nutrient Guideline			550-650		1230									<=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

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Rialto Unified School District

Oct 21, 2024 thru Oct 25, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

Generated on: 9/30/2024 8:40:45 AM

	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 ¹ (g)
Wed - 10/23/2024																
ELEMENTARY LUNCH, CH	Total	7500														
LASAGNA, W/ BEEF SAUCE '23	1 piece	5100	314	47	478	2.10	3.02	325.5	597	8.55	*3	21.8	32.82	10.46	5.35	*0.00
Roll, dinner,wh.wheat Galassos	1 each	5100	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	480	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Green Beans, Can-Season-2014	1/2 cup	4000	28	0	243	2.37	1.09	33.6	509	6.18	*0	1.47	6.12	0.12	0.04	*0.00
Pears, In Extra Light Syrup	serving	4000	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
GRAPES, Fresh	serving	4000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	5500	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			639	45	957	6.34	4.86	719.7	3224	14.03	*50	29.36	99.81	14.69	5.12	*0.00
% of Calories											*31.1%	18.4%	62.5%	20.7%	7.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 10/24/2024																
ELEMENTARY LUNCH, CH	Total	9000														
PIZZA, DOMINOS 14" WGPep, slice '24	serving	7000	260	15	520	4.00	1.80	300.0	500	6.0	3	16.0	34.0	7.0	3.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
CAKE, CHOCOLATE, WHT FR OST	1 EACH	7000	259	0	164	2.17	1.12	11.3	102	0.01	*26	2.61	40.3	10.86	2.27	*0.00
SALAD 3/WAY, '23	servings	8000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
JICAMA STICKS	Serving	6000	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
STRAWBERRIES: frozen unswtnd.	serving	6000	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	3000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	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

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Rialto Unified School District

Oct 21, 2024 thru Oct 25, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 3

Generated on: 9/30/2024 8:40:45 AM

	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 ¹ (g)
Weighted Daily Average			676	22	847	9.51	4.15	606.0	3918	46.79	*52	24.57	105.75	18.42	5.09	*0.00
% of Calories											*31.0%	14.5%	62.6%	24.5%	6.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/25/2024																
ELEMENTARY LUNCH, CH	Total	7000														
QUESADILLA,CHEESE, '23	1 EACH	5000	316	47	452	0.00	1.34	471.0	431	0.0	*0	16.75	21.75	18.5	11.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BEANS, PINTO SEASONED-2017	1/2 CUP	5000	83	0	189	3.65	1.28	33.3	32	2.48	*1	5.02	15.13	0.32	0.06	*0.00
SALAD 3/WAY, '23	servings	5000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CARROT, sticks '22	Serving	6500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLES, Fresh	1 EACH	4000	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	ounces	4000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
Salsa, LaVictoria 2017 2oz	Serving	4000	19	0	340	0.00	0.00	0.0	9	6.8	2	0.0	3.78	0.0	0.00	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	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			619	47	1042	5.88	3.28	790.1	3360	12.36	*40	27.03	83.56	20.37	9.37	*0.00
% of Calories											*25.7%	17.5%	54.0%	29.6%	13.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			640	38	994	7.40	3.78	615.2	3150	26.88	*49	26.30	94.65	18.38	6.01	*0.00
											*68.2%	16.4%	59.1%	25.8%	8.5%	*0.0%

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Rialto Unified School District

Oct 21, 2024 thru Oct 25, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	640		550 - 650		100%												
Cholesterol (mg)	38																
Sodium 1 (mg)	994		1230		81%												
Sodium 1a (mg)	994		1110		90%												
Fiber (g)	7.40																
Iron (mg)	3.78																
Calcium (mg)	615.2																
Vitamin A (IU)	3150																
Sugars (g)	49	30.30%				Missing											
Vitamin C (mg)	26.88																
Protein (g)	26.30	16.43%															
Carbohydrate (g)	94.65	59.13%															
Total Fat (g)	18.38	25.84%	<=30.00%														
Saturated Fat (g)	6.01	8.45%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Rialto Unified School District

