

Rialto Unified School District

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

Page 1

Generated on: 9/30/2024 10:03:45 AM

	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 - 09/30/2024																
PRESCHOOL	Total	1000														
TERIYAKI BEEF DUNKERS	SERVING	1100	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
	(4each)															
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	1000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
BROCCOLI,raw: fresh	Serving	1300	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 sliced 2017 2oz	pkg. (2oz)	1300	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	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
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
Weighted Daily Average			526	65	863	5.95	2.88	428.1	990	214.04	*34	28.96	62.92	18.45	5.74	*0.00
% of Calories											*25.6%	22.0%	47.9%	31.6%	9.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/01/2024																
PRESCHOOL	Total	720														
Popcorn Chicken-Wh.Grain 2021	Serving	720	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
BEANS, BLACK SEASONED-PS 2018	1/4 CUP	720	63	0	162	4.75	1.34	26.0	24	2.08	*0	4.16	11.5	0.21	0.06	*0.00
BANANAS	1 EACH	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CATSUP	.5 oz	720	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			497	62	867	9.43	2.02	543.6	790	12.56	*31	28.44	66.22	14.06	3.67	*0.00
% of Calories											*24.9%	22.9%	53.3%	25.5%	6.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/02/2024																
PRESCHOOL	Total	720														
BURRITO,TKY BEAN & CHSE-2 022	SERVING	720	502	42	990	13.05	4.36	362.3	328	6.87	*4	24.73	60.85	18.89	7.08	*0.00
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
GRAPES,Fresh	serving	720	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	1	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	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	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

Sep 30, 2024 thru Oct 4, 2024

Base Menu Spreadsheet

PRESCHOOL

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)
Weighted Daily Average			696	57	1152	14.19	4.84	729.2	3869	14.72	*33	34.86	93.32	21.75	8.69	*0.00
% of Calories											*19.1%	20.0%	53.6%	28.1%	11.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 10/03/2024																
PRESCHOOL	Total	720														
Pozole, Green Chicken 2022	14 oz	720	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-'24	SERVING.	720	210	0	225	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	0.00
CABBAGE, SHREDDED	Serving	720	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
FRUIT MIX, Extra Light Syp PS	serving	720	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			638	85	1906	6.33	2.07	543.5	808	35.79	*28	30.87	76.82	21.19	6.04	*0.00
% of Calories											*17.7%	19.4%	48.2%	29.9%	8.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/04/2024																
PRESCHOOL	Total	720														
MACARONI AND CHEESE '22	1/2 CUP	720	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	1 each	720	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Pears, In Extra Light Syrup PS	serving	720	30	0	2	1.00	0.00	0.0	30	0.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			546	60	1563	2.78	1.71	1095.4	5727	5.30	*28	37.63	61.53	17.40	10.59	*0.00
% of Calories											*20.3%	27.6%	45.1%	28.7%	17.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			580	66	1270	7.73	2.71	667.9	2437	56.48	*31	32.15	72.16	18.57	6.95	*0.00
											*47.6%	22.2%	49.7%	28.8%	10.8%	*0.0%

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Oct 7, 2024 thru Oct 11, 2024

Base Menu Spreadsheet

PRESCHOOL

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)
Mon - 10/07/2024																
PRESCHOOL	Total	720														
Chicken, Curried '24	SERVINGS	720	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 PS '24	1/2 cup	720	116	1	113	1.07	0.39	5.8	0	0.33	*0	2.34	22.75	1.62	0.25	*0.00
CARROT PS, sticks	Serving	720	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
APPLESAUCE, UNSWEETNED PS	serving	720	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	720	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	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			453	67	937	3.23	0.87	417.1	3901	3.61	*24	25.19	52.00	16.62	4.59	*0.00
% of Calories											*21.3%	22.2%	45.9%	33.0%	9.1%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/08/2024																
PRESCHOOL	Total	1000														
ITALIAN PASTA BAKE 2021	servings	900	237	35	680	8.89	3.06	149.6	735	11.2	*5	15.87	26.75	7.34	3.08	*0.00
SALAD 3/WAY, '23	servings	900	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	900	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 .50oz	Servings	900	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% DW 2024	1 EACH	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			443	48	815	10.65	3.19	465.8	3825	21.82	*29	24.10	60.75	12.38	4.76	*0.00
% of Calories											*26.4%	21.8%	54.9%	25.2%	9.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/09/2024																
PRESCHOOL	Total	1000														
Chicken Tenders, WG 2017	Serving	900	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
BARBECUE BEANS -2018 PS	Servings	900	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
GRAPES,Fresh	serving	900	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
CATSUP	1 oz	900	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	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			447	44	1073	5.59	2.97	373.1	896	84.09	*36	25.74	66.48	10.02	3.30	*0.00
% of Calories											*32.5%	23.1%	59.5%	20.2%	6.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 7, 2024 thru Oct 11, 2024

Base Menu Spreadsheet

PRESCHOOL

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 - 10/10/2024																
PRESCHOOL	Total	720														
Grinder, turkey&cheese-El-2017	1 EACH	720	296	42	1147	3.00	1.89	248.1	175	0.0	*3	26.08	34.09	8.47	2.56	*0.16
JICAMA STICKS PS	Serving	1400	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00	0.00
FRUIT MIX, Extra Light Syp PS	serving	1400	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			519	57	1302	6.89	2.24	598.1	875	12.83	*33	35.08	71.42	10.97	4.06	*0.16
% of Calories											*25.4%	27.1%	55.1%	19.0%	7.0%	*0.3%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/11/2024																
PRESCHOOL	Total	720														
Nacho Delx W/ 3bnCHILI, chz '24	SERVING	720	461	30	518	9.27	5.09	313.5	799	3.32	*2	14.99	50.89	21.75	8.04	*0.00
CELERY STICKS	serving	720	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	720	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	720	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			657	48	793	12.47	5.43	712.1	1683	129.29	*23	24.76	76.09	27.93	10.17	*0.00
% of Calories											*14.0%	15.1%	46.3%	38.2%	13.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			504	53	984	7.76	2.94	513.2	2236	50.33	*29	26.97	65.35	15.58	5.37	*0.03
											*52.0%	21.4%	51.9%	27.8%	9.6%	*0.1%

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Rialto Unified School District

Oct 14, 2024 thru Oct 18, 2024

Base Menu Spreadsheet

PRESCHOOL

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)
Mon - 10/14/2024																
PRESCHOOL	Total	1000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	1000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
POTATO FROZEN,FRNCH PS-2017	SERVING	1000	40	0	13	0.33	0.24	0.0	0	0.0	0	0.67	6.67	1.17	0.17	0.00
APPLESAUCE, UNSWEETNED PS	serving	1800	26	0	1	0.67	0.14	2.4	18	0.61	6	0.1	6.87	0.06	0.00	0.00
CATSUP	1 oz	1000	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
Weighted Daily Average			449	70	722	4.54	1.93	414.4	699	3.10	31	27.85	64.38	8.78	2.17	0.00
% of Calories											27.6%	24.8%	57.3%	17.6%	4.4%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/15/2024																
PRESCHOOL	Total	1000														
Meatball Grinder, Beef 2017-EL	Serving	900	418	68	1075	5.38	5.01	351.4	914	13.06	*5	31.03	43.77	14.81	6.12	*0.00
SALAD 3/WAY, '23	servings	900	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	900	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	900	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	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			638	81	1238	7.50	4.96	656.5	3986	23.56	*30	38.01	77.09	22.75	8.11	*0.00
% of Calories											*18.6%	23.8%	48.3%	32.1%	11.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/16/2024																
PRESCHOOL	Total	900														
CORN DOG, CHX '22	1 EACH	900	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
CARROT, sticks '22	Serving	500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
GRAPES,Fresh	serving	900	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	100	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	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			428	56	860	3.14	1.67	390.1	713	3.70	37	21.31	57.91	12.90	4.25	*0.00
% of Calories											34.3%	19.9%	54.1%	27.1%	8.9%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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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																
PRESCHOOL	Total	720														
CHEESEBURGER MINIS-2023	SERVING	720	272	31	475	2.39	3.09	114.2	79	10.3	3	19.7	29.82	9.16	3.00	0.00
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
ORANGE-PS .25 cup	Serving	720	21	0	0	1.08	0.04	18.0	101	23.94	4	0.42	5.29	0.05	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	720	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	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			495	53	775	3.81	3.37	505.2	3630	38.57	23	30.22	53.92	19.35	5.78	*0.00
% of Calories											18.6%	24.4%	43.6%	35.2%	10.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/18/2024																
PRESCHOOL	Total	1000														
Penne, Alfredo, Cheesy '23	1 CUP	1000	160	7	202	8.52	1.03	137.6	74	0.43	*1	7.03	26.26	2.73	1.06	*0.06
CARROT PS, sticks	Serving	1000	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 sliced 2017 2oz	pkg. (2oz)	1000	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	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
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
Weighted Daily Average			383	28	493	10.54	1.23	516.7	625	124.19	*22	16.58	50.38	12.83	3.83	*0.06
% of Calories											*22.8%	17.3%	52.6%	30.1%	9.0%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			479	58	817	5.91	2.63	496.6	1930	38.62	*28	26.79	60.74	15.32	4.83	*0.01
											*53.5%	22.4%	50.7%	28.8%	9.1%	*0.0%