Oct 28, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 1

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	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 ¹ (g)
Mon - 10/28/2024																
ELEMENTARY LUNCH, CH TERIYAKI BEEF DUNKERS	Total SERVING (4each)	7000														
	5000		159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RICE-2014	1/2 CUP	5000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
Yogurt, Peach w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	400	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BROCCOLI, raw: fresh	Serving	5000	15	0	15	1.18	0.33	21.4	283	40.59	1	1.28	3.02	0.17	0.05	0.00
APPLES, Fresh	1 EACH	5500	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
PEACHES, Diced Xtra Lite Syrup	serving	5500	60	0	10	0.00	0.00	0.0	300	1.2	0	0.0	14.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	5500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			596	41	817	6.09	3.15	441.9	3796	38.64	*49	24.19	96.16	13.71	3.46	*0.00
											*33.1%	16.2%	64.5%	20.7%	5.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/29/2024																
ELEMENTARY LUNCH, CH CHICKEN PATTY, WG/HMSTL B UN2015	Total 1 EACH	9000														
	5000		334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
BARBECUE BEANS -2012	1/2 CUP	5000	194	0	782	6.77	2.06	63.3	306	1.51	*9	8.04	45.49	0.63	0.12	*0.00
SALAD 3/WAY, '23	servings	4000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
BANANAS	1 EACH	4000	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
DRESSING, RANCH 1oz. '23	ounces	7500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	1 oz	4000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00

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Rialto Unified School District

Oct 28, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

Page 2

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	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 ¹ (g)
Weighted Daily Average			709	34	1395	9.64	5.26	622.8	2497	55.96	*52	29.77	118.91	15.90	3.23	*0.00
% of Calories											*29.2%	16.8%	67.1%	20.2%	4.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/30/2024																
ELEMENTARY LUNCH, CH	Total	7000														
ENCHILADA, GREEN CHICKEN 2017	6.25 OUN CE	3000	182	44	769	1.10	1.31	83.1	60	5.44	2	10.59	19.83	7.36	1.31	*0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	800	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
SALAD 3/WAY, '23	servings	5500	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
CUCUMBER, SLICED 2021	serving	5500	12	0	2	0.39	0.22	12.5	82	2.18	1	0.51	2.83	0.09	0.03	0.00
GRAPES, Fresh	serving	5000	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Pears, In Extra Light Syrup	serving	5500	60	0	5	2.00	0.00	0.0	60	1.2	12	0.0	16.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	ounces	2000	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*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	6000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			556	30	805	5.48	3.38	621.7	3483	10.94	64	18.65	101.91	9.43	1.81	*0.00
% of Calories											46.1%	13.4%	73.3%	15.3%	2.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 28, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH, CHOICES

Portion Values - Detailed

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	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 ¹ (g)
Thu - 10/31/2024																
ELEMENTARY LUNCH, CH	Total	7500														
Pozole, Red Turkey'22 CK	14 oz	3300	157	26	1313	2.22	1.60	19.8	628	2.11	*1	12.02	17.28	3.9	1.57	*0.00
TORTILLA CHIPS-2021	SERVING	3300	280	0	200	6.00	3.60	80.0	200	0.0	*N/A*	4.0	38.0	12.0	2.00	0.00
Yogurt, Str-Ban w/crack-DW '24	SERVING	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Peach w/crack-DW '24	SERVING	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Cher-Van w/crack-DW '24	SERVING	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	79.0	6.0	1.00	0.00
Yogurt, Straw w/crack-DW '24	SERVING	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
Yogurt, Vanilla w/crack-DW '24	SERVING	840	400	5	385	4.00	4.00	590.0	60	0.0	41	8.0	80.0	6.0	1.00	0.00
CABBAGE, SHREDDED	Serving	7500	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
LEMON WEDGES	Quarter	7500	17	0	1	1.60	0.36	10.0	0	30.6	*N/A*	0.6	5.0	0.2	0.00	0.00
JICAMA STICKS	Serving	5500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syrup	serving	5500	80	0	5	1.00	0.00	0.0	200	1.2	15	0.0	18.0	0.0	0.00	0.00
MILK, 1% DW 2024	1 EACH	2500	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	5000	120	5	210	0.00	0.00	200.0	1000	0.0	19	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			643	23	1086	11.70	5.40	655.3	1433	60.42	*54	21.13	112.55	11.44	2.65	*0.00
% of Calories											*33.7%	13.1%	70.0%	16.0%	3.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			626	32	1026	8.23	4.30	585.4	2802	41.49	*55	23.44	107.38	12.62	2.79	*0.00
											*78.8%	15.0%	68.6%	18.1%	4.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		550 - 650	100%				
Cholesterol (mg)	32							
Sodium 1 (mg)	1026		1230	83%				
Sodium 1a (mg)	1026		1110	92%				
Fiber (g)	8.23							
Iron (mg)	4.30							
Calcium (mg)	585.4							
Vitamin A (IU)	2802							
Sugars (g)	55	35.03%			Missing			
Vitamin C (mg)	41.49							
Protein (g)	23.44	14.97%						
Carbohydrate (g)	107.38	68.60%						
Total Fat (g)	12.62	18.14%	<=30.00%					
Saturated Fat (g)	2.79	4.01%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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