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Rialto Unified School District

Oct 21, 2024 thru Oct 25, 2024

Base Menu Spreadsheet

PRESCHOOL

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)
Mon - 10/21/2024																
PRESCHOOL	Total	1000														
TACO Walkin,Beef,- '24	1.5 oz	1000	493	33	791	4.43	2.32	75.2	798	6.32	*3	19.71	31.51	31.65	10.17	*0.00
LETTUCE, SHREDED	Serving	1000	10	0	7	0.86	0.30	13.0	361	2.02	1	0.65	2.14	0.1	0.01	0.00
APPLES,Fresh 2017 PS .25 CUP	SERVING	1000	14	0	0	0.65	0.03	1.6	15	1.25	3	0.07	3.76	0.05	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
Weighted Daily Average			637	48	949	5.95	2.65	439.8	1674	9.59	*21	29.43	51.41	34.30	11.69	*0.00
% of Calories											*13.1%	18.5%	32.3%	48.5%	16.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/22/2024																
PRESCHOOL	Total	720														
Chicken,Tangerine-2014	SERV	720	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	720	108	1	554	2.49	0.93	24.6	18	9.09	*2	3.69	17.97	3.14	0.50	*0.00
BROCCOLI,raw: fresh	Serving	720	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	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			524	61	1100	8.30	2.96	401.1	931	58.46	*42	29.07	83.06	10.15	3.16	*0.00
% of Calories											*31.9%	22.2%	63.4%	17.4%	5.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/23/2024																
PRESCHOOL	Total	1000														
LASAGNA, W/ BEEF SAUCE'23	1 piece	900	314	47	478	2.10	3.02	325.5	597	8.55	*3	21.8	32.82	10.46	5.35	*0.00
SALAD 3/WAY, '23	servings	900	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
GRAPES,Fresh	serving	900	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	900	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	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			519	62	701	2.94	3.17	640.2	3725	14.91	*30	29.23	60.67	18.82	7.41	*0.00
% of Calories											*23.3%	22.5%	46.7%	32.6%	12.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 21, 2024 thru Oct 25, 2024

Base Menu Spreadsheet

PRESCHOOL

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)
Thu - 10/24/2024																
PRESCHOOL	Total	1000														
PIZZA, Chse, Wh, Gr4X6-'23	1 EACH	1000	300	25	440	4.00	2.30	263.0	40	0.0	8	16.0	34.0	11.0	5.00	0.00
SALAD 3/WAY, '23	servings	1000	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Pears, Fresh sliced PS .25 cup	serving	2500	20	0	0	1.09	0.06	3.2	9	1.51	3	0.13	5.33	0.05	0.01	0.00
DRESSING, RANCH 1oz. '23	ounces	500	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
Weighted Daily Average			517	43	670	7.03	2.68	634.3	3511	8.02	31	26.14	65.08	17.45	7.16	*0.00
% of Calories											24.3%	20.2%	50.4%	30.4%	12.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 10/25/2024																
PRESCHOOL	Total	1000														
QUESADILLA, CHEESE, '23	1 EACH	1000	316	47	452	0.00	1.34	471.0	431	0.0	*0	16.75	21.75	18.5	11.00	0.00
BEANS, PINTO SEASONED-PS 2018	1/4 CUP	1000	42	0	108	1.85	0.66	17.3	73	1.56	*0	2.53	7.61	0.16	0.03	*0.00
PEACHES, Diced XtraLite Syp PS	serving	1000	30	0	5	0.00	0.00	0.0	150	0.6	0	0.0	7.0	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
Weighted Daily Average			508	62	715	1.85	2.00	838.3	1154	2.16	*14	28.28	50.36	21.16	12.53	*0.00
% of Calories											*11.3%	22.3%	39.7%	37.5%	22.2%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			541	55	827	5.21	2.69	590.7	2199	18.63	*28	28.43	62.11	20.38	8.39	*0.00
											*46.1%	21.0%	45.9%	33.9%	14.0%	*0.0%

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Rialto Unified School District

Oct 28, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcsm (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																
PRESCHOOL TERIYAKI BEEF DUNKERS	Total SERVING (4each)	1000 1100	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	1000	97	1	133	1.12	0.44	2.9	1	0.44	*0	2.79	19.61	0.98	0.04	0.00
BROCCOLI,raw: fresh	Serving	1300	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 sliced 2017 2oz	pkg. (2oz)	1300	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	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
Weighted Daily Average % of Calories			456	59	723	5.92	2.86	409.1	989	213.88	*33 *28.8%	28.41 24.9%	60.81 53.3%	10.84 21.4%	4.47 8.8%	0.00 0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 10/29/2024																
PRESCHOOL CHICKEN PATTY,WG/HMSTL B UN2015	Total 1 EACH	1000 900	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
BARBECUE BEANS -2018 PS	Servings	900	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
BANANAS	1 EACH	900	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CATSUP	1 oz	900	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	900	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			607	43	1311	9.91	4.58	438.0	881	88.69	*37 *24.1%	32.51 21.4%	99.14 65.3%	11.83 17.5%	3.30 4.9%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 10/30/2024																
PRESCHOOL ENCHILADA, GREEN CHICKEN 2017	Total 6.25 OUN CE	720 720	182	44	769	1.10	1.31	83.1	60	5.44	2	10.59	19.83	7.36	1.31	*0.00
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
GRAPES,Fresh	serving	720	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	720	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	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			445	66	1071	2.26	1.81	468.9	3602	13.46	32 28.7%	21.27 19.1%	54.42 49.0%	17.81 36.1%	4.20 8.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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Rialto Unified School District

Oct 28, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

PRESCHOOL

Portion Values - Detailed

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Thu - 10/31/2024																
PRESCHOOL	Total	1000														
Pozole, Red Turkey'22 CK	14 oz	1000	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-'24	SERVING.	1000	210	0	225	2.25	0.30	25.0	3	0.0	0	2.0	23.0	12.0	1.70	0.00
CABBAGE, SHREDDED	Serving	2000	13	0	9	1.31	0.25	21.0	51	19.22	2	0.67	3.05	0.05	0.02	0.00
FRUIT MIX, Extra Light Sy PS	serving	2000	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	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
Weighted Daily Average			593	41	1712	8.09	2.39	436.8	1434	41.74	*34	24.36	78.38	18.50	4.81	*0.00
% of Calories											*22.8%	16.4%	52.8%	28.1%	7.3%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Fri - 11/01/2024																
PRESCHOOL	Total	720														
MACARONI AND CHEESE '22	1/2 CUP	720	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	1 each	720	80	0	149	1.00	1.00	47.8	10	0.0	2	2.99	15.94	1.0	0.00	0.00
SALAD 3/WAY, '23	servings	720	12	0	9	0.31	0.22	3.9	2949	4.17	1	0.55	2.69	0.03	0.00	0.00
Pears, In Extra Light Syrup PS	serving	720	30	0	2	1.00	0.00	0.0	30	0.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH .50oz	Servings	1	32	3	65	0.01	0.01	8.9	1	0.08	0	0.26	0.99	3.55	0.59	*0.00
MILK, 1% DW 2024	1 EACH	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			546	60	1563	2.78	1.71	1095.4	5727	5.30	*28	37.63	61.53	17.40	10.59	*0.00
% of Calories											*20.3%	27.6%	45.1%	28.7%	17.5%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	
Weighted Average																
			529	54	1276	5.79	2.67	569.6	2527	72.61	*33	28.84	70.85	15.28	5.47	*0.00
											*55.3%	21.8%	53.5%	26.0%	9.3%	*0.0%

